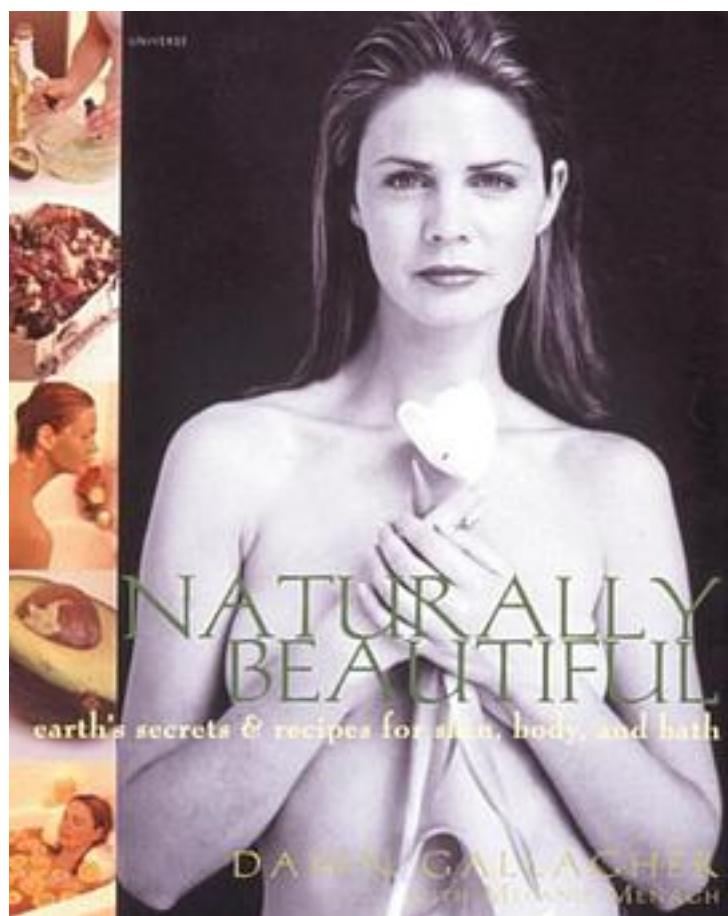


Naturally Beautiful



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在线阅读本书

Drawing from her studies in anthropology and her travels among indigenous peoples around the world, fashion model Dawn Gallagher presents an organic and

multicultural approach to beauty in this colorful, informative book. "Naturally Beautiful" is filled with recipes for skin, hair, and body care that use simple yet tropical ingredients like avocado and banana, and easy-to-perform relaxation rituals designed to nurture a healthier, happier lifestyle.

Gallagher believes that lasting beauty comes from inner radiance and a regimen of all-natural body treatments for the body and spirit. For the body, she focuses on the skin, hair, hands, and feet. The book presents the treatments that women of different cultures have sworn by since ancient times, including recipes for sandalwood bath soaks from India, a Tahitian coca butter nail and hand treatment, and an ancient Aztec favorite, crushed avocado facial mask. With step-by-step instructions and photographs, the author demonstrates, the author demonstrates how easy the treatments are to prepare and apply at home.

For the spirit, Gallagher shares her knowledge of Eastern relaxation exercises, meditation, and yoga. She embraces the beauty and sensuality of women of all sizes, shapes, colors, and ages.

作者介绍:

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