

Glowing Skin & Healthy Hair

Ayurvedic Masterclass



3 Hours session to Healthy skin & Hair

STEP BY STEP GUIDE TO SOLVE
YOUR SKIN & HAIR RELATED
PROBLEMS

HEALTH AT YOU
ISO CERTIFIED



Basic Guidelines

- This course will give you a well rounded insight on skin & hair Nutrition as per Ayurveda & how to design a Healthy Balanced Diet for hair growth and glowing skin
- The session is a 3 hours masterclass ; live interactive session
- The session will be held in English & Hindi on zoom / google meet application
- Health At You will reward a course completion certificate (ISO CERTIFIED)
- Plan is Non - Refundable



Plan Structure

Below Topics to be Covered :

1. Ayurveda

- Definition
- Health As per Ayurveda
- Difference between modern Nutrition & Ayurveda

2. Dinacharya

3. Alkaline Diets for healthy hair & skin

4. Types of Chakras

- Chakras responsible for Skin health & Healthy Hair
- Foods as per chakras
- Herbs for Balancing Chakras

5. Herbs for Healthy Skin

6. Herbs for Healthy Hair & that will also help in case of Hairfall problems

7. Recipes for clear skin & Hair growth

8. Diet Designing for glowing skin & healthy hair

Charges: ₹ 3499/-

