

Age-Proof: Beauty Alternatives You Need to Know (Paperback)



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Reviews

I actually started off reading this ebook. It can be full of knowledge and wisdom I discovered this pdf from my i and dad suggested this pdf to understand.

(Marilyne Haag)

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Archieboy Holdings Publishing Co., United States, 2013. Paperback. Book Condition: New. 226 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.Doctor-recommended author, Louisa Graves, has spent years researching age-defying ingredients, beauty devices, supplements and formulations that are powerful and scientifically proven. Best of all - they don't cost an arm and a leg! Whether you're a new mom, career gal, a baby boomer or senior citizen, the tips revealed can help women to feel and look their best on any budget. Thousands of women report that they feel more energized and empowered, look and feel more beautiful, confident, and ready to take on life's day to day challenges with a more uplifted attitude and much less stress after having incorporated the information revealed. You'll be privy to a variety of age-proofing tips, beauty gadgets that really work, and weight loss and hormone-balancing devices that you can use in the privacy of your home. The information is revolutionary and concise. The products noted are accessible and affordable. You will discover which toxic skin care and household products every woman (and family) should avoid * how to make your own healthy household products and beauty recipes * how to rid your body of toxins and reduce stress * the best brain boosters, good mood foods and drug-free hormone-balancing tips that cost pennies * how to naturally increase energy * safe and effective supplements and skin care products * how to repair and prevent wrinkles * how to achieve uninterrupted sleep * build bone density and firm muscles - just 10 minutes a day * firm sagging and thinning skin * ignite fat-burning * reduce enlarged pores and blemishes * prevent acne and fade pigmentation spots * rejuvenate hands * halt thinning hair *...



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