



Encyclopedia of Beauty and Health

By Parvesh Handa

Atlantic Publishers & Distributors (P) Ltd., 2009. Softcover. Book Condition: New. The concept of beauty has broadened during the last twenty years or so. It encompasses taking care of the skin, avoiding pimples, acne, eczema and other disorders and adopting various beauty techniques like hydrotherapy, healing compress, herbal bath as well as using herbal products for beauty such as rose, rosemary, sage, sandalwood oil, sorbitol, strawberry, glycerine, honey, turmeric, etc. Glamour is not out of reach if one is fully conversant with correct techniques of living and know-how about what to wear and eat, and the art of make-up. With this knowledge, one can even match the famous glamorous personalities in the world. This Encyclopedia of Beauty and Health has touched all vital aspects of beauty and health to make you confident, perfectly beautiful, keeping you fit and healthy. Health and beauty are inter-related. Knowing your body and functioning of various organ systems is necessary to maintain good health. Knowledge of common symptomatic and chronic diseases and main causes thereof is also necessary to stay healthy. Similarly, periodic tests and screenings help in timely diagnosis of serious disorders and treatment thereof. Women have to be extra careful and learn about...



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