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nutrition, skin care, aromatherapy,
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1978 — Horst founds Aveda with the mission of creating holistic beauty through wellness; Aveda is “knowledge of the whole”
1982 — The first Aveda Institute opens its doors in Minneapolis; Aveda Institutes are schools for aspiring professionals in the beauty industry
1987 — Horst publishes “Rejuvenation: A Wellness Guide for Women...”

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Living Aveda - Our Story - Mission and Heritage | Aveda

1997 — Aveda is acquired by The Estée
Lauder Companies and grows to become
a global success story with a presence in
more than 40 countries and 9,000 salons
and spas 1999 — Horst publishes
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Aveda | Middle East | Discover Aveda: Our Mission

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Founded in 1978, Aveda is a leading
name in eco-chic health and beauty. In
this text, the founder of Aveda sets out
the principles of achieving mind/body
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Aveda rituals : a daily guide to natural health and beauty ...

Aveda Rituals covers the ABC's of TLC and conscious self-care for health and beauty. It covers the Ayurvedic approach to healthy living with beneficial and holistic recommendations for daily practice (ritual). It covers self-massage, yoga, energy healing, nutrition, skin care, aromatherapy, meditation, posture etc.

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