

# Celebrate a safe and Eco- friendly Holi

In early days colours were prepared for “Holi” from the flowers and leaves of the trees that blossomed during spring. The most of the trees have a medicinal property. The colour obtained from the different parts of these plants is also good for the skin. The fast commercialisation of the festival and demand of colours, manufacturing of artificial colours has increased. These are cheaper than natural colours, but expensive to environment and health.

The Holi festival is more about spreading love, joy and happiness rather than colouring others. Play safe, dry and environment friendly Holi by putting a simple *tilak*. This way you will not only save water you will save yourself and the environment. These artificial colours consist of a toxic chemicals, which can have severe health effects.

Refer to the chart below, it gives you an insight into what chemical is present in these artificial colours, and what effects it can have on your health:

Colour	Chemicals used	Harmful effect on Health
Black	Lead oxide	Renal Failure
Green	Copper Sulphate	Allergy to Eyes, Puffiness and temporary blindness
Silver	Aluminium Bromide	Carcinogenic
Blue	Prussian Blue	Contact Dermatitis
Red	Mercury Sulphite	Highly toxic can cause skin cancer

## Ways to Celebrate Holi in an Eco-Friendly Way

### 1. Burn eco-friendly waste for Holika Dahan

Follow traditions in an eco-friendly way and use the scraps like waste boxes, cow-dung, coconut waste, etc. instead of wood for Holi bonfire. Save precious trees from getting cut and take care of our environment.

### 2. Make your own natural colours

Playing with natural colours is the best way to celebrate. Make your own natural colours or choose herbal colours. These can be made easily at home with the help of flowers, herbs, leaves and other household ingredients easily found in the kitchen. Such colours are harmless and can easily be washed off.

**a. GREEN**

Take a bowl and mix 2 teaspoons of Mehendi (Heena) in one litre of water. Stir it well. Alternatively, you could also mix some henna powder with an equal quantity of any flour.



**b. BLUE**

- Take a few Jacaranda flowers, let them dry in sunlight and then grind to get a beautiful blue coloured powder. Mix 2 teaspoons of Jacaranda flowers with water.
- Indigo, Indian berries, species of grapes, and blue hibiscus flowers are traditional sources of blue colour. Let the flower dried and powdered to get a blue colour.



**c. RED**

- Flowers from the hibiscus plant can also be dried and powdered to get a Pink or Red colour.
- Take some dry red rose petals and spread them out on a newspaper and leave them out in the sun to dry. Take dried petals and grind them and use the red powder obtained to smear the faces of your friends.
- Boil two teaspoons of red sandalwood powder in five litres of water. Dilute this solution with twenty litres of water. It will give you a red water solution.
- Boil water with pomegranate peels which also give a lovely red colour.



**d. SAFFRON**

- Grind dried or fresh mehendi leaves to get a green-coloured powder. Mix this powder with water. It will give an orange tinge.
- Add a little turmeric and sandalwood powder to rose water and make a saffron colour solution.



**e. YELLOW**

- Mix two teaspoons of turmeric powder with four teaspoons of gram flour. This will give you a vibrant yellow powder.
- Dry the petals of flowers like Amaltas, marigold or yellow chrysanthemums and grind them to get different shades of yellow colour. They can be used separately or can be mixed with gram flour to add bulk to the powder.
- Boil one teaspoon of turmeric in two litres of water to get dark yellow colour. Dilute to the desired colour strength.



**f. MAGENTA AND PURPLE**

Beetroot is the traditional source of magenta and purple color. Directly boiled beetroot in water to prepare coloured water.



**g. BROWN**

Dried tea leaves are a good source of brown coloured water. Some clays are alternate sources of brown.

**h. BLACK**

Use different varieties of grapes, fruits of amla (gooseberry) and vegetable carbon (charcoal) to get grey to black colours. Vegetable carbon is produced through charring of vegetable fibers.

**3. Use Pinch of colour - Tilak Holi**

Do not throw colours, balloons, and water on each other. Opt for a simple Tilak Holi by applying *tilak* (a mark on forehead) on each other.



**4. Celebrate with colourful flower**

Play with petals and dried flowers. These plants have medicinal value and good for the skin.



**5. Say No to water – Play dry Holi**

No water in buckets and *pichkaris*, do not throw water on each other.



**6. Avoid balloons and Plastic bags**

Avoid the use of plastic bags and balloons throwing, it can cause injury or can damage some external organs as well as the environment.



**7. Avoid the harmful, inappropriate colours and material**

Chemical colours, oil- paints, petrol, mud or other such toxic products can harm your health and also adversely affects the environment.

**Remove Holi colours naturally**

Before people colour you red and green, take a look at these simple, natural tips to get rid of post-Holi colour.

**Use cold water**

Contrary to popular perception, washing face and body with warm water will not remove the colour stains. In fact, hot water makes the colours faster and tougher to get rid of. The first thing you do after playing Holi, splash your face with cold water and rinse hair.

## Skin care

- Make a paste especially with honey and add Multani mitti, scrub on the part of the body or use fruit scrub available in the market. Colours may not come off in one go, but the paste will really lighten the effect.
- Mix lemon juice with equal parts honey and apply it all over the face and body.
- Apply some coconut oil on a cotton ball and scrub off the colours using it.
- Make a pack with curd, besan or gram flour, turmeric, olive oil and lemon juice.
- Massage body with a good quality antiseptic cream or body oil after washing off the packs.
- For face, make a mixture of calamine lotion and rose water and gently rub it into your skin till all of it is absorbed.

## Hair care

- Rinse hair with water to allow the extra colours to wash off.
- Apply egg yolk or curd and leave it for about 30 minutes before using a mild shampoo.
- Make a hair pack by soaking a few fenugreek (methi) seeds in four tbsp of curd. Wash your hair with a shampoo after 30 minutes.
- Also can apply a mixture of honey and olive oil for deep conditioning.

*Play safe, play smart and enjoy this **colourful** celebration to the core.*

**Happy Holi!**



**Source:** [http://www.mocomi.com/wp-content/uploads/2012/03/Mocomi\\_TheZone\\_GoingGreen\\_EcoFriendlyHoliColours\\_01.pdf](http://www.mocomi.com/wp-content/uploads/2012/03/Mocomi_TheZone_GoingGreen_EcoFriendlyHoliColours_01.pdf)  
<https://timesofindia.indiatimes.com/life-style/beauty/Holi-2018-How-to-remove-Holi-colours-naturally/articleshow/51526042.cms>