



ALL
NATURAL
AND BETTER
THAN
BOTOX

BABUSHKA'S *Beauty Secrets*

OLD WORLD TIPS FOR A
GLAMOROUS NEW YOU

RAISA RUDER **AND** SUSAN CAMPOS

Raisa Ruder

Babushka's Beauty Secrets: Old World Tips for a Glamorous New You



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DON'T SPEND A LOT OF MONEY TO LOOK FLAWLESS Esthetician to the stars Raisa Ruder learned her time-tested beauty methods from her Ukrainian grandmother (or babushka, as the saying goes in the old nation). Ruder reveals her sought-after beauty dishes that can fight wrinkles, plump lips, and eliminate crow's feet and pimples, using inexpensive, everyday grocery stuff like eggs, honey, vegetable essential oil and strawberries (and a splash of vodka for freshness! Right now everyone can discover the all-natural, better-than-botox secrets the Hollywood superstars use to shine on the red floor covering!). PediPure- a soothing, smoothing foot scrub made with milk and mint Ideal Pucker- a mix of salt, green tea extract, and fruit that plumps up lips normally At last, by popular demand, Raisa Ruder opens up her babushka's secret pantry and shares her most amazing and effective beauty tips: Chocolate weight-loss wrap- a moment on the hips, tightens, tucks, and nips!



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There's a spa in your kitchen!! My grandmother was a beautiful woman into her 80's, and today we know why. I truly love it, and it feels great for connecting with making my very own cosmetics now based faraway from a Babushka's understanding. My sister and close friends loved this book so much that I got to get 6 more copies!actually! I've recently been using yogurt, honey, lemon, strawberry ect for skin care before reading this reserve, but she possesses dishes that I hadnt tried yet & I enjoyed carrying out them. I definatly can state the outcomes of using different fruits and oils on your own skin is immediate and much more effective than shop bought items.she was truly i'm all over this! I totally recommend it! I actually'm of Ukrainian descent, and this book grabbed my interest. The knowledge in this publication can save you hundreds of dollars. The normal sense, easy to check out directions are perfect for somebody wanting to cut costs without losing quality items. I've made a few things so far and am so pleased with the results. I have ten natural beauty books and this may be the one I grab every time.I really do not use use anything unnatural on my skin.. I remove my mineral make-up with hemp, coconut or olive oil, works as well as any make-up remover cash can buy. I am a grandmother and I do not have wrinkles, my skin is usually soft, bright, clear and smooth.. They are always amazed to learn that I use common kitchen elements. I recommend Babushka's Beauty Secrets: Aged World Tips for a Glamorous New You each and every time. The tales and the quality recipes are wonderful. This book is my Holy Grail!! You honestly do not need to spend money on cleansers, serums, toners, wrinkle creams and moisturizers. Actually I believe these types of purchases aren't only a waste materials of money but as a result of the chemicals are general damaging. They are over priced and so are not nearly as effective as the tried and true old fashion recipes as if you will find in this reserve. I oil my skin heavily every night, and lightly in the morning. This book deserves a lot more than five stars. I really like the thought of utilizing used espresso grounds and egg shells in my homemade polishing scrubs, which are stated in my household every day. Best Natural Beauty Book Available I bought this book and used many of the dishes in it.. On my encounter I take advantage of zero soap, artificial chemical substances, little water. Usefull We enjoyed reading thru this book, and We learned some new concepts for natural care. Why buy expensive department store cosmetics (we'll not broach the main topic of man-made toxins/chemicals) when you're able to get beauty foods than can do the job for pennies? Incidentally, I have already delivered this books to a few friends and relatives as gifts.I love this book! Well crafted, useful, and a cute read Such a adorable and useful book! I really like this book so very much that I provided it to my mother for Xmas and am right here to my another for myself. I utilized to believe nothing of dropping \$500 on skin care products a few times a 12 months at the cosmetics counter, well not anymore. found ways to make my locks shiny, healthy & naturally lengthen my eye lashes. This book complements me everywhere.! GOOD SENSE, Smart Advice The name Babushka caught my attention first since it's what I called my great-grandmother. I acquired it generally for the attention care recipes, nonetheless it has some amazing ones for the locks, face, and body, which I will soon try. Do just what they say! I bought this book after seeing it at a close friends house and trying a few of the dishes. We produced the lip moisturizer, that i keep handy, not only will it make my lips feel soft, it also tastes great. The papaya exfoliating mask rocks !, after attempting it I can truthfully say that it creates my skin feel smooth as or softer compared to the \$200 jar of cream I have in my bevy of lotions and potions. I've tried a few other recipes with other close friends and everyone loves it! The book can be amusing and well crafted, it creates me wish I experienced a Babushka. When you look at the ingredients of the products it all is practical. In this time of looking for ways to save a little money and still care for your skin this is a real eve opener. Because of Raisa Ruder's

book I've were able to dump all my over the counter bath scrubs, costly spa treatments, acne items &! No hard to find ingredients, this book is filled with easy to find items that be purchased at the supermarket and they are affordable. Incredible home made beauty! This book would be great for someone just getting into natural do-it-yourself beauty care, but for a person who already uses house recipes I think it wont end up being as usefull. It really is filled with so many basic, yet wonderful beauty dishes using natural food. Here are recipes for skin care, hair care, and great health that make use of all-natural ingredients and are doable in your kitchen. The ones I found most effective were the One Ingredient Wonders. Five Stars Really neat and useful natural recipes. Awesome little book!! Love this little book! Beauty Secrets by babushka! So many amazing "home" beauty remedies! O! Tried many of them plus they are seriously as good, if not really better than all of the very costly skin care I have purchased through the years!! Babushka to the Rescue!! Thanks to your Babushka.. I have many people consult what I use for my pores and skin because I "look young enough to be the mom of my youthful grandchildren". I ended up passing this publication along to a pal b/c I felt I acquired the picture after a couple weeks of doing the dishes. I'll still purchase a few essentials, but I am using Babushka's wisdom and replacing a lot of store bought products.!! If she ever updates I'm going to be first in range to buy it! I love this book.It is a myth that people need to remove the oils from the skin we have and use oil free of charge products. This book is very useful and every ingredient needed is available from your kitchen. Five Stars i give this book to all of my friends! :) so much fun. L!! V! E! Love Love Love! Oiling your skin is essential for preventing wrinkles. Beauty secrets from the aged country!!



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