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In Ayurveda, fall and winter are governed by the drying vata dosha, and that can lead to flakey or cracked skin. Oiling dry skin is a good countermeasure, and it replenishes ojas, says Melanie Sachs, author of Ayurvedic Beauty Care: Ageless Techniques to Invoke Natural Beauty.

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Ayurveda is having a moment, and if I've learned anything from this 5,000-year-old practice, it's that it's here to stay! I am so proud to have contributed to the rise of Ayurvedic food with East by West, the pop-up and the book, but there's another area of my life where Ayurveda is central: my beauty cabinet. I've long been a fan of natural beauty and the power of plants and herbs ...

AYURVEDIC BEAUTY BRANDS HAVE LANDED! — Jasmine Hemsley

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According to Ayurvedic philosophy, choices that you make regarding your daily routine either build up resistance to disease or tear it down. Ayurveda calls for getting a jump-start on the day by focusing on morning rituals that work to align the body with nature's rhythms, balance the doshas, and also foster self-esteem alongside self-discipline.

9 Ayurvedic Morning Rituals | Yoga + Ayurveda Practices

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The aim of this book is to elevate our western understanding of beauty to new levels with deeper Ayurvedic insights. These insights hold powerful health promoting and enhancing methods and luxurious beauty techniques such that all levels of beauty

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