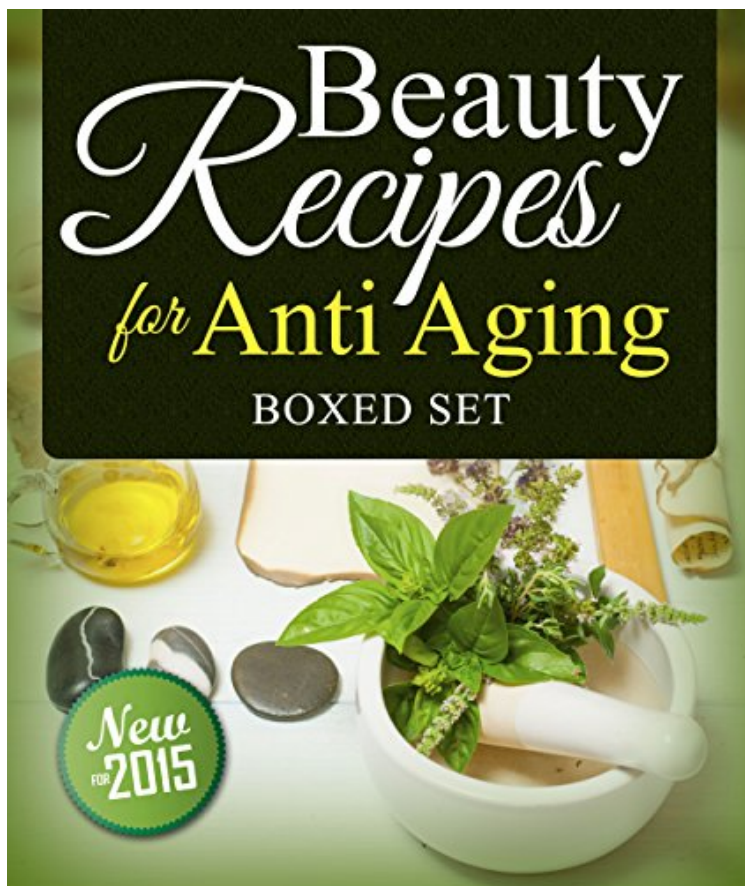


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3 of 3 people found the following review helpful. Always useful Natural Beauty Recipes and Anti-Aging Tips. Good advice in one eBook. By C. ROMERO As we are following a healthy lifestyle that includes beauty care, as face, neck, hands, hair and the rest of the body needs external care as much as internal care; therefore, this set of two books represent good tips and basic knowledge of beauty care that is helpful for everybody, since beginners until pros. Health and being healthy are two different concepts that must be observed by any person. Beauty habits, intake of natural supplements, healthy diet, beauty treatments, your own habits and way of living will affect positive or negative towards your health. This book will provide you with several tips and comments for you to enjoy a healthier and beautiful skin and body through 9 chapters written in a friendly format and easy to understand language structure. On the 2nd book you will find aspects about anti-aging, kind of foods you can consider as anti-aging, traditional Chinese medicine, release of stress, the use of supplements, skin care and more reliable information. I like these two books and I hope that you will find them useful. 0 of 0 people found the following review helpful. secrets of making own skincare products By N-S Learn insider secrets to making your own skincare products. You will learn which vegetable oils,

herbs, floral waters, essential oils, plant-based emulsifiers, and natural preservatives to use, how to pack and label your own beauty products, and how to store them safely. The book contains recipes and step-by-step techniques used by the author. Free from artificial ingredients and based on traditional beauty wisdom, recipes and advice in this book are easy to follow and cost very little to prepare. Practical, straightforward, and fun, these recipes are equally suitable for beauty enthusiasts as well as professional beauty practitioners. After reading this book, you will be able to create your own creams, lotions, cleansers, toners, masks, sun protection and baby care products. Facial cleansers, moisturizers, anti aging serums, sun protection lotions, and can be prepared easily at home using only natural, easily available ingredients. In just minutes, you will be able to prepare beauty product at a fraction of a cost of conventional chemical brew. You can pamper yourself head to toe with luxurious masks, deep cleansing home facials, aromatic massage oils, nourishing body lotions, and age-reversing moisturizers in the most natural, luxuriously way! The seller, in exchange for an honest and unbiased review, supplied me with this product for free or discounted price. What you have read and watched is solely my very honest opinion based on my experience with this product. ***** IF THIS REVIEW WAS HELPFUL PLEASE HELP OTHERS FIND IT BY CLICKING YES BELOW ***** 0 of 0 people found the following review helpful. Yoursquo;ll stay young and healthy with these books By luvami This is another box set by Speedy Publishing, this time focusing natural beauty treatments as well as aging advice. The first book by Lisa Patrick, has a plethora of natural recipes such as face masks, scrubs and lotions for a variety of skin conditions. I particularly like the fact that you can buy the ingredients over at a Whole Foods or a regular grocery store. These recipes look so simple, they are definitely worth trying out. The other chapters features body scrubs and other products such as hand and foot cream. She also stresses the importance of finding your skin type. I think I am a combination skin type since cheeks are a little dry and my nose oily. I found this is very simple, easy read. Perhaps when I have free time, I can have a natural beauty month. The second book by Maria Chan has 76 anti-aging tips. Written in a casual manner, it is extremely easy to read. The writing style reminds me of advice given by a good friend or an older sister. Not all of the advice is about health or skin care. A large majority of it is about expanding your horizons and living an active life. Overall, if you take all of Maria's 76 anti-aging tips, you would be destined to live a long and happy life. I was given this at a promotional rate for my honest and unbiased review. If you find this review helpful please click Yes below, and I will send happy rainbows your way. :)

Beauty has less to do with natural inheritance than it does with work and effort, and the more you learn about beauty products, the more you grow to realize that you are better off making them yourself! In the first place, beauty recipes allow you to make beauty products for far less money than it would cost to purchase the products themselves. You can make many beauty products simply by raiding your kitchen! Also remember that beauty products made by home recipes are also free of most of the harmful chemicals that occur in regular products.