

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

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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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