



# Radiant Body, Restful Mind

*Shubhra Krishan*

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## **Radiant Body, Restful Mind** Shubhra Krishan

Shubhra Krishan firmly believes that a pampered body is a healthy body. In *Radiant Body, Restful Mind*, she divides the elements of a woman's life into such subjects as home, cooking, bath, relaxation, bedroom, beauty, relationships, and retreats, offering special indulgences for each. Designed to enliven and enrich one's life, the book includes tips on clearing clutter, expressing creativity, preparing facials and scrubs, enjoying the natural world, nurturing relationships with friends and spouses, and creating personal, sacred space in one's home and life.

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