

The image shows a close-up of a woman's face from the nose up, lying back. Her face is covered in a thick, textured blue facial mask. Her eyes are closed, and her mouth is slightly open. Above her face, a hand is holding a brush with a white handle and a blue, textured head, as if applying or removing the mask. The background is a plain, light blue color.

# facials & skincare

*in essence*

Helen McGuinness

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## **Facials and Skincare in Essence**



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Readers learn the fundamentals of holistic dermatological treatment with this insightful handbook designed for college students and professional therapists. Sections covering frequently asked questions complete this handy resource for anyone thinking about beauty therapy. Extra chapters cover the fundamental areas of holistic facial rejuvenation and extra cosmetic procedures. Dishes are provided for preparing a wide variety of topical remedies, and illustrated instructions demonstrating how to perform numerous skin-care methods and facial-massage routines are included.



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