

Super Healthy Hair, Skin & Nails

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Abstrak

A complete course in natural repair and maintenance for shiny, lustrous hair, strong nails and clear skin. The author explains the construction and function of the hair, nails and skin, and the principles of healthy growth. Brittle, flaking nails, dull hair and blemished skin are perennial problems for most women - and are worsened by too much alcohol, stress, a poor diet, lack of exercise and an ineffective beauty routine. By following the practical advice in this book the condition of these very visible parts of the body will be dramatically improved within a period of approximately three months.