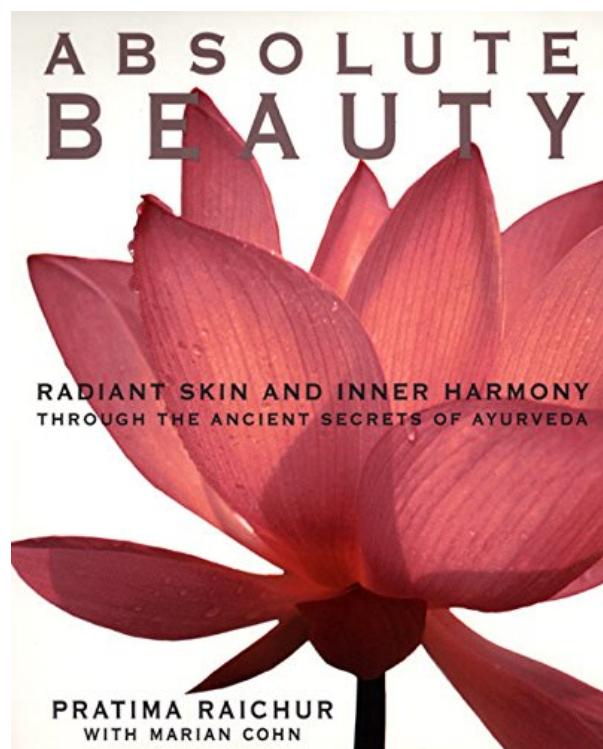
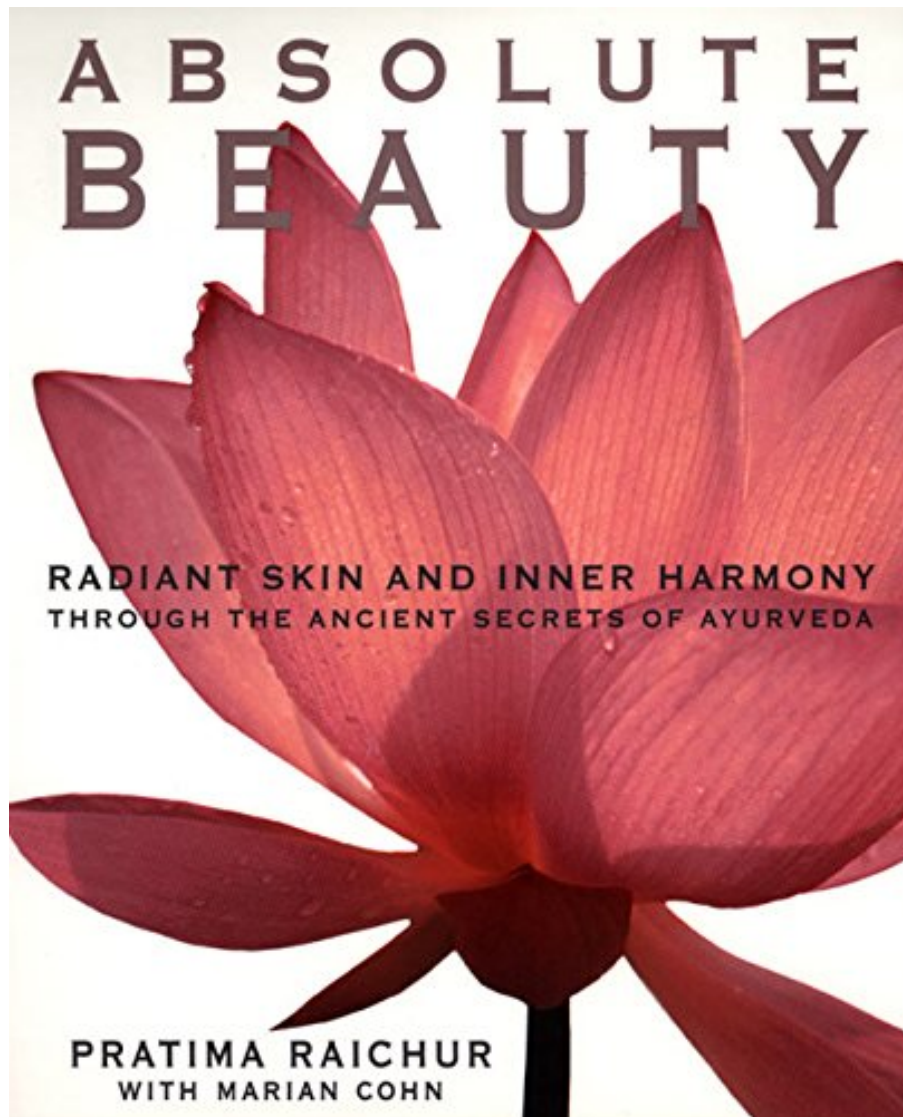


**ABSOLUTE BEAUTY: RADIANT SKIN AND
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ANCIENT SECRETS OF AYURVEDA BY
PRATIMA RAICHUR, MARIAM COHN**



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Review

"Beauty is the harmonious interactive of elements and forces that comprise the human body, human mind, and human spirit. Pratima Raichur's "Absolute Beauty" is an exquisite, elegant, and practical book that will help you achieve both inner and outer beauty." -- Deepak Chopra, author of "The Path to Love" and "The Seven Laws of Success"
"Pratima Raichur is the most incredible healer, combining science and ancient wisdom. "Absolute Beauty" offers all readers the key to her healing touch."-- Felicia Milewicz, beauty and health director, "Mademoiselle"

From the Back Cover

We all know absolute beauty when we see it-- skin that glows with health and an outer bearing that projects inner tranquillity. Yet, despite our every effort and expense, few of us know how to achieve it. 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:

a detailed self-test to determine their exact skin type

customized skin care plans for each skin type

proven-effective advice for addressing the most troubling skin problems

essential nutritional information

instructions for detoxifying the body.

About the Author

Pratima Raichur apprenticed with one of India's foremost Ayurvedic physicians, has a degree in biochemistry, and is the founding director of Tej Skin Care Clinic in Manhattan. She lives in Albertson, NY.

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Four Stars

By Amazon Customer

Great information. Well written. Needs to be updated.

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Wonderful book, wonderful way of life.

By Chetan

Using this as a handbook for life.

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Outstanding

By jumpy1

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.

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