

My Ayurvedic Cares

May 2019

Health &
Well-Being



Synopsis:

Beauty is an integral part of Ayurveda. It is the outside expression of an inside well-being.

In this book the author explains in a first part the pillars which are food, sleep and physical activity. All three are responsible for body and spirit harmony.

In a second party, the author explains beauty cares to have sparkling skin and hair, full of vitality. Recipes to do yourself at home, made with natural products: essential oils, plants, honey, etc.

Content:

- Introduction to Ayurveda
- The 3 different types of individual constitution
- Lifestyle – Food – Sleep
- Physical exercises (yoga)
- Skin – Hair
- Recipes

■ Specs:

- Collection: Health & Well-Being
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Éditions
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