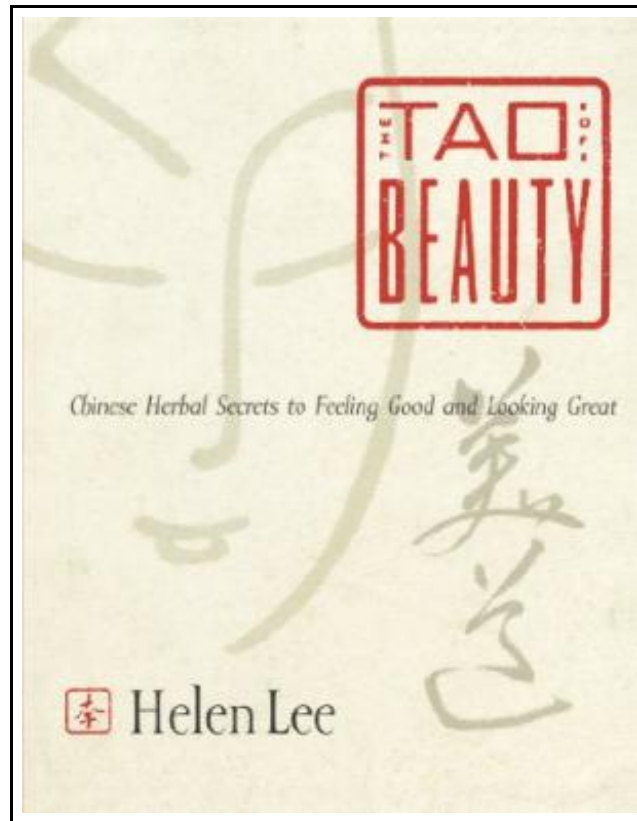


The Tao of Beauty: Chinese Herbal Secrets to Feeling Good and Looking Great (Paperback)



Filesize: 6.73 MB

Reviews

This ebook is definitely worth buying. It is definitely basic but excitement within the fifty percent in the ebook. Its been designed in an extremely straightforward way which is merely following i finished reading this ebook where basically changed me, alter the way in my opinion.

(Ward Morar)

THE TAO OF BEAUTY: CHINESE HERBAL SECRETS TO FEELING GOOD AND LOOKING GREAT (PAPERBACK)

DOWNLOAD



Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. 226 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.The Tao of Beauty proves that the latest beauty secrets are 5,000 years old. Ford fashion model Helen Lee comes from a long line of Chinese herbal practitioners, and when she found that Western beauty solutions were not helping her remedy the stress of a full-time modeling career, she turned back to the Chinese herbal therapies her mother had taught her. In The Tao of Beauty, Lee demystifies for you the use of food and herbs for inner health and outer beauty with: A concise overview of Chinese medicine and Chinese herbology's basic elements The Beauty-Wellness Test, which identifies your energy type--yang (hot), yin/yang (balanced), and yin (cold) Prescriptive advice for acne, dry skin, wrinkles, insomnia, fatigue, allergies, and much more Five chapters devoted exclusively to remedies and tips for skin, hair, nails, eyes, and make-up Herbal and dietary recommendations and recipes for optimal weight and health, with ingredients easily available in local supermarkets and health food stores Specific advice for women at different stages of life, including pregnancy and menopause Exercise, toning, and relaxation techniques based on Chi Kung More and more Western women are coming to see that beauty and wellness are inextricably linked, but there are few resources that explain the relationship and offer practical advice. The Tao of Beauty is the guide you've been seeking. Let it unlock the beauty in you. The Tao of Beauty now makes these therapies available to everyone. Based on the philosophy that beauty and health are inextricably linked, The Tao of Beauty presents a total program for restoring the body's natural yin-yang balance. Using ingredients available at local supermarkets and health-food stores,...



Read The Tao of Beauty: Chinese Herbal Secrets to Feeling Good and Looking Great (Paperback) Online



Download PDF The Tao of Beauty: Chinese Herbal Secrets to Feeling Good and Looking Great (Paperback)

You May Also Like



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Read Book »](#)



History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts...

[Read Book »](#)



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Read Book »](#)



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Read Book »](#)



Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card Package (Paperback)

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Read Book »](#)