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100 Natural Beauty Tips That Will Make You Beautiful Forever



Synopsis

People have long been seeking the best techniques for optimal health and beauty. Sparelli provides natural beauty tips to keep yourself beautiful forever based on her years of research in the beauty world as well as through expert research in the field. You are assured to be wowed by these excellent tips. With 100 tips, there are sure to be a wealth of insights you were not previously familiar with. In addition to the bonus at the end of the book, there are a couple of tips from other countries including: Beauty secrets from Korea Beauty secrets from India Beauty secrets from Italy Beauty secrets from Brazil And more...

Book Information

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Customer Reviews

I found the book very helpful in a number of way. First, in face mapping and eyebrow shaping it highlighted some things I was doing wrong and gave some good advice I hadn't thought of. I also found the information on Rosacea and aging which applied to me. The book definitely has a lot more detail than Kindle books, more than a mile wide and an inch deep. There are lots of checklists, and a lot of it is stuff I already do, but I think every woman will find something in here that they can add to their own lists. This is a very thorough book on skin care and make up that is perfect for the Kindle so you can keep it in front of you in the morning when you're traveling.

I am always on the lookout for beauty tips. I feel like I missed something along the way when it comes to putting on makeup and fixing my hair. This is part of the reason "100 Natural Beauty Tips" caught my eye. This book is not just about makeup, it is a book that is about all over beauty from the

inside out. Detailed inside is everything from makeup to hair to exercise and teeth whitening. In short, this book has everything in it that you need to know to look your best. The tips in this book are the priceless kind that you would expect to get from your mother, sister or best friend. I really like that the author did not talk down to the reader. I am so tired of reading books like this that make me feel like I do not measure up. I also like that the reader does not have to spend a lot of cash to carry out the advice given in this book. The tips are for women at any age. I am so glad I found "100 Natural Beauty Tips" because I know I will use it as a reference for years to come.

What an incredible book! I always end up buying the monthly magazines like Glamour and Self because of their helpful tips for staying young. I have been throwing away my money! This book is bursting with helpful and imaginative information. There are tips to address every concern a woman might have, from pimples to tired eyes to dry skin to fluid retention. What's very impressive is that all of the tips are "hits" unlike other lists in magazines where only one or two of the beauty hints are worth trying. I love that they are all natural. I have been following the tips for a couple days and can already tell you how refreshing it is to know that I don't have to depend on the department store brands anymore. This book is perfect for anyone who wants to look beautiful while shying away from harsh chemicals and manufactured items. I have sensitive skin and it's been just right for me.

Length: 0:35 Mins

I LOVED this beauty guide. Bella Sparelli really put a lot of time and effort into this book, I thank her for doing so! I've incorporated a lot of her tips into my beauty routine and I look and feel better than ever.

Great beauty and philosophy book. There are many different sections: Face, Hair, Body, Makeup etc. Each section gives you different tips and natural recipes on beauty products. There is also a section on Soul: stop making excuses, be grateful, dare to be different etc that also contribute to a person's beauty. Good reference book!

I love that this starts off with an affirmation. You are you, and you are an original. The first thing the author asks for you to do is to stop with the self hate, and realize that if you want to change, you can, but to always take heart in knowing you're an original. I have an identical twin sister. The idea of everything I am being unique is often hard for me to comprehend, since I am constantly seeing a

living, breathing, moving mirror image of myself. This book starts off so different from most other beauty books which always seem to focus on "do you have X. Ew, gross, here's how to try and fix it." I would strongly, strongly recommend this book for pre-teen girls, or whenever your child starts asking and looking into their appearance and wants to take care of it. It's a great, positive, affirming book that is also full of some really great facts! I stopped looking into beauty stuff because either the tips wouldn't work, or it was all very much a "you NEED to change" message, which this book isn't! Right at the start, you're asked to make a list of your strengths. Then one of your weaknesses, but you're then told to turn your weaknesses into positives by an affirmation for each one. So "I want to lose weight" becomes "I will be fit and healthy" instead. I had never been taught about hormonal acne. Things like that are why I heavily suggest this book for anyone, but think it would especially be amazing for young girls who are just getting into beauty routines. This lays out acne types and how to fix it based on what zone you are breaking out in. This book is full of tips I will be using! It tells about different types of masks, how to do a hot steam facial, what essential oils to use. . . it really is a beneficial wealth of information and knowledge, all in one spot.

There are some very neat tips here and there, but a lot of it is simply common sense. Well for someone, who's read beauty books previously, it did not uncover any outrageously shocking secrets I did not already know about. There are quite a few home beauty remedies, body scrubs, tricks and tips from around the world. A lot of it talks about inner beauty, spirituality & happiness as a way to look healthy and naturally glowing (which was least of interest to me.) So I mean, for the price (\$3), it is definitely worth it.

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