

# Indian Wedding Haldi Checklist



## Haldi Ceremony Checklist

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Known as *Battne di Rasam* in Punjabi Weddings, *Gaye Haloud* in Bengali Weddings and more commonly as just *Haldi Ceremony*, this tradition is an important South Asian Wedding custom to beautify and add wedding glow to the marrying couple. It is traditionally held in the respective homes of the bride and the groom, the day before the wedding.

In this ceremony, *ubtan*, or a natural skin rejuvenation peel, is applied on the arms, legs, and face of the bride and the groom. In essence it is a traditional South Asian Spa Treatment. The nourishing and anti-aging ingredients used in *ubtan* act as an exfoliant, cleanser, astringent, and skin tightener, which adds glow to the skin and enhances beauty. The *ubtan* peel once applied, is kept on for thirty minutes, and there after is scrubbed before taking the customary bath.

### How to make *Ubtan*

Combine the following ingredients:

- 4 Tablespoons Chickpea Flour or *besan*
- 1 Tablespoon Turmeric or *Haldi*
- Couple Threads of Saffron

*For dry skin:*

- Add 1 Tablespoon of fresh milk cream, milk or yogurt

*For oily skin:*

- Add 1 Tablespoon of lemon juice

*For fragrance add:*

- 1 Teaspoon Sandalwood powder or *Chandan*
- 1 Teaspoon Rose water or *Gulab Jal*

Make a smooth, but thick paste with the help of mustard oil or water.



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## The Ceremony

In the actual ceremony, the bride/groom wear light clothes and sit on a stool, while they are surrounded by family and friends. Typically, the female relatives apply the *ubtan* to the bride/groom amidst celebration and singing of folk songs. During this ceremony, the bride/groom also give a portion of the paste to the unmarried friends/cousins. This is supposed to bring them a good looking husband/wife soon.

## Haldi Ceremony Checklist

- Ubatan*
- Short stool for bride/groom to sit
- Light traditional clothes which can be discarded after the ceremony
- Collection of *Haldi* Ceremony or Traditional Wedding Music
- Dholak* (optional)
- A nice bowl for *Ubatan*
- Puja Thali* or Plate decorated for the *Haldi* Ceremony

Tip for the bride/groom: Apply oil to your head right before haldi, so that *ubtan* does not stick to your head.



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