

## Absolute Beauty Pratima Raichur

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In Absolute Beauty, Pratima Raichur, an Ayurvedic physician, chemist, botanist, and doctor of naturopathy, explains how the external skin tissue is a 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.

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**Absolute Beauty: Radiant Skin and Inner Harmony Through...**

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:

**Absolute Beauty: Radiant Skin and Inner Harmony Through...**

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: Radiant Skin and Inner Harmony Through...**

Absolute Beauty is the first beauty and skin care guide to reveal the secret to lasting radiance through the principles of Ayurveda. Detailed Product Info: Title: Absolute Beauty Author(s): Pratima Raichur , Marian Cohn ISBN: 8185822530 Bibliographic Information: 336p. 30 Line illus., Append., Gloss, Biblio., Index Format: Paperback Language: English

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THE PRATIMA STORY Dr. Raichur combines the wisdom of Ayurveda with her expertise as a chemist, botanist, aesthetician and ayurvedic doctor to compose a holistic system for skin wellness and a remarkable line of pure, organic products.

**Home – PRATIMA Skincare**

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International lecturer and author of the best-selling book, Absolute Beauty, Dr. Raichur is a Doctor of Ayurvedic medicine, Doctor of Naturopathy, Chemist and Botanist. Dr. Pratima Raichur is interviewed here by Monica Yearwood, Ayurvedic practitioner and founder of Hamsa Ayurveda Center in Chicago, IL.

**Dr. Pratima Raichur: Ayurvedic Beauty Practices + Skincare ...**

Absolute Beauty: Radiant Skin and Inner Harmony through the Ancient Secrets of Ayurveda by Pratima Raichur with Marian Cohn LOVE this book!!! I read alot, am entirely enamored with our local library network, and come across literary inspiration regularly. However, I have found myself particularly taken with Pratima Raichur's book Absolute Beauty.

**Absolute Beauty | Glow From Within**

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