



Speaking of Skin Care: Your Health Guide

By Parvesh Handa

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Speaking of Skin Care: Your Health Guide, Parvesh Handa, Look young! Feel Young! Yes, if the face is the index of the mind then beauty too is more than skin deep. A healthy individual who follows a proper diet, manages stress and is fastidious about skin-cleansing habits is bound to have a glowing complexion. And the net result is a luminous skin which defies age and the pressures of a hectic lifestyle. This book gives you all the terrific tips to retain your charm and looks as you grow younger by the years. Some of the topics dealt with are: Skin afflictions; Therapies for skin care Healthy hair; Body care; Calorie count; and, Cleansing routines.

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