

## Traditional Body Care Methods - Natural Ancient Ways to Keep Your Body, Hands, and Feet Beautiful and Younger Looking (Paperback)



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## TRADITIONAL BODY CARE METHODS - NATURAL ANCIENT WAYS TO KEEP YOUR BODY, HANDS, AND FEET BEAUTIFUL AND YOUNGER LOOKING (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Introduction Skin Cleansing Rubs For Oily Skin Skin Blemishes Combination Skins Dull and Lifeless Hair Problems of Excessive Sweating Hyperhidrosis And Mud Therapy Benefits of Using Mud Local Application of Mud Benefits of Mud Packs Having a Mud Bath Natural Skin Lightening and Anti-Tanning Methods Getting Rid of Wrinkles An Oil Polish Papaya Treatment Thick Brows and Eyelashes Preventing Chapped Lips Dark Elbows Smoothing Rough Skin Getting Rid of Corns Getting Rid of Warts and Moles. Healthy Nails Conclusion Author Bio Publisher Introduction I was reading one of my favorite authors, Rex Stout, and Archie Goodwin, my favorite narrator spoke about one of their clients who he did not like. She was loudmouthed, rude, overdressed, and he was glad to see that he had an excuse not to like her. She had an unwashed neck. I gave a grin of smug and superior pomposity. Washing behind my ears, and washing my neck properly every day when having a bath had been drilled into me when I was a baby. So I had a squeaky clean neck, hurray, hurray. But it looked like I had been neglecting my elbows and my knees and also my feet. That comes of having no time for leisurely showers because one is in too much of a hurry to shower, get ready, and get out of the house in time to catch the mornings rush to the rat race. Even if you are not rushing around, and you have all the time in the world to have a long leisurely bath with all those lotions, potions, bath salts, and all those chemical-based stuffs, let us look at...

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