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## The Ultimate Beauty Guide: Head to Toe Homemade Beauty Tips and Treatments for Your Body, Mind and Spirit

By Adi Atar

Createspace, United States, 2014. Paperback. Book Condition: New. Adi Atar (illustrator). 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Adi s 21-years experience and knowledge as a professional beautician, makeup artist and life coach is realized in this insightful and empowering book which, guides the reader on how to uncover their existing natural beauty. This a uniquely different beauty book exposes the tools and techniques used for enhancing women s beauty stored within their body, mind and spirit. The book focuses on achieving results targeting 18 different areas from head to toe including: natural skin radiance, reduction in signs of aging and professional makeup tips coupled with achieving soft, silky and shiny hair. Additionally, it offers ideas on fudging flaws, beauty and skincare DIY recipes and naturals ways of battling acne. Plus how to achieve beautiful hand and feet treatments, message oils and techniques, along with the secrets of healthy smile combined with simple rules for attaining and sustaining a beautiful body. Finally, the generation of self-motivation to embrace an active lifestyle, optimum nutritional requirement as well as the benefits of 79-herbs, eliminating weight loss, stress and anxiety from your life. One of the...



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