

# Ayurveda Beauty Therapy Certification Program in India



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Beauty comes from within, believes the age-old practice of Ayurveda. Developed thousands of years ago in the divine lap of India, Ayurveda is the ancient system of health and beauty care. The practice is a promoter of the mantra that true beauty is the result of balance and harmonized inner self.

Ayurveda is a science of preservation and with renowned [Ayurveda center in India](#) like Rishikul Yogshala submerge deep into the Ayurvedic science. With the Ayurveda Beauty therapy courses direct towards restoring the natural beauty and gain hands-on practical experience.

## Program Description

[Ayurveda beauty courses in India](#) is the way to get a healthy, glowing and nourished skin, and hair in no time. The training programs provide you knowledge both practical and theoretical in scalp and hair treatment, preparation of herbal medicines, skincare procedures, spa, etc. Learn to restore the natural beauty through the course with the wisdom of Tridoshas and carefully underline the cause to treat them.

## Highlights:

Understand the therapeutic effects of Ayurvedic herbs for both personal and professional users with the comprehensive [Ayurveda courses in India](#).

## Practical Training

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- Learn about scalp and hair treatment- head massage for hair fall, dandruff, strengthening
- Knowledge of face care treatment- face massage for glow, removal of dark patches, pimples
- Treatment and Massage of Hand and Foot
- Skin Care treatment- full-body wrap, massage, scrub, etc. and herbal medicine for steam bath
- Importance of beauty ingredients like turmeric, neem, sandal, and more

### **Theoretical Knowledge**

- Basic Understanding of Ayurveda, Five Elements, and Tri-Dosha
- Understand the concept of beauty in Ayurveda
- Importance of diet and nutrition for body balance and beauty
- Knowledge about kitchen cosmetics, a mixture of herbs, oil usage, etc.
- Application of facial massage, scrubs, and pack

### **Fee Details:**

- Ayurveda beauty courses in India: USD 650 (7 Days and shared room)

\* Extra Charges for AC

### **Food & Accommodation**

Nurture your body, mind, and soul with the world-class staying facility at Rishikul Ayurshala. It offers a perfect package of accommodation and meals. The entire ashram is designed to fostering the spirit of yoga. The food that served to the students freshly sources and is purely vegetarian. The meals are provided thrice daily with herbal drinks. Likewise, the rooms are available on a sharing basis and are clean, cozy and spacious. Each room is furnished well with the modern amenities to make the stay incredible.

### **About Rishikul Ayurshala**

An eminent Ayurveda center in India, Rishikul Ayurshala welcomes you to the world of blissful healing. With the holistic intent of providing majestic healing advancement of Ayurveda, the school educates people about the oldest healthcare system. Through the array of courses provided, the center makes you avail and learn about the miraculous system of alternate natural medicine.

For more details, please visit <https://www.biz15.co.in/detail/ayurveda-beauty-therapy-certification-program-in-india-thiruvananthapuram-137930>

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