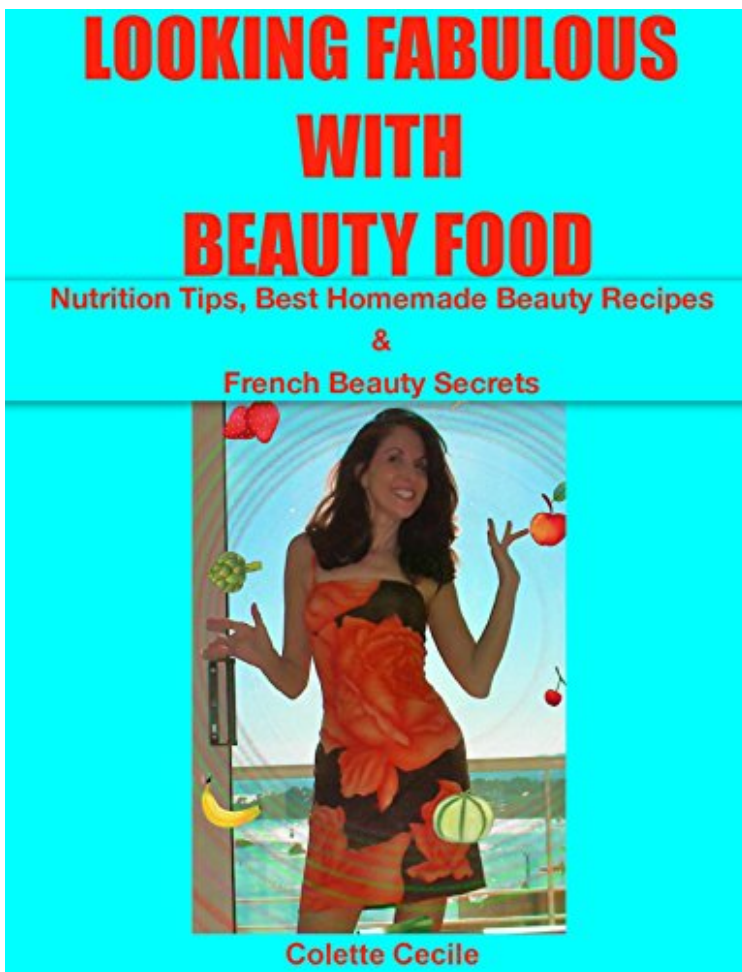


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# LOOKING FABULOUS WITH BEAUTY FOOD: NUTRITION TIPS, BEST HOMEMADE BEAUTY RECIPES FRENCH BEAUTY SECRETS (English Edition)



Par COLETTE CECILE

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## Description :

Prsentation de l'diteurImagine... Having GLOWING SKIN, SHINY HAIR, STRONG NAILS and a NICE FIGURE at ANY AGE Dream or Reality?You are wondering:Can I improve my looks with delicious and healthy nutrition?Do I believe in miracles sold in those little jars accumulating on my bathroom counter?Am I satisfied with my beauty care as I dont see much improvement?What are the ingredients in my cosmetics? How can I avoid harmful chemicals (parabens, petroleum derived products, lead, aluminum) which will end up in my blood stream and pollute the Earth? Is there a way to follow a SAFE, HIGHLY EFFICIENT and LOW COST BEAUTY REGIMEN?STOP! Find the answer to all you beauty questions IN THIS BOOK and

**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? Check the section at the end of the book **SMART SAFE ORGANIC MAKEUP SHOPPING GUIDE**.See how a chocolate mask or a strawberry scrub can deliver amazing results! **YOUR KITCHEN IS YOUR BEAUTY SALON** (without \$\$\$ price tag!).Follow with fun the program described in this incredible beauty bible: you will keep your beauty capital or improve your looks day after day! **YOUR SKIN WILL THANK YOU, YOUR HEALTH AND YOUR WALLET TOO!**Join the growing number of women (and men) convinced that **BEAUTIFYING FOODS** are the **KEY** to **TRUE BEAUTY**. Then, you will ask yourself: Why did I not think about **BEAUTY FOOD** before?Prsentation de l'diteurImagine... 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