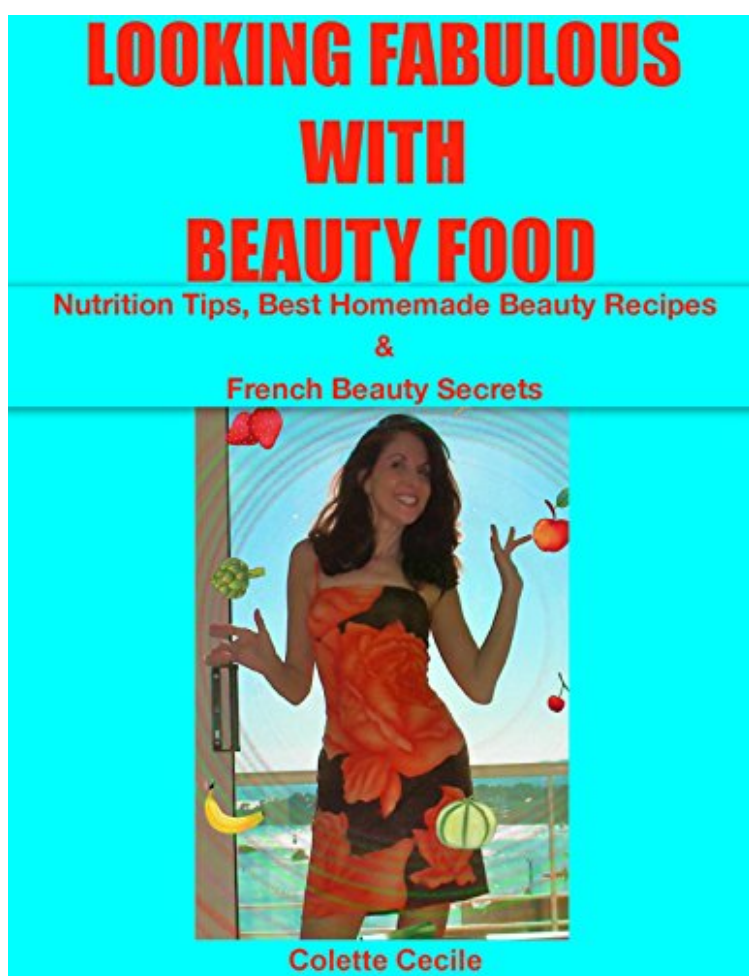


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LOOKING FABULOUS WITH BEAUTY FOOD: NUTRITION TIPS, BEST HOMEMADE BEAUTY RECIPES FRENCH BEAUTY SECRETS (English Edition)



Par COLETTE CECILE

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Description :

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IN YOUR KITCHEN!This exceptional and user-friendly guide offers you a complete program which helps you to achieve all your beauty goals in a fun and natural way.**LOOK FABULOUS WITH BEAUTY FOOD and FEEL GOOD TOO!THIS AMAZING BOOK HAS IT ALL!** No need to go through several books or websites to learn how to look great with simple solutionsThe French-born author, Colette Cecile, explains how to use your food internally (with a **BALANCED AND BEAUTIFYING DIET**) and topically (with the **BEST HOMEMADE BEAUTY RECIPES**) and also reveals throughout the pages amazing **FRENCH BEAUTY SECRETS.SIMPLY,DRINK, EAT AND PUT FOOD ON YOUR FACE! LOOK FABULOUS WITH BEAUTY FOOD** shows you how to enjoy and get results from inside-out with these 2- in-1 products from Mother Nature such as veggies, fruits, eggs, honey and chocolateDiscover a **COMBINED METHOD** where beauty starts on your plate and finishes with wonderful homemade beauty recipes made from plain food!This unique guide will help you To adopt an uncomplicated **BEAUTY DIET** suited to your needs without depriving yourself: enjoy healthy meals, delicious drinks and even desserts! To improve or maintain your looks with outstanding skin care based on **THE BEST DIY (DO IT YOURSELF) BEAUTY RECIPES** (tested and approved for centuries!). **FRENCH BEAUTY SECRETS** will be revealed too (secrets which are explained nowadays scientifically!): learn what French women do to be naturally beautiful with food and plants To create your food-based beauty products (with 100% active ingredients) tailored to your skin type and desires. No need to be a biochemist to create with ease makeup removers, facial and body cleansers ,masks (purifying, anti-aging ,firming and glowing ones),moisturizing gels, serums creams ,hair body products.To find a natural answer through nutrition and non-toxic emergency treatments to all your beauty worries such as **ACNE, DRY AND OILY SKIN, LOSS OF SKIN ELASTICITY, CELLULITE, WEIGHT LOSS, BRITTLE NAILS, HAIR PROBLEMS**To become the artist of your beauty and make your **OWN** easy, safe and colorful food/ plant based makeup! **EDIBLE MAKEUP** is **TRENDY, 100% PURE AND SO CHEAP!** You have no time for this? You can't resist buying organic ready-made cosmetics? 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