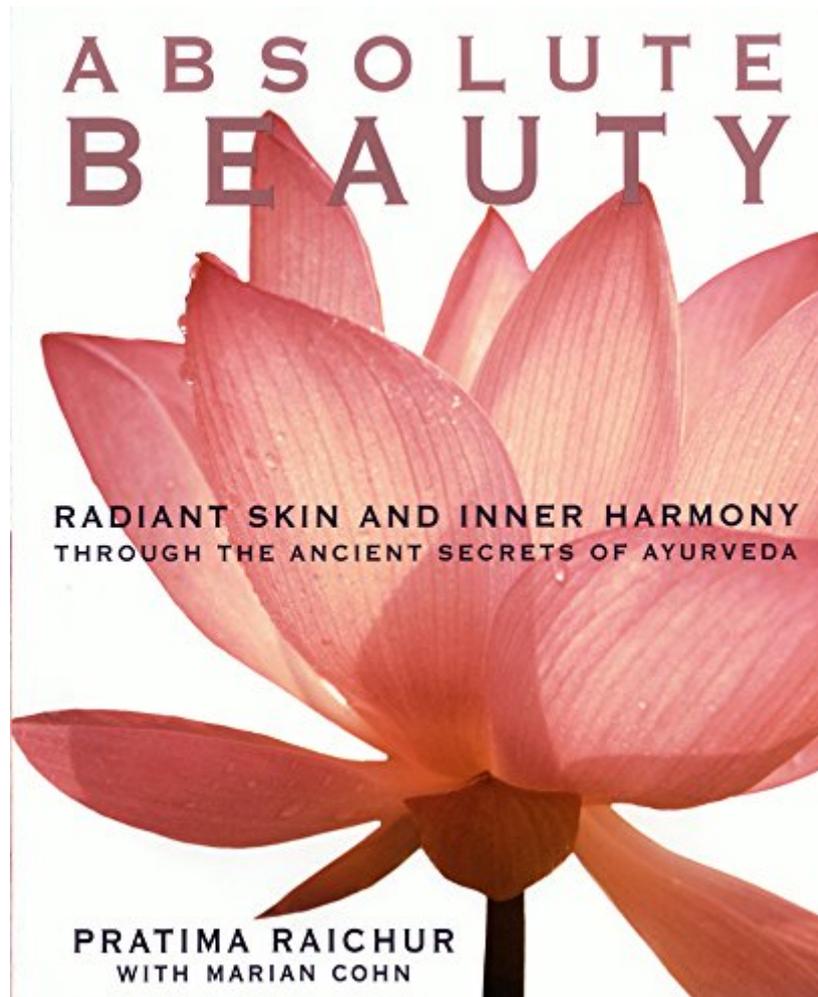


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# Absolute Beauty: Radiant Skin And Inner Harmony Through The Ancient Secrets Of Ayurveda



## Synopsis

Ayurveda has become the most prevalent and respected holistic discipline in America today. Popularized by bestsellers such as Deepak Chopra's Ageless Body, Timeless Mind, its principles of working in harmony with nature and treating the mind, body and spirit as a whole have been wholeheartedly embraced by millions. 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. The book includes: a self-test to help readers determine their exact skin type, customized skin-care regimens; a consumer's guide to the dizzying array of so-called natural products available; remedies for common skin problems; important nutrition information; instructions for detoxifying the body; and a discussion of the spiritual side of Ayurveda to show how it can help readers achieve tranquility and the resulting inner glow.

## Book Information

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## Customer Reviews

This book is more than advice on skin care. It is a comprehensive guide to Ayurvedic living The

author covers everything from nutrition to exercise and body care, explains why the body gets out of balance, how each of the three doshas reacts differently, and how we can regain health. She includes special elimination therapies, fasts, and breathing techniques, and helps you discover your skin type through a variety of quizzes. The major part, of course, deals with body care and has simple recipes for homemade shampoos, conditioners, cleansers, baths and much more. In fact, so much more that I recommend you give up your job and hire two servants if you intend to follow her daily beauty regimen. Raichur recommends morning exercise (45 minutes), body self-massage (20 minutes), scalp massage (5 minutes), facial care (up to 15 minutes), saunas (or home alternatives, which she describes), nasal rinses, meditation, yoga, and, well, you name it. Although not all procedures need to be done every day, just following her basic daily routine takes more time than most mothers have. Like other Ayurvedic specialists, she does not explain how people with two dosha imbalances should handle the diet recommendations. She does, however, bring good lists with dietary suggestions for each skin type, and these lists include herbs, food, and cosmetics. (According to the author's principle: "If you can't eat it, don't rub it on.") Raichur also has her own cosmetics line which is available on the Web. When I discovered that some cosmetics listed the ingredients while others did not, I took out her book again. I was not surprised to see that she includes ingredients in her own cosmetic products that she brands as possible carcinogens or allergens in her book. Again, theory differs from reality. But in general, her book is a thorough introduction to Ayurveda with lots of advice for healthy living and natural home-made cosmetics.

I really like Ms. Raichur's detailed and thorough approach to Ayurvedic philosophy. I've been very pleased with the results of the homemade products. I have been using the sensitive skin recipes, and have been getting a lot of compliments on my glowing skin. Plus, I used the concoctions while I was pregnant with very good results. I highly recommend this book. I also like being liberated from buying expensive skin care products and their wasteful packaging. I should also note that while she does mention her own line, everything in the book can be made very easily at home. I probably will try purchasing the liposomes that the Bindi line offers, though...I was puzzled that one reviewer noted that she couldn't find amber colored eyedropper bottles, and the basic ingredients for the potions--many are straight from the food store (like orange peel, bananas, milk powder, almond powder--or you just buy almonds and grind them up in a coffee grinder) or the health food store (essential oils, bottles). Some of the ingredients are from Indian grocery stores (like chickpea or lentil flours). You can always order stuff off the web if you don't live near a good health food or Indian grocery store. I should note that I did not care for the body cleanser (milk powder & chick pea

flour) because it clogged up my tub drain...otherwise everything else has worked beautifully.

I love this book. I now understand why skin is like it is. And I can see how food alters it, store bought creams don't help it, and my mind has a huge part in it. I now make my own lotions and "potions" and I'm in possession of my skin again. My face has cleared, and when there is a break out I see what the problem stems from, and this book helped me to get where I am, which is amazingly happier and more understanding of myself. I'm not a victim of my skin anymore, it is my friend who reminds me of what's going on inside and what I can do to restore the balance in my life. I thank you Absolute Beauty as I thank myself for finding it.

This weekend at the urging of my sister, who has been using this book for several months and has FABULOUS skin (even though she's stopped using commercial products and going for facials) I followed Pratima's advice for 2 nights. First I should say I use expensive cleansers and have expensive facials. And I could not believe how my skin looked when I went to bed, just from following her advice. It looked like it did in my early 20's on the 2nd night - no joke (I'm 36)! The lines on my forehead had become barely noticeable, even to me, and my makeup went on very smoothly. Just want to say for the reviewers who complain that her commercial products have additives and chemicals - many of those chemicals might have been extracted from the foods you're using at home. Second, if she didn't add preservatives, they wouldn't last more than a few days and would have to be kept in the refrigerator, not on the shelf. It's unfortunate that if you want convenience you have to put up with the additives. If you have the time, and this book, you don't have to.

I highly recommend this book! It's like an encyclopedia for the skin, health and lifestyle. Pratima goes where no one else has before and provides us with valuable ancient knowledge. She is more knowledgeable on the skin than any dermatologist I've been to. This book is much more than just a "how to make your own product" book. It's learning about your constitution, what to eat according to your 'dosha', what products and herbs are more beneficial for you, nutritional therapy, what exercise and lifestyle you should lead, foods for your skin type, how to remove stress, how to do your own facial and body exercise, how to reduce toxins in your body, daily & seasonal routines, what makeup is appropriate, aromatherapy, making your own scents & mood oils, breathing therapy & more. I had severe acne & eczema and after trying dr.'s for many years with no success, I had the fortunate experience of seeing Pratima at her spa clinic in NY and within a month my entire skin

began to clear and my overall health & energy improved as well. Pratima herself is an example of what she teaches, she looks amazing & radiant! and all her products are completely natural (not sure what one of the reviewers in this website was talking about when she says that Pratima is a hypocrite & her products were full of chemicals - she must've been confusing them with another line, because it is so not true). I hope more people benefit from this book & Dr. Pratima.

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