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## Mindful Beauty Is in Your Hands: Natural Skin Care Tips and Recipes (Paperback)

By Chelvanaya Bayo Gabriel

Westry Wingate Group, Inc., United States, 2009. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Making your own body care products is so fulfilling - you save money, avoid toxic ingredients and actively engage in taking care of yourself. Mindful Beauty Is In Your Hands will empower you and your friends to take charge of your skin care and your life with useful tips that embrace a holistic approach. The beauty recipes included in this book are fast and simple to make. The basic ingredients can easily be found in your kitchen or at your local grocery store. Drawing on her extensive experience in the field of chemistry, Chelvanaya Gabriel explains what the ingredients in each sumptuous recipe can do for your body and why. She encourages readers to learn more on their own and experiment - describing the process of being attentive to the health and well being of one's own body as mindful beauty, a process that we can all practice in our everyday lives and share with our friends and family.



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