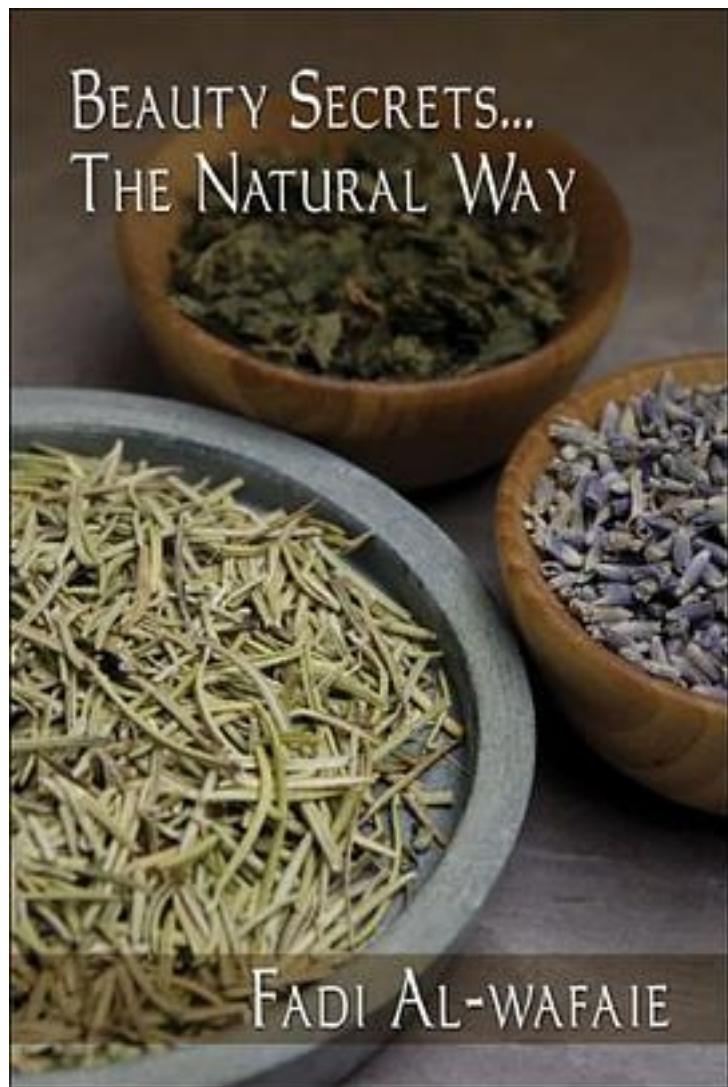


# Beauty Secrets.The Natural Way



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For every man and woman, young or old, who cares about his or her beauty and wants to be beautiful forevera] For those who rush behind the commercials that offer beauty toxin productsa] For those who are busy but want to take care of their beautya] This is my answer to you In this small, humble book you will find a lot of gifts Mother Nature has given to us to take care of ourselves. You will find a lot of recipies easy to make from simple ingredients for your beauty needs. Honey to strengthen your haira] Cinnamon for your dry nailsa] Olive leaves for excessive sweatinga] Cucumber for a shiny facea] Ginger for cellulitea] And you will find much more in this small, practical book to help you to stay beautiful if you believe that you are beautiful and believe in the secrets of Mother Nature. And I know that, my dear reader, you are beautifula] THIS BOOK IS FOR INFORMATION PURPOSES ONLY AND SHOULD NOT BE CONSIDERED AS A MEDICAL SOURCE. DO NOT USE ANY OF THE RECIPES IF YOU ARE ALLERGIC TO ANY INGREDIENT.

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