

## Inner health, outer beauty

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### Abstrak

Reflective of today's lifestyle, this guide is written for the modern woman. Focusing on the link between inner health and outer beauty, Jane Campsie has consulted with prominent figures in many different fields, including nutrition, fitness and alternative health, to compile this guide. Based on the philosophy that "beauty comes from within", this easy-to-use manual offers useful advice on how to maximize one's beauty and well-being. Solutions are given on everything from combating the hazards of pollution to tips successfully managing stress, re-energizing exercises, nutritional advice and pampering home spa treatments. It includes practical information on the beauty basics, such as skincare, make-up application and finding a hair-care regime that suits the individual