



100 Beauty Techniques: Beauty Techniques

Parvesh Handa

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Looking after the body is a natural phenomenon in everyone's life. To keep a healthy and fit body, you need to look after your skin and hair, follow balanced diet, practice regular exercises including yoga and do body treatments like massage and spa etc.

The book '100 Beauty Techniques' by Parvesh Handa discusses the methods to look after complete body from head to toe in a professional manner. The author has described various skin problems and diseases and how to cope with them. Looking after the hair, an important aspect has also been covered in detail.

Shaping up your body and maintaining a slim and trim figure requires to follow a specific schedule with balanced diet, yoga, massage, regular exercises and following a very tight body control. All this helps you make your body healthy and beautiful and simultaneously build your personality.

The book has been written in a simple language and supported by illustrations where necessary. The book will appeal to people from every age group specially to those who care for the body.

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