

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/-

