



BEAUTY

Pure and Simple



The Ayurvedic Approach
to Beautiful Skin

Kristen Ma

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Beauty Pure and Simple: The Ayurvedic Approach to Beautiful Skin



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A radiant complexion could be yours through the ancient technology of Ayurveda. Her practical guidelines are secure and easy to adhere to—• Ma clarifies both pores and skin biology and the basics of Ayurveda since it applies to skin health, and shows you how to determine your true skin type according to your specific dosha (physical constitution relating to Ayurvedic principles), then recommends individualized regimens with easy-to-obtain items. Ma explains the impact of diet on skin health, how to approach skin changes that come with aging, how exactly to protect skin from the sun and pollutants, and how to cope with the result of stress on pores and skin. She offers advice on how best to treat common complications such as:

- Kristen Ma invites you to broaden your skin-care consciousness to include elements out of this millennia-old system of wellness from India, alongside principles supported by the latest scientific research on skin biology.
- and many others
- rosacea and marvelously effective for nurturing healthy and beautiful epidermis.
- eczema
- hyperpigmentation
- dark circles beneath the eyes and puffy eyes

She identifies harmful ingredients that are ubiquitous in most items and treatments in the marketplace, and recommends healthful alternatives.

- acne



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Ayurveda and a simple natural approach to beauty is obtainable for all. This book is written fantastically. Informative book I got this book on Kindle. Personally i think wiser and smarter for having got it. A book I'll re-read time and time again. Thank you! This is a beautiful, beneficial book that provides a gentle method of explaining Ayurveda and how exactly to integrate it into skin care and beauty for natural health and beauty. This is a seriously fantastic book and something that I will continue my shelf and in my beauty arsenal. Knowledge is power and simplicity is normally a virtue when you wish to take proper care of yourself inside and out. This is a well-written publication. I learned a lot. Not what I was expecting. The book is okay. Nevertheless I was expecting even more "homemade" beauty remedy and just a little less chat. I was treating the eczema like I normally did, and this one little addition set it quicker than other things I tried previously. Five Stars Such a great and informative book! Awesome Very informative. Lacks practical info I was looking forward to this book due to it's concentrate on both Ayurveda and skincare." and sprayed away. It may be more of an 'intro' for anyone who has absolutely no history in these areas, but overall, I was left sense that this book lacked element and practical tips for incorporating an Ayurvedic skincare routine. I also loved that it had taken a little more modern approach to skincare, compared to other natural skin care books I've examine. This book just sort of made it all click for me personally. Instantly they halted itching. I believe that this is the best book on skincare I've read, it solved a lot of confusion I got, and its suggestions are basic and audio effective. I also understand Ayurveda much better through this publication, maybe because it was arriving through the perspective of the skin, it just is practical to me today. The composing was concise and clear to see, I think that is good for a beginner or for someone searching for better clarity on the subject. I finally get it I've read several books on skincare and Ayurveda, which left me feeling more puzzled than anything. Most of the suggestions I've heard of before but didn't put any importance in it till it was thoroughly explained in right here, and I will definitely be placing into practice now. Finished . I enjoyed most was understanding the difference of having hydrated epidermis and oily skin. Fantastic book I received the reserve end of September and picked it up to read over the weekend. I happened to property on the eczema section first. Relating to Ma's book, my 3-day-old sudden outbreak of eczema at the top of my hands was "kapha eczema." Among the remedies she suggested was peppermint hydrosol, which I happened to have on hand. I figured "you will want to? I have recently been interested in both Ayurveda and organic skincare and despite feeling like I am somewhat new to both these areas, this book proved to have hardly any new or practical info. The author did an excellent job at explaining the 'Why' of issues for me. She steered clear of product advertisement too often, that i appreciated since I see that a lot in additional books and it creates me cringe. I've also switched my method of moisturizing the region and my hands have been normal since. Keep reading and you will look for a few nuggets of great information. I found this book interesting and practical, and We appreciated Ma's solid, user-friendly advice for everything from blemishes and dark less than eye circles to eczema and acne scars. Within a 12-hour period of spraying the hydrosol on my hands, the eczema was entirely gone. It contains a lot of here is how to take care of your skin regarding to its ayurveda type.



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