

Naturally Healthy Skin: Tips and Techniques for a Lifetime of Radiant Skin

Tourles, Stephanie, author

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Abstrak

Discover the joys of naturally healthy and radiant skin. Stephanie Tourles offers easy-to-follow recipes for making your own all-natural skin care products from essential oils, fruits, herbs, and flowers. With a holistic approach that includes not only moisturizers and spa-quality masks, but also nutritional supplements and daily beauty rituals, Tourles addresses common skin problems like acne, rashes, dryness, eczema, psoriasis, and sunburn. Forget the harsh commercial chemicals, and be amazed at how good your naturally vibrant skin can feel.