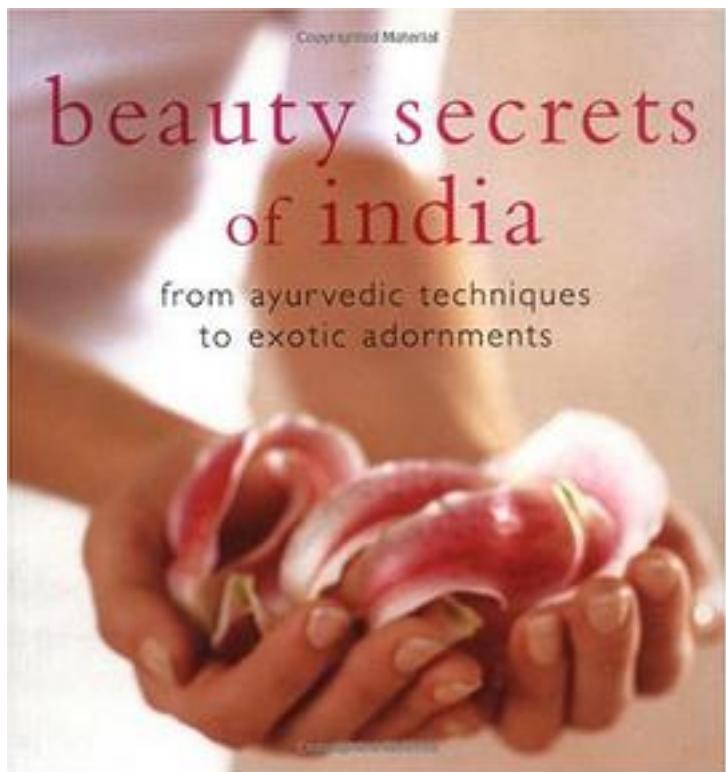


Beauty Secrets of India



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著者:Bharadwaj, Monisha

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With its friendly and informative approach, *Beauty Secrets of India* leads the reader into a rich and enticing world. The author, born and raised in Bombay, captures this romantic realm with a personal, easygoing style that includes family recipes. In the process, she shows Western women how to look and feel vibrant, healthy, and ravishing. Blending Ayurvedic techniques with other natural systems, this book encourages women to find simple ways to refresh and pamper themselves on a regular basis. Folk sayings, snippets of poetry, and tales of legendary Indian beauties adorn the text, combining a deeper sense of India's ageless knowledge with a contemporary

approach to physical and spiritual beauty.

作者介绍:

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