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In Ayurveda, fall and winter are governed by the drying vata dosha, and that can lead to flakey or cracked skin. Oiling dry skin is a good countermeasure, and it replenishes ojas, says Melanie Sachs, author of Ayurvedic Beauty Care: Ageless Techniques to Invoke Natural Beauty.

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Ayurveda is having a moment, and if I've learned anything from this 5,000-year-old practice, it's that it's here to stay! I am so proud to have contributed to the rise of Ayurvedic food with East by West, the pop-up and the book, but there's another area of my life where Ayurveda is central: my beauty cabinet. I've long been a fan of natural beauty and the power of plants and herbs ...

## **AYURVEDIC BEAUTY BRANDS HAVE LANDED! — Jasmine Hemsley**

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According to Ayurvedic philosophy, choices that you make regarding your daily routine either build up resistance to disease or tear it down. Ayurveda calls for getting a jump-start on the day by focusing on morning rituals that work to align the body with nature's rhythms, balance the doshas, and also foster self-esteem alongside self-discipline.

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