

Anti-Wrinkle Treatments for Perfect Skin: 48 Recipes for Masks, Cleansers, Toners & Lotions Using Fruit. Herbs & Other Nourishing Ingredients

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Abstrak

A walk through the maze of a department store's cosmetics counters can boggle the mind. So many choices and such high prices! But skin care doesn't have to be complicated or expensive to be effective. ANTI-WRINKLE TREATMENTS FOR PERFECT SKIN shows how simple it can be to make exotic spa recipes for facial treatments at home. Forty-eight recipes offer a wide range of treatments for all ages and skin types, from day-to-day cleansing, nourishing, and toning to healing remedies and treatments for specific skin conditions. Most of the recipes can be made in just 5 minutes using basic kitchen equipment. And a reference section addresses common skin problems and cross-references the recommended natural treatments. Enhance your looks and boost your confidence with an all-natural skin-care program that will smooth, soothe, and nourish your face week by week and season by season, no matter what your age.