



**Tips de Belleza Naturales (Natural Beauty Tips):
300 efectivas y sencillas maneras de lucir
sensacional de pies a cabeza (300 Effective and
Simple ... From Head to Toe) (Spanish Edition)**

Abel Delgado

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Tips de Belleza Naturales: 300 Efectivas y Sencillas Maneras de Lucir Sensacional de Pies a Cabeza

Contamos con montones de cremas, lociones y pociones para mejorar nuestra apariencia. Sin duda que muchas dan muy buenos resultados, ya que cuentan con los últimos avances científicos. Tienen un solo defecto. Por lo general, estos productos disimulan--pero no resuelven--nuestros problemas.

Después de entrevistar a docenas de expertos en belleza, descubrimos una verdad muy sencilla: la clave de la belleza se encuentra en la naturaleza. ¿Por qué? Porque en muchos casos, a diferencia del maquillaje, los remedios naturales no disimulan, sino solucionan los problemas estéticos. Además, si nuestros estilos de vida dependieran más de la naturaleza y menos de la ciencia, podríamos hacer mucho para eliminar y prevenir los problemas estéticos en primer lugar. No quiere decir que tenemos que vivir sin maquillaje. Se trata de cambiar lo que comemos, tomamos y hacemos--tan sólo un poquito--para que tengamos hábitos que fomenten, no inhiban, la belleza.

Este libro le explica en forma sencilla y práctica cómo hacer esto con hierbas, alimentos, vitaminas y consejos generales. He aquí una muestra de lo que le ofrece este libro para cuidarse de pies a cabeza:

Pies: El líquido que elimina los callos (página 30)

Piernas: Una hierba que previene venas varicosas (página 150)

Muslos: Un tónico natural (página 43)

Abdomen: Tres suplementos quemadores de grasa (página 128)

Sensos: Técnicas para contrarrestar la caída (página 120)

Cara: Una receta vitamínica para evitar arrugas (página 8)

Ojos: La fruta que remedia ojeras (página 84)

Cabello: Una comida común que lo hace brillar (página 101)

En total, hay más de 300 nuevas armas que podemos agregar a nuestro arsenal de belleza. Pero más allá de unas nuevas soluciones para este problemita o el otro, este libro le ofrece un mayor beneficio: todo lo que necesita saber para que cada día pueda verse y sentirse lo mejor posible.

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