

Aveda Rituals A Daily Guide To Natural Health And Beauty

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Aveda Rituals covers the ABC's of TLC and conscious self-care for health and beauty. It covers the Ayurvedic approach to healthy living with beneficial and holistic recommendations for daily practice (ritual). It covers self-massage, yoga, energy healing, nutrition, skin care, aromatherapy, meditation, posture etc.

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1997 — Aveda is acquired by The Estée Lauder Companies and grows to become a global success story with a presence in more than 40 countries and 9,000 salons and spas 1999 — Horst publishes "Aveda Rituals: A Daily Guide to Natural Health and Beauty" 2004 — The beauty industry awards Horst a Lifetime Achievement Award

A rituals of renewal
Horst M. Rechelbacher (1941 – February 15, 2014) was an Austrian American businessman, who was the founder of the cosmetics company Aveda Corporation and Intelligent Nutrients. His interest in developing products without toxic chemicals launched the market for natural cosmetics in the United States.

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This ritual is offered in Experience Centers as well as in the retail areas of salons, spas and institutes or before a chemical service. It is a 3-5 minute massaging of the neck and shoulders using Aveda products to promote a sense of well-being.

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Aveda Rituals A Daily Guide
A helpful glossary of essential oils includes a wealth of information about each one. Aveda Rituals is the next best thing to a day at one of the company's gloriously rejuvenating spas.