

[VIV Mag](#)

Search VIVMag.com for

- [Subscribe](#)
- [This Issue](#)
- [VIV Blog](#)
- [Exclusive Content](#)
- [VIV Moments](#)
- [VIV VU](#)
- [Extras](#)
 - [Giveaways](#)
 - [Playlists](#)
 - [Recipes](#)

Save trees while you read.

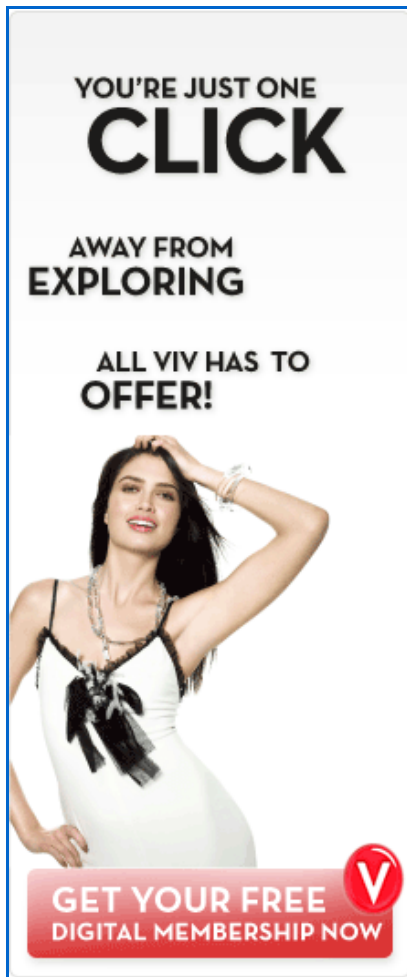
Go Green with a FREE digital magazine subscription.

[Find out how >](#)

GET VIV ONLINE

RSS 

UPDATES >



YOU'RE JUST ONE
CLICK

AWAY FROM
EXPLORING

ALL VIV HAS TO
OFFER!

GET YOUR FREE
DIGITAL MEMBERSHIP NOW

VIV Extras

[≥ ≤](#)

- [1](#)
- [2](#)
- [3](#)

Giveaways

[See All](#)

Win a Copy of *Love in the Time of Cholera*

Want to win stylemaker Lisa Hoffman's favorite book, *Love in the Time of Cholera* by Gabriel García Márquez? Five lucky readers will ea ...

[Enter Sweepstakes](#)

Playlists

[See All](#)

Sela Ward's Workout

As featured in the September/October 2008 issue of *VIVmag*, trainer Stephanie Laff has worked with the award-winning actress Sela Ward for mor ...

[View Playlist](#)

Recipes

[See All](#)

Parmesan and Rosemary “Fried” Chicken

Baked potato chips are the secret to this chicken’s crispy coating. Instead of going into a vat of fat, this bird cooks in the oven.

[Get Recipe](#)

VIV Says: Blog

[RSS Feed](#)

[Beauty](#), [Featured](#) | No Comments

October 6th, 2008

DoshaCare Launches Skin-Care Line



When shopping for skin-care products, we’re typically asked if our T-zone is greasy by midafternoon. But when we recently met with Patty Schmucker, creator of the new [DoshaCare](#) line, she had an entirely different line of inquiry: Would we describe our appetite as irregular, intense or slow? Do we respond to stress with anxiety, irritability or withdrawal? Questions like these are designed to determine our predominant dosha - the ayurvedic concept of basic mind-body constitution. Our dosha, in turn, reflects the characteristics of our skin. There are three types of doshas: Excitable Vatas tend to have dry skin; easygoing Kaphas, who retreat when faced with conflict, typically experience congested skin when out of balance; and the easily irritated Pittas among us have a tendency toward inflamed, acne-prone skin.

Admittedly, all this might sound like so much hoey if it weren’t for the appeal of the products themselves. Botanical ingredients such as aloe vera, bamboo, cucumber, eucalyptus, green tea, olive oil and willow provide a natural way to cleanse, exfoliate, hydrate and renew skin. All 17 products in the DoshaCare line have “clean” scents and absorb quickly into the skin - for those days when you don’t have time to get your doshas in a row.

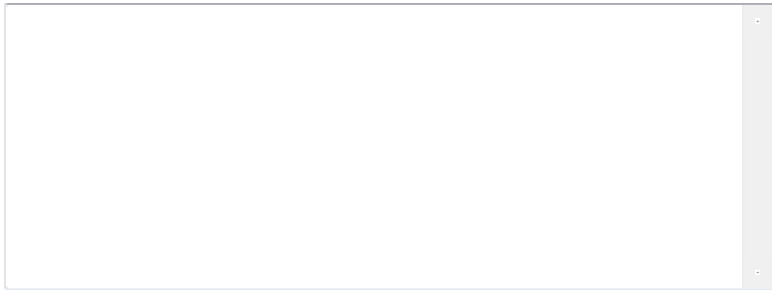
Reader Comments:

No comments on this article yet.

Leave a Comment

Name (required)

Email (will not be published) (required)



Submit Comment

Archive

- 2008
 - [Aug](#)
 - [Sep](#)
 - [Oct](#)
- [About VIV](#)
- |
- [Subscribe](#)
- |
- [Contact Us](#)
- |
- [Sitemap](#)
- |
- [MEDIA KIT](#)
- |



THE WAY TO LIVE™

© 2008, VIV Publishing, LLC. All rights reserved.

Registration on or use of this site constitutes acceptance of our [User Agreement](#) and [Privacy Policy](#).