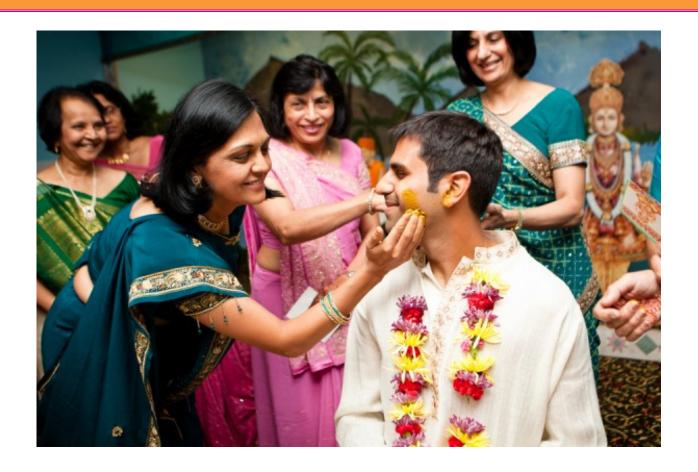
Indian Wedding Haldi Checklist



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 fragarance add: ☐ 1 Teaspoon Sandalwood powder or Chandan ☐ 1 Teaspoon Rose water or Gulab Jal
Make a smooth, but thick pasts with the help of mustard oil or w

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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 <i>Haldi</i> Ceremony or Traditional Wedding Music
Dholak (optional)
A nice bowl for <i>Ubtan</i>
Puja Thali or Plate decorated for the Haldi Ceremony

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



Indian Wedding Haldi Checklist 🛼

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