

AYURVEDA & BEAUTY CARE

TWO WEEKS PROGRAM (60 HOURS)

COURSE FEE – US\$ 300

FEATURES

- Introduction to Ayurveda
- Prakriti (body - type) analysis
- Ayurveda approach to face care
- Ayurveda approach to hair care
- Ayurveda approach to skin care
- Ayurveda rejuvenation massage techniques
- Related herbs & oils
- Detoxification therapy
- Ayurveda management for acne
- Ayurveda management for early aging & wrinkles
- Ayurveda approach to common hair problems (hair fall, early graying, dandruff)
- Ayurveda approach to under-eye dark rings
- Udvartanam (herbal powder massage for obesity & cellulites management)
- Preparation of related herbs & oils
- Preparation of herbal Ghee & creams
- Herbal scrubbing



SCHEDULE

On first Monday of every month

Course fee is including course material, theory & practical sessions, material that use in course etc. Maharshi Charak Ayurveda gives you a certificate after completing the course.

Accommodation charges for single or double occupancy are INR 1000/- (US\$ 16) per day per room and meals (Morning tea, Breakfast, Launch, Evening tea & Dinner) in INR 500/- (US\$ 8) per day per person.

For reservation contact at info@charakayurveda.com visit us at www.charakayurveda.com