



The Complete Book of Beauty : The Ultimate Guide to Skincare, Make-Up, Haircare, Hairstyling, Diet and Fitness

By Sunnydale Helena

Hardback. Book Condition: New. Not Signed; Description: This is the ultimate book of practical advice, professional tips, ideas and inspirations. It offers everything you need to know about personal grooming, how to achieve your desired style, and how to maintain health and stay fit and toned. The book includes guidance, hints and tips that cover every aspect of make-up and beauty, skincare, and haircare: none of them cost a fortune to adopt, and all of them can be easily incorporated into a daily regime. Information is also provided on how to choose a healthy diet tailored to suit any lifestyle, how to start to incorporate some form of exercise into a daily routine and making time to relax and recuperate. book.

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