

Radiant Skin, Timeless Soul

An Ayurvedic Skincare Journey by AyurVida Wellness and Clinic

FREE E-BOOK



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The Ancient Wisdom of Holistic Beauty

Ayurveda is a profound system of wellness originating thousands of years ago that encourages us to live in harmony with the five elements: earth, air, fire, water, and space. In this holistic view, beauty is a direct reflection of your internal equilibrium; when your internal elements are in balance, your body thrives with vibrant health and a natural, soulful glow.

Navigating the Elements

In our beautiful San Diego climate, our skin interacts with unique environmental factors, including the intense warmth of the sun, the salt air of the Pacific, and the dry breezes of the coastal valleys. To maintain your glow, it is helpful to understand your unique constitution, or Prakriti:

- **Vata (Air & Space):** Governs movement and change. In our dry coastal air, Vata can manifest as dryness or fine lines.
- **Pitta (Fire & Water):** Governs transformation and heat. The California sun often ignites Pitta, leading to sensitivity or redness.
- **Kapha (Earth & Water):** Governs structure and stability. When out of balance, it may lead to skin congestion or heaviness.



Expert hands apply Ayurvedic knowledge to restore your skin's natural balance.

Ages 20–35: The Vital Glow

Focus: Clarity, Deep Cleansing, and Prevention

During these years, skin is often in its "Pitta" phase vibrant and high-energy, but prone to the fires of sensitivity and hormonal shifts.

The Power of Triphala

Traditionally, Triphala is used in Ayurveda to support digestion and elimination, both of which are considered important for maintaining healthy skin.

Lifestyle Tip: Savor Every Morsel

Practice eating in a relaxed environment without your cellphone. Savoring your food improves digestion, which is the foundation of clear skin.

Daily Wellness Habit: Mindful Hydration

Drink adequate water throughout the day to support hydration and healthy physiological processes.

Skincare Treatments

Skin Rehab Facial

Recommended for those with oily tendencies, this session uses plant extracts and resurfacing enzymes to detoxify the skin and quickly clear and prevent breakouts.

HydraFacial

A multi-step experience that provides deep cleansing, gentle extractions, and an intense infusion of antioxidants and peptides to maintain a healthy glow. It includes a lymphatic drainage massage to boost circulation and reduce puffiness.



Ages 35–50: The Restorative Path

Focus: Firming, Nourishment, and Resilience

As you navigate these years, your skin requires more intensive support to manage the cumulative effects of the sun and the natural shift toward the dryness of the Vata stage of life.

The Golden Warrior (Turmeric)

Turmeric contains curcumin, a compound studied for its antioxidant and anti-inflammatory properties, which helps shield the skin and supports gut health.

The Strength of Ashwagandha

Known as the embodiment of resilience, this herb helps your body navigate the storms of stress. Ashwagandha is traditionally used in Ayurveda to support resilience to stress and promote overall well-being.

Lifestyle Tip: Nature & Rest

Prioritize 7-8 hours of sleep to allow your skin to repair itself. Spend time in nature, whether hiking or gardening to reduce the chronic stress that can age the skin.

Skincare Treatments

The Glow Facial Treatment

Experience an immediate transformation with this enzyme-powered goodness that brightens, hydrates, and leaves skin exceptionally soft for a radiant, same-day complexion.

Radiance Renewal Facial

Indulge in the ultimate experience designed to deeply rejuvenate and refresh your skin using state-of-the-art technology. This 60-minute session combines powerful skin-renewing therapies to leave you looking radiant, lifted, and refreshed after just one visit.



Ages 50–65: The Radiant Spirit

Focus: Deep Rejuvenation, Serenity, and Lifting

In this stage, the focus shifts to deep nourishment and calming the nervous system, allowing your inner spirit to shine through a soft, peaceful complexion.

The Guardian (Amalaki)

Amalaki (Amla) is rich in vitamin C and polyphenols and has been traditionally used in Ayurveda to support healthy aging and overall wellness.

Home Practice: Warm Ginger Infusions

In Ayurveda, warm ginger infusions are traditionally used to support digestion and promote a sense of warmth and comfort.

Lifestyle Tip: Breath & Gratitude

Practice Pranayama (breath control) promote relaxation, improve mindfulness, and support emotional well-being. Cultivate a daily gratitude habit to boost your mood and strengthen your inner light.

Daily Wellness Habit: Mindful Movement

Engage in slow-paced Yin Yoga to improve flexibility and coordination while reducing pain.

Skincare Treatments

Ayurveda Facial

A personalized experience where an expert assesses your constitution (Prakriti) and current skin condition to provide a custom-fit session using the finest holistic solutions.

Time Fighter Facial

A handcrafted session designed to maximize nourishment, helping the skin appear more even and youthful through specialized touch.



The AyurVida Wellness Self-Care Foundation

No matter your age, these core practices from our Mission Hills sanctuary support every skin type:

Fresh & Whole Nutrition

Cook with fresh ingredients and use herbs and spices generously while moderating added salt.

The Art of Stillness

Create a sanctuary for meditation to improve your focus, enhance your creativity, and reduce stress.

Positive Connections

Surround yourself with positive people who make you feel good about yourself and boost your well-being.

Embrace the Sun Responsibly

Remember to protect your skin to avoid the effects of excessive heat.

The Wisdom and Touch Behind AyurVida Wellness

Your journey to equilibrium is guided by a small, dedicated team of experts who view skincare as an art and wellness as a lifelong path. At our Mission Hills sanctuary, we pride ourselves on being an intimate, personal space not a "production shop" where every guest receives the focused attention they deserve.



Shirodhara — a cascading flow of herbal-infused oils that restores serenity and balance.

Christianne Madrazo: The Guiding Light of Ayurveda

The heart of our clinic is Christianne Madrazo, a Certified Ayurvedic Practitioner and the visionary behind this guide. Christianne's deep knowledge is rooted in her education at the Mount Madonna Institute, College of Ayurveda, and her time as a student of Dr. Vasant Lad, a world-renowned authority on Ayurvedic wisdom.

Chelly Moreno: The Art of the Facial

For those seeking a transformative skincare experience, Chelly Moreno provides a touch that is both gentle and meticulously effective. With years of advanced skincare experience, Chelly is known for her ability to "read" your skin, creating a personalized experience rather than following a standard recipe.

Begin Your Journey to Equilibrium

Our licensed experts in San Diego are ready to design a session around your specific goals. Whether you seek an advanced Renewal Facial or an Ayurvedic Session tailored to your Prakriti, we invite you to rediscover your natural, radiant glow.



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