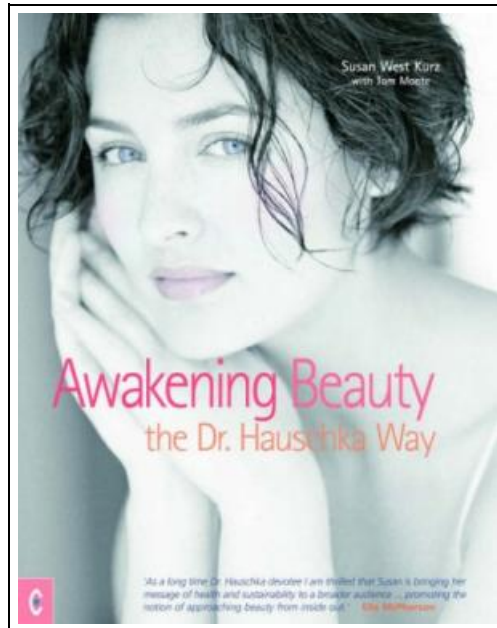


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AWAKENING BEAUTY: THE DR. HAUSCHKA WAY (PAPERBACK)



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CLAIRVIEW BOOKS, United Kingdom, 2008. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. In a culture that idealizes, youthful looks and encourages elaborate makeovers or even surgery to achieve them, the idea of natural beauty is often all but ignored. But, true beauty is within reach for women of any age, without submitting to needles or knives. The secret is nurturing beauty from the inside as well as on the surface, caring for both body and soul in a way that will naturally result in the smooth skin and radiant glow of good health, whether one is eighteen or eighty. A-list celebrities, professional makeup artists, and Hollywood stylists have long embraced Dr. Hauschka s botanical products, attracted by their extraordinary results and the company s thirty-five-year commitment to purity, therapy and luxury. Now the same extraordinary results are available to the rest of us through a rejuvenating prescription for healing. In *Awakening Beauty* , Susan West Kurz, president of Dr. Hauschka, Inc., USA, and a long-time devotee of the company s products, offers readers a transformative programme grounded in Dr. Hauschka s key principles of natural ingredients and working with the body s rhythms. Her suggestions, when followed, naturally restore healthy, radiant skin and a sense of peace and well-being, and can even result in weight loss. *Awakening Beauty* outlines a series of achievable lifestyle changes that can dramatically improve appearance in a single month. First and foremost, Kurz describes how using organically grown and mindfully harvested products can have a positive impact on the body and skin. While simple dietary changes begin to repair and renew the body, the complementary use of meditation, massage, and exercise enhances good health inside and out. Kurz s holistic approach is founded on an understanding of the body s own natural...



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