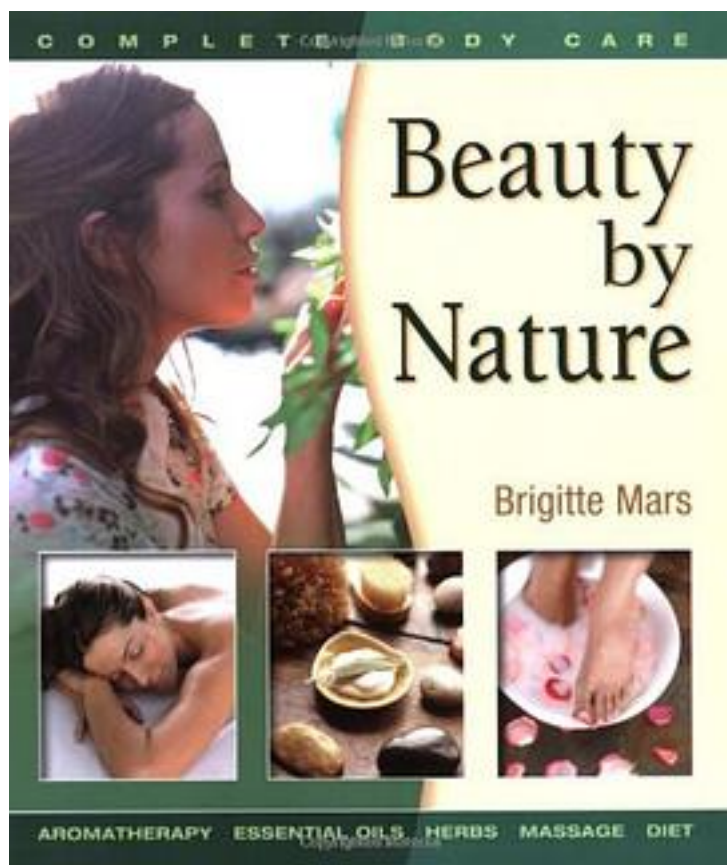


# Beauty by Nature



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著者:Mars, Brigitte

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The journey to lasting beauty involves attention both to outer appearance and inner health. This book offers a comprehensive program for attaining radiance and vitality using natural techniques. Brigitte Mars is an herbalist and nutritional consultant who has worked in the field of natural medicine for over 30 years. She includes directions and recipes for making scrubs, toners, moisturizers, facial sprays, and hair rinses, so

easy to prepare that they can be made in your own kitchen.

作者介绍:

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