

Norma Kamali's FAVORITE Beauty Secrets



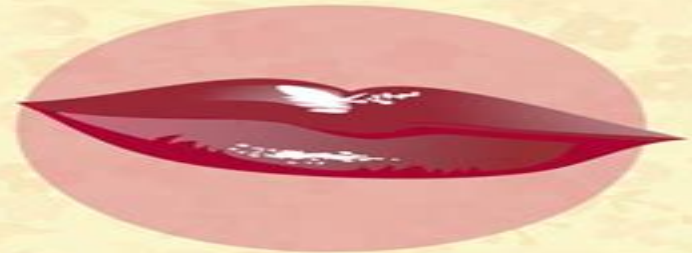
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FOR BEAUTIFUL HAIR**



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GREEN TEA TO ELIMINATE
WRINKLES AND REDUCE
UNDER EYE CIRCLES**



**MASSAGE YOUR EARS
TO HELP YOUR ORGANS
RELAX AND RECHARGE**



**CUT DOWN
ON PROCESSED SUGARS
FOR SOFT SUPPLE LIPS**



**ADD AVOCADO, HONEY,
OR WALNUTS TO YOUR
DIET FOR A MORE
RESTFUL SLEEP**



**DRINK ROOM
TEMPERATURE WATER
TO KEEP HYDRATED**

Guide To Natural Beauty Tips

SB Merriam



Guide To Natural Beauty Tips:

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Natural Beauty Tips Rachael Reed, 2017-03-02 To take care of anybody else you have to take care of yourself first With busy schedules and hectic home life sometimes we forget to take time for ourselves and focus on the beauty that is us We need to value and validate ourselves through self care and self love Both that should be natural and can be done with natural products as well We have to stop being martyrs and Superwomen and learn how to set healthy and helpful boundaries We need to learn how to say no when people and things don't serve us And say yes to putting that crown on taking care of ourselves for ourselves and for those important to us We deserve it We are QUEENS

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home environment incorporating relaxation techniques into your daily routine and prioritizing your well being Uncover timeless beauty secrets from around the world and learn how to incorporate natural ingredients and ancient remedies into your beauty routine Embrace the beauty of aging gracefully and celebrate the unique charm and wisdom that comes with experience This book is more than just a guide to physical beauty it s an invitation to embark on a transformative journey of self discovery self expression and self acceptance By cultivating a positive mindset practicing kindness and compassion and embracing your authentic self you unlock the radiant beauty that lies within you Let this book be your companion as you unveil your inner and outer glow leaving a lasting legacy of beauty and inspiration wherever you go If you like this book write a review

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a three year old chimpanzee named ham in the biopack couch for the mr 2 suborbital test flight hams training took place in part at cape canaveral s hangar s on jan 31 1961 a mercury redstone launched from cape canaveral carrying the ham over 400 miles down range in an arching trajectory that reached a peak of 158 miles above the

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