

Natural hand care : herbal treatments and simple techniques for healthy hands and nails

Weinberg, Norma Pasekoff, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920551882&lokasi=lokal>

Abstrak

This book offers dozens of easy-to-make recipes, plus nutrition tips for healthy hands, strength-building exercises, and relaxing hand massage techniques