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As a result, i don't eat if i am angry or feeling weird, i try to limit certain foods which imbalance my dosha and i make my own cleanser, nourisher and moisturiser using the recipes from the book and i have seen a huge diffrence to my skin which no longer feels tight or itchy but glows and feels smooth.

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Absolute Beauty applies Ayurveda's principles to create a truly unique approach to skin care. Unlike other beauty books, which concentrate solely on creating superficial beauty through makeup or drugs like Retin-A, it helps readers achieve the kind of radiance that comes from within a beauty that is so luminous, so vital, that it transcends age, fashion and physical flaws.

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In Absolute Beauty, Pratima Raichur, a chemist and internationally recognized expert on Ayurvedic skin care, explains how the external skin tissue is the physical reflection of everything that happens within the body: the way we eat and breathe, as well as the thoughts and emotions that fill our mind and color our spirit. Here, in the first beauty and skin care guide to reveal the secret to lasting radiance through the principles of Ayurveda, Pratima Raichur offers readers:

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