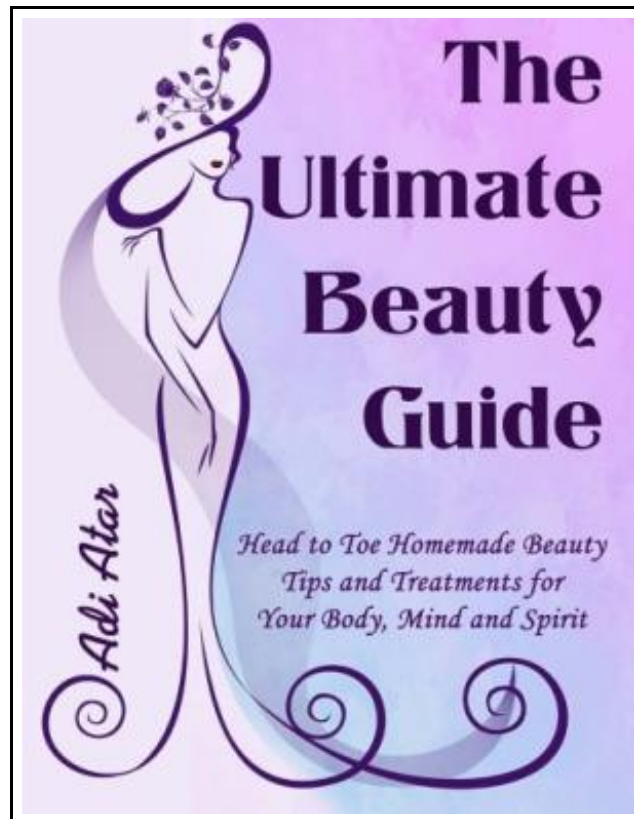


The Ultimate Beauty Guide: Head to Toe Homemade Beauty Tips and Treatments for Your Body, Mind and Spirit (Paperback)



Filesize: 3.96 MB

Reviews

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(Mrs. Linnea McKenzie)

THE ULTIMATE BEAUTY GUIDE: HEAD TO TOE HOMEMADE BEAUTY TIPS AND TREATMENTS FOR YOUR BODY, MIND AND SPIRIT (PAPERBACK)



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 significant aspects this book explains relates to self-esteem and how it can be improved by looking and feeling good. Speaking to the media about the book, Adi said, I believe for a woman there is nothing more satisfying than being able to look at oneself in the mirror repeatedly and celebrate one s unquestionable beauty. And with this in mind I believe my book will help in taking your beauty results to another level. She continued to say, Nowadays, so many women are going under the knife and spending excessive amounts of money to look beautiful. However, they ignore the...



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