



Tri-Dosha Pitta Face cream, £36, www.tridosha.co.uk Another Ayurvedic anxiety buster, this cream is especially for 'pitta' types (with oily, sensitive, red or inflamed skin). It's part of a beauty range created by Sunita Passi, an Ayurvedic therapist who first fell in love with Ayurvedic culture when she visited her grandfather's clinic in India at the age of seven.