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A HANDBOOK OF NATURAL BEAUTY



Jaico Publishing House, 2007. Softcover. Condition: New. First edition. Beauty and health go hand in hand. The finest cosmetics in the world cannot disguise the effects of poor nutrition, lack of sleep and exercise or too much stress. Beauty comes from within and it is reflected in a clear skin, sparkling eyes, glossy hair and a fit, trim body. While it is not possible to change one`s features, a lot can be done for attaining other basic elements of true...

Read PDF A Handbook of Natural Beauty

- Authored by Dr. H.K. Bakhru
- Released at 2007



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