



JAMU LIFESTYLE: Indonesian Herbal Wellness Tradition

Metta Murdaya

Key Points

- **Metta Murdaya is founder of JUARA, an award-winning skincare & wellness line inspired by the Indonesian Jamu tradition**
- **Author has been featured as 99 most powerful women by *Globe Asia***
- **Metta Murdaya has also received Shine On award by *Good Housekeeping Magazine***

Category:
Food & Lifestyle

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Jamu Lifestyle

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Book Description

Lifestyle is your gateway to entering a vibrant community devoted to self-care; a joyous and transformational world of wellness.

Jamu is the herbal-medicine tradition of the Indonesian archipelago. Born from disparate influences brought by traders to this crossroads of Asian commerce, over the centuries, Jamu has developed into a sophisticated suite of nutritional supplements incorporated into cuisine, beauty rituals, and healing agents, all proven effective by empirical research.

With this book you can:

- Explore ways to infuse fun and joy into your everyday activities based on the Jamu lifestyle approach.
- Create some jamu-inspired recipes at home-ranging from simple hacks to full, authentic popular Indonesian dishes.
- Level up your existing skincare and bathing routine with easy and cost-effective tips to create a home-spa experience.
- Enjoy the beautiful and nourishing photography that transports you to a universal world of wellness.