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## SPIRITUAL BEAUTY CARE: TECHNIQUES AND PRACTICES TO ENHANCE YOUR INNER AND OUTER BEAUTY (PAPERBACK)



LOTUS PRESS, United States, 1998. Paperback. Condition: New. Language: English . Brand New Book. The book provides a practical guide for anyone interested in finding out about the wide range of options available in this field, such as aromatherapy, Ayurveda, massage therapy, herbal baths and visualization techniques. Spiritual Beauty Care offers people the opportunity to combine, in a holistic manner, their outer techniques with the inner emotional and mental practices that create true radiance of beauty.

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- · Authored by Jacqueline Sinnige
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