



# LET'S GET SKIN DEEP

## ONLINE SKINCARE WORKSHOP

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Join Macrobiotic Nutritionist, Shonali Sabherwal for her skincare workshop. Discover the transformative synergy between diet and skincare, unlocking the secrets to radiant and nourished skin from within. March 2, 2024 from 3 to 5 PM IST.

[@SoulFoodShonali](https://www.instagram.com/SoulFoodShonali)



# INTRODUCTION

Embark on a transformative journey with Shonali, an experienced macrobiotic nutritionist with a rich history of working with over 12,000 clients from all over the world covering more than 70 ailments.

Specializing in a holistic approach through the Macrobiotic diet, Shonali addresses skin concerns and imparts her decades of expertise in an intensive workshop.

Join her to uncover the secrets of achieving healthy, glowing skin through the power of nutrition, as Shonali shares insights gained from nationwide workshops conducted for practicing dermatologists, focusing on principles that **enhance blood condition, strengthen collagen, and promote cellular detoxification.**

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# LEARNINGS

## The art of nurturing your skin from within.

As the **largest breathing** organ and a vital part of the body, the skin serves as a mirror reflecting the overall health of the internal environment and the various organs within.

Beyond its superficial appearance, true **beauty is rooted deep within the body**. The foods we consume play a crucial role in creating blood and body fluids, and when our dietary choices are balanced, they generate an electric charge that resonates through our cells, manifesting in radiant and beautiful skin.

With the skin receiving a third of the body's blood supply, providing essential nourishment becomes paramount for maintaining its appearance and health.

**Through this workshop, you will learn the tools on how to handle your skin from inside out.**



[@SoulFoodShonali](#)



# TAKEAWAYS

## What will you learn through this workshop?

- Discovering the positive influence of specific foods and lifestyle practices on enhancing skin health.
- Understanding the foods and lifestyle habits that are detrimental to your skin, deciphering the factors that impact collagen health.
- Navigating the overwhelming world of supplements and discerning which ones are truly essential for your skincare regimen.
- Gaining insights into the reasons behind accelerated skin aging and learning effective strategies to slow down the aging process.

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# TAKEAWAYS

## What will you learn through this workshop?

- Understanding the correlation between lung and heart health and its manifestation in skin well-being.
- Conducting self-diagnosis techniques for your face to comprehend the root causes of acne, pimples, dry or oily skin, and dull skin. Exploring how your organs discharge non-assimilating foods onto your face.
- Delving into Shonali's daily dietary recommendations for achieving optimal skin health, including her secret ingredients for a healthy, glowing complexion.

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# SKIN DEEP

## How will the workshop unfold?

This workshop will be conducted **online via a private Instagram page** with Shonali Sabherwal. It is a two hour workshop with half an hour for a Q&A session.

Once you are done registering, you will have to send a follow request on the Instagram page and you will be added on 1st of March to the page.

**Date: Saturday, 2nd March 2024**

Time: 3 pm to 5 pm IST [2 hours]

Instagram Live will be broken into two sessions (will log off after one hour and log on again).

**Recording of workshop will be available for the entire month of March** to watch for anyone who missed joining LIVE.

**Cost: ₹5540/- (includes GST) / \$70**

For more details: **WhatsApp to 9820431224** (you can call this number to ask questions before registering).



# REGISTRATION

## How to register?

For participants making payments in Indian Rupees:

- Visit my [website by clicking here to pay online.](#)
- Alternatively, pay amount of ₹5540/- (includes GST) to the bank account mentioned below; then send your name, your email address & phone number with a screenshot of the payment via:
  - WhatsApp to 9820431224 or
  - Email: shonaalii@macrobioticsindia.com

## Bank Details

<b>Bank Name:</b>	INDIAN OVERSEAS BANK
<b>Branch Name:</b>	ISKCON BRANCH
<b>ACCOUNT NAME:</b>	SHONAALII SABHERWAL
<b>SAVINGS ACCOUNT NO:</b>	124501000010518
<b>IFSC CODE:</b>	IOBA0001245
<b>SWIFT CODE:</b>	IOBAINBB128

[@SoulFoodShonali](#)



# REGISTRATION

## How to register?

For participants making payments in US Dollars:

- Pay amount of **\$70** to the bank account mentioned below; then send your name, your email address & phone number with a screenshot of the payment via:
  - WhatsApp to 9820431224 or
  - Email: shonaalii@macrobioticsindia.com

## Bank Details

<b>Bank Name:</b>	INDIAN OVERSEAS BANK
<b>Branch Name:</b>	ISKCON BRANCH
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# FOOD IS MEDICINE



## List of ailments I have worked on:

Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); Fibromyalgia;  
Cancer: rectum, colon, breast, lung, prostate, ovarian; Cancer markers;  
Skin issues (psoriasis, urticaria, skin glow, dark circles);  
Thyroid; PCOD; Depression (anxiety); OCD; Hair fall; Menopause;  
Allergies; Food intolerances; Conditions associated with low immunity;  
Weight loss/gain; Diabetes; Autoimmune conditions.

[Check the Disease Management page on the website soulfoodshonali.com](http://soulfoodshonali.com)  
[for more information.](#)

[@SoulFoodShonali](#)

# FOOTPRINT



- Certified Macrobiotic Nutritionist & Chef from Kushi Institute, USA.
- Ran a successful catering service for 9 years, providing Macrobiotic Vegan meals to over 8000 clients (consultations) addressing 50 different ailments, with 1000+ workshops conducted.
- Recipient of Vogue's 2020 'Best Nutritionist' award and The Times (of India) SheUnltd award for Health Food in 2019/2020.
- List of Bollywood clients includes: Katrina Kaif, Zoya Akhtar, Sidharth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jacqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil, to name a few.
- Books: 'The Beauty Diet,' 'The Detox Diet,' 'The Love Diet,' 'Vipassana: The Timeless Secret to Meditate & Be Calm,' 'Finding Your Balance: Your 360-Degree Guide to Perimenopause & Beyond.'
- Podcast: 'Soulfood Conversations' on Audible.

To learn more about Shonali visit [www.soulfoodshonali.com](http://www.soulfoodshonali.com)

# THANK YOU

For more information or any queries relating to the workshop or consultations please get in touch.



## CONTACT



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