



the full mommy

Naked, honest reviews for every body

SUNDAY, NOVEMBER 16, 2008

DoshCare Skin Care



Holiday Shopping can really wear you out. As moms know, you tend to pile on the stress around this time of year. Don't forget to take care of yourself!

DoshCare is a line of customizable, botanical skincare products based on the Indian principles of Ayurveda. In case Ayurveda is new to you, it is a healing system originating in ancient traditions of India. With cleansers, moisturizers, balms and elixirs, this skincare system provides care tailored to your skin type.

I recently sampled the DoshCare Kapha detoxifying moisturizer and cleansing gel. Kapha type skin is normal to oily. (Not sure what kind you are? Take the quiz.)

Both products were gentle and light. While the cleanser includes my favorite ingredient (green tea) along with lemon and eucalyptus, I can't say I noticed a big difference in my skin after cleansing.

However, I really enjoyed the moisturizer. It wasn't too heavy and had a soft clean scent. Of the two I find personally that it's harder to find a moisturizer that I like so this was a pleasant surprise.

DoshCare just started their own blog! Visit [doshacareblog](#) to learn more.

POSTED BY BINKYTOWN AT 12:00 AM

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We're here to get naked about stuff we like, don't like, covet, and spurn. We'll bare all to tell you the real truth. These are not paid posts, although we do sometimes score free product samples. Questions, comments, complaints, goods to review? Contact us at [fullmommy](#) at [gmail dot com](#).

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