



Lemons are a Girl s Best Friend: Super Fruity Beauty Food for Glowing Health Inside and Out (Hardback)

By Janet Hayward

Modern Books, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. When it comes to looking gorgeous, many of the best treatments are to be found in the fridge or fruit bowl, rather than the beauty counter. Nature is an amazing provider, with each season bringing an abundance of different herbs, vegetables and fruits that supply important nutrients to keep our bodies looking beautiful and feeling healthy all year round. This compact, illustrated guide offers advice on the 30 most nourishing superfoods and explains why they will boost your beauty routine. From cherries to olives, or avocados to pomegranates, find out how each natural wonder-product boosts well being and nurtures healthier skin, hair, body and nails.



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Reviews

Good electronic book and valuable one. It is one of the most incredible publication we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Mrs. Bridgette Rau MD**

Very good e-book and valuable one. It can be written in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).

-- **Mr. Antwon Frami**