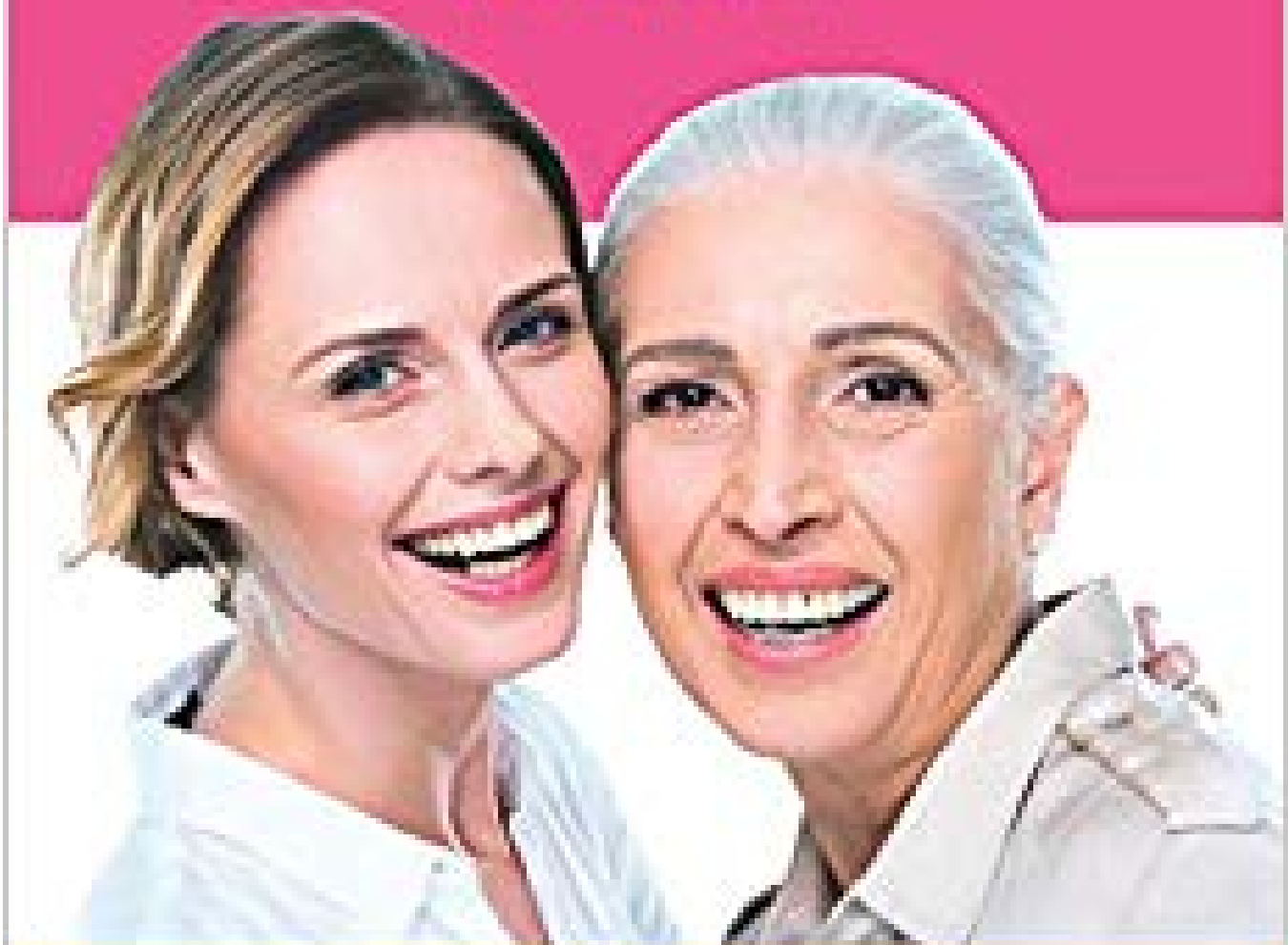


# RE TRAIN YOUR FACE



A SIMPLE GUIDE TO LOOKING YOUNGER  
AT 50 AND BEYOND



FROM THE SKIN CARE EXPERT  
**YOLANDA RUSSO**

*Yolanda Russo*

## **Re Train Your Face: A Simple Guide To Looking Younger At 50 And Beyond**



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Yolanda Russo, skincare expert has found that people of all age groups have a solid desire to look younger. Yolanda statements that there is even more to beauty when compared to a face. Those who are searching for natural ways to looking younger will see this book very helpful. After nearly 2 decades of operating with a large number of women, she is convinced that it is possible to look a decade younger as the body is very forgiving and it has an innate ability to heal itself. She gives simple ways of regain balance and discover pleasure in living while resetting the Age Clock. Yolanda can be practicing and teaching the art of beauty at [www.YolandaRusso.com](http://www.YolandaRusso.com). The author believes when you are happy, your skin looks radiant as well as your life appears to be radiant as well. However when you are stressed all the time your physical beauty may slip away prematurely. Fortunately, our body can reset itself and reward us with a youthful encounter as soon as we start to get enough rest, eat a reasonably healthy diet and manage the stress. This book offers basic yet overlooked means of achieving balance in everyday life and finding joy in living. Yolanda has found that health and beauty are connected and no quantity of expensive cream or a makeup can cover up the stress or exhaustion. RetrainYourFace. In Chapter 6 you'll find simple yet effective ways of help you appear and feel younger.



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on command. I would recommend this book! Many thanks, Yolanda! Keep your face youthful as you age group!The external skincare is covered beautifully in Chapter 7. Excellent read that left me smiling This was a very nice, uplifting read that left me smiling. I loved the easy tone and practicality of the reserve. There are plenty of useful tips, from breaking a habit to facial exercises, aha-reminders, and do-it-yourself skin masks. The ideas are quick and easy to implement.The book definitively inspired me to make some changes in my own lifestyle. self-care is crucial for overall health, vitality, and more importantly, beautiful skin! AN IDEAL Handbook for Looking Young At last, this is a right down to earth, zero holds barred, beauty handbook for anyone who wants to reclaim and maintain the stunning glow of their youth! Step-by-step reasons of how exactly we got to today's look help us to comprehend that we possess the power within us to change our ways back again to beauty. It is filled with good info I never knew about how exactly the facial skin ages and how exactly to keep it looking its best as we grow older..Straightforward Beauty and Skincare Advice This compact book offered a lot more than just basic skincare. An easy task to adhere to directions for in the home spa treatments and facial massage make this handbook a must have for everybody. She must believe everyone are able an esthetician. Reads enjoy it was extracted from books on philosophy and psychology. Disappointed Hardly any real information. Great wellness book I thought the book was very good for me as I am in my mid 50's. Moments are changing quickly and even with skincare Yolanda reminds us how to care for the psychological, physical and spiritual section of ourselves. Thanks a lot for the reminder to consider great treatment of our emotional, emotional, and physical health! It was an excellent reminder of how self-care is not just an excellent life plan;.



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