



See the Best in You: Tips & Guidelines to Achieve Beautiful, Flawless Skin

By Shiv Dua

B Jain Publishers Pvt Ltd. Paperback. Book Condition: new. BRAND NEW, See the Best in You: Tips & Guidelines to Achieve Beautiful, Flawless Skin, Shiv Dua, All over the world, there is a growing interest in personality grooming, beauty treatment and products. Each one of us wants an aesthetic face, vibrant body, fabulous skin and booming health. This book guides readers to the right face/body creams, moisturisers and lotions, beauty products and their uses are all explained. The book specifies the methods to maintain a balance between internal health and external health of skin and how to deal with skin problems. The author has explained stress, sleep and diet very well. He advises all of us to think young, be young and shows the way to reach a better form of ourselves. This book guides the readers about the type of skin they possess. Once it is known, it becomes easy to use proper cosmetics without any harm. This book aims to impart basic knowledge of common skin ailments along with their management through alternative therapies. It also details beauty products suitable for males. It includes seven most important factors that balance the beauty of skin.



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