



Aveda Rituals : A Daily Guide to Natural Health and Beauty

Horst Rechelbacher

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A lushly illustrated guide to holistic beauty and health by the founder of AVEDA(r)cross promotion with AVEDA.

The understanding that our beauty and health are dependent on the environment around us as well as the personal landscape of our bodies, hearts, minds, and souls, is the foundation of Horst Rechelbacher's holistic guide. More than 100 color photographs complement the practical text in AVEDA Rituals, which highlights the interconnectedness of all things: of health and beauty; of mind, body, and spirit; of our bodies and the larger body we must care for, Earth.

Horst Rechelbacher founded AVEDA by creating pure plant-based beauty products in his own sink. Over the past twenty years he has developed it into a multimillion-dollar company with a conscience. Now he has written AVEDA Rituals, which provides a broad new holistic approach to health, beauty, and wellness. First, the author introduces and discusses Ayurveda, aromatherapy, and his own personal philosophies for life. Then he goes on to provide a wide array of daily rituals derived from them that touch on every aspect of life, including cleansing, nutrition, meditation, aromatherapy, relaxation, body movement, massage, goal setting, and stress management. Readers are invited to incorporate each of their elements into their own individual daily regimen, one that will leave them feeling their best and most beautiful inside and out!

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