

Natural Skin Care: Alternative & Traditional Techniques



Loughran provides numerous natural approaches that one can take for healthy skin, such as stress aromatherapy, stress management, massage, nutrition guidelines, and Ayurveda techniques. She emphasizes that skin care starts from the resolution to calm and clarify the mind and body, and presents simple and refreshing alternatives to commercial products on the market today that can often overwhelm the skin with harsh chemicals. This book is crucial for anyone who wishes to regain control of their physical health and mental calm, and most importantly, their natural beauty.

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