



# Ayurveda: Asian Secrets of Wellness, Beauty and Balance

*Kim Inglis*

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# Ayurveda: Asian Secrets of Wellness, Beauty and Balance

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**Ayurveda: Asian Secrets of Wellness, Beauty and Balance** Kim Inglis

**Discover India's age-old beauty secrets through the ancient wellness regimen known as Ayurveda.**

Healing therapies are clearly explained and illustrated with lovely photographs that bring to life the benefits of this 5,000-year-old Asian medical tradition. Treatments and practices from India's other healing systems—Unani, Siddha and Tibetan traditional medicine—are also included in the book.

With sections devoted to various meditation and yoga practices as well as natural beauty treatments for hair, face and body, *Ayurveda: Asian Secrets of Wellness, Beauty and Balance* is an enlightening introduction to holistic health systems with ultimate spiritual goals. Discover Indian beauty secrets and information on healing with metals, minerals, crystals and gemstones as well as mendhi (henna) and chakra alignment. Includes a helpful listing of ayurvedic hospitals, homestays and treatment centers.

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Why? Because this Ayurveda: Asian Secrets of Wellness, Beauty and Balance is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will jolt you with the secret the idea inside. Reading this book beside it was fantastic author who else write the book in such incredible way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your ability and your critical thinking approach. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

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