



# Recetario BEAUTY Day

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Un agradecimiento especial a:

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Por compartírnos sus recetas.

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# Recetario Mf Gico De Belleza

**Mongardú R.**



## **Recetario Mf Gico De Belleza:**

**Recetario para preparar cosméticos y productos de belleza** F. J. Vallejo,1945      **Mi cocina para la belleza** Marie Borrel,2011      **Recetario de belleza y del hogar** Mongardú R.,1926      *Recetario de belleza natural* Morgana Turqui,2020-04-03 La piel es el rgano m s extenso del cuerpo humano su superficie llega a los 2 5 metros cuadrados 400 cc de volumen por lo tanto es uno de los rganos m s importante del ser humano por su extensi n como su funci n es la encargada de regular el contacto con el exterior por ello es uno de los rganos m s expuesto a los agentes externos El frio y el calor la contaminaci n los rayos ul travioletas todo tipo de agresiones las tiene que repeler la piel De all que su cuidado es muy importante se expulsan constantemente a traves de ella cantidad de productos de desecho disueltos en agua a trav s del sudor tambi n en forma de materias grasas por las gl ndulas seb ceas Estos materiales muchos de ellos se evaporan como el sudor pero otros muchos act an como capas protectora como son los grasas pero pueden recoger infinidad de impurezas y bacterias form ndose puntos negros granos acn etc JORGE SARMIENTO EDITOR EDITORIAL UNIVERSITAS ARGENTINA Este libro contiene el desarrollo de los siguientes temas Las manos apenas tienen gl ndulas seb ceas con lo que carecen de la protecci n natural que proporciona la grasa De ah la gran importancia de hidratarlas diariamente Las manos son probablemente la parte del cuerpo sometida a m s agresiones externas Por ello es necesario prestarles unos cuidados y mimos especiales M s a n en verano cuando se exponen a factores como los rayos UV el cloro de las piscinas la se quedad etc As para mantenerlas en buen estado es aconsejable realizar una serie de cuidados Con este libro conocer los mejores consejos y recetas para cuidarse de forma natural Compre ya este libro y comprenda la importancia del cuidado de nuestro cuerpo para sentirse mejor Tags Libros belleza belleza natural pieles autores argentinos recetas naturales recetas

*Consejos y recetario de belleza* L. Mary,1939      Recetario Natural de Belleza Dolores Peno,2002 En este libro encontrar s decenas de recetas naturales para resolver los problemas que nos plantea el cuerpo confeccionadas con productos naturales aprender s a prepararlas almacenarlas y usarlas Encontrar s viejas recetas casi olvidadas      Super Recetas de Belleza Marcela De la Garza,1992      **Cosmetología naturista** Ana María Gómez Acebo,1999      *Recetario Magico de Belleza* Saly Kosac,1999-08-01      **Secretos y recetas para la belleza** ,1933      **Recetario de belleza natural** Ana María Gómez Acebo,2003      Recetas magicas de belleza Cristina Hart,2002      Recetas de belleza natural Katie Spiers,1998 Tonifica tu piel di adios a las arrugas y haz que tu pelo tenga aspecto sano y brillante usando economicos ingredientes naturales que podras comprar en el supermercado o en la tienda naturista mas cercana a una fraccion del coste de los cosmeticos comerciales Recetas de belleza natural es un libro ideal para aquellos que sufren alergias tienen piel sensible o prefieren usar productos de belleza elaborados con ingredientes puros y naturales Con esta practica guia podras aprender a hacer tus propios cosmeticos Entre otros temas encontraras Informacion para preparar y conservar los cosmeticos Cuadros de referencia rapida que detallan el contenido de recetas sencillas y sugieren ingredientes alternativos Tecnicas de masaje

para la cara y el cuerpo que ayudan a reducir el estres y la acumulacion de toxinas Sugerencias de dietas para aumentar la vitalidad y de alimentos saludables para conseguir una belleza radiante Recetas para tratar afecciones de la piel arrugas celulitis y piel sensible al sol Metodos sencillos para preparar perfumes ligeros asi como recetas naturales para agregar fragancias al agua del bano y en el ambiente Planificadores diarios y semanales que ayudan a mantener un regimen de belleza    **Recetario magico de belleza** Sally Kosak,2002    Consejos de belleza: recetas de sabiduria popular para verse bien Jimena Gomez Villa,2008    *Recetas mágicas de belleza para problemas especiales* Cristina Hart,1993

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