

# 50 BEAUTY SECRETS FOR WOMEN OVER 40



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Some people believe as you grow older you will lose your beauty. There are several tips that women ought to know so they can retain their beauty because they age. This is not so and there are lots of things that can be done to stay beautiful for a long time to come.



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Bella Sparelli books discovered me personally! I was visiting friends in the southwest where her books were recommended to me at a dinner party. I was hesitant at first because I'm not really a big fan of self-help books but I fell in love with them right apart. I came across that the coconut water helped to rid my pimples. Her writing is fascinating, educational and entertaining all at exactly the same time. I have learned so much about targeted skin care and general health look after us (can I say middle age? Bella Sparelli teaches that womens' lives don't quit after 40.. Stay younger looking naturally Just as the title says, contained within are 50 secrets to help women maintain/regain an overall healthy appearance. This useful handbook is specifically made to provide a wealth of info on health and beauty for older people. Thank you Bella for composing this book. So never be afraid to show who you truly are. Sparelli offers imparted in these pages. There's more of a natural approach to bringing out your own beauty rather than someone else's edition. Ms. Sparelli explains the usefulness of nutritional vitamin supplements, whole foods (fruits and veggies) & most importantly, water. Bought this based on all the good reviews, most likely compiled by the author's friends/family/acquaintances. Kudos for you Bella! Im 43 so I know what's good this book is well crafted and smart. It's true. They mention most of the same foods and give the same factors."Add water therapy: Walk in the rain and jump in puddles" - That just appears like fun!! think a number of these tips are useful and really should be implemented also before turning 40. Isn't it superb? I'm 62 and thought I understand everything about skin care, but I will have to say that this book taught me a few new stuff. As people age, this does not diminish but the body becomes more sensitive and has a right to be treated in a different way. It focuses on skincare, nutrition, and physical/spiritual workout. Desire I hadn't spent the \$2. Good Advice Maintaining a healthy appearance and great hygiene can be an important issue in a person's feeling of wellbeing. Stuff I got by no means heard of. I started changing my routine and today look better and younger."When we start following tendencies, fashion, other people blindly we begin losing our originality.Recommend..! For instance, "Foods for your skin" and "Nourish Skin from the Inside Out" could have been combined. A really waste of period."What really stood out about these beauty tips is certainly that it wasn't about pushing magic pills, plastic surgery or strictly make-up and skin creams. Wasted my money. I have just started using a few of the meditation tips and different exercises therefore far I feel like a million dollars and can't wait to add some dietary adjustments and find where that needs me. I am recommending this reserve to all my children and friends and of course any ladies at any age group would reap the benefits of having this little gem! There were way too many glaring mistakes for me to just ignore. It is dedicated to the ladies who would like to look young and fantastic inside out. Thank you. There were a few secrets which were repetitive or simply out of place where they were. I'm 43 and by now I know what works and what is rubbish. This book list products and regimes which are best for women over 40. Cool beauty secrets! One Star dont by , it is a scam Nothing new here There is nothing here that I haven't read a thousand times before. As females reach a certain age group, it can be challenging to feel as good as one will when they're 25.) females from her and also have incorporated much of what I've learned into my very own life. The message she's sending out with this publication is that women should embrace their age groups, and understand that they can be beautiful regardless of how old they are! I believe a book like this will really boost lots of womens' confidence or maybe even help them get into a new beauty regimen. Strongly suggested, you won't be disappointed! :) Feeling 10 years younger already. Do you want to ask people how old do you think I am? It has become a question that we don't actually want to know a correct answer while we have been getting outdated. Imagine they usually guess your age a decade younger than your actual age. This kind of advice can not only maintain you looking young, but will keep you young in mind also. Look no further. This

publication is the answer. I must say i enjoyed reading this book. It is not one of your typical anti-ageing books.! It not merely provides you the tips and tricks for your skin care and attention but also nurture your body and soul. Good for less than 40 somethings too! I suggest this publication and the intelligent methods within to any woman who would like to glow and appearance illuminating. I'm nearly there but I find this book useful. There is a lot of good information right here.. Bella provides such a wonderful narrative voice so these were even more like reading a tale than a factual beauty instruction for women over 40. It seems to help with a non abrasive like exfoliation. Not really that impressed and can't understand the other glowing reviews. It's just been weekly. So I look forward to seeing what happens over a longer time period. Nothing brand-new. I am very into the all natural element and the home remedies given are excellent. Through the entire book, Bella Sparelli a skilled beauty therapist, gives detailed and easy to follow guidelines on appropriate cosmetic methods as well as skin care and makeup application Brimming with beauty and health care tips, this reserve is ideal for women who wish to look younger.99. Up to now I've tried washing my encounter with coconut drinking water and changing my diet.. On the top her books can happen light and airy but there are really important truths embedded in them, truths about what it I actually must do to maintain a healthy, younger searching me that feels great!..Nothing I haven't read elsewhere; extremely basic details, simplistic and redundant."50 Beauty Secrets for Females Over 40" lost factors for formatting and editing. Common sense This "book", booklet really, was either not written perfectly or it was not proof-read or edited. The " secrets" were simple common sense that most women of ANY age group already know. I love this book as I am older than 40 and looking for the wealth of information that Ms. Better good luck next time. Three Stars Pretty ordinary. I already knew most of it. Found this publication to end up being incredibly interesting and informative! My pores and skin looks brighter to me.. Youre Only As Old As You Feel! Must be family and friends of the author. Five Stars Excellent One Star Nothing We already didn't know. Five Stars great seller



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