



The Essential Beauty Guide

By Sneha Vij

Goodwill Publishing House, New Delhi, India. Softcover. Book Condition: New. This is a handy reference book that expresses beauty philosophy in the most easy to understand manner. It is full of herbal beauty recipes and hundreds of fabulous beauty tips that will show you. How to make the best of what you've got. Pinpoints beauty trouble spots in each section-Skin, Hair, Teeth, Nails, Make-up, Exercise and Diet. Learn the best way to care for your skin according to skin type. Practice the latest techniques and ideas for applying make-up. Check out the basic nutrition and dieting tips that will keep your weight down and your spirits up. Thus you are deficiency going to go a long way with the help of this book not only in looking good but also in looking much younger than your actual age. Printed Pages: 144.



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Reviews

This written book is excellent. It really is rally fascinating through studying period. You are going to like the way the writer write this publication.
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-- **Meredith Hoppe**