



Speaking of Skin Care: Your Health Guide

By Parvesh Handa

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Speaking of Skin Care: Your Health Guide, Parvesh Handa, Look young! Feel Young! Yes, if the face is the index of the mind then beauty too is more than skin deep. A healthy individual who follows a proper diet, manages stress and is fastidious about skin-cleansing habits is bound to have a glowing complexion. And the net result is a luminous skin which defies age and the pressures of a hectic lifestyle. This book gives you all the terrific tips to retain your charm and looks as you grow younger by the years. Some of the topics dealt with are: Skin afflictions; Therapies for skin care Healthy hair; Body care; Calorie count; and, Cleansing routines.



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This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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