



Beauty, Health and Complexion: Over 550 Receipts, Prescriptions and Formulas; How to Use Them (Classic Reprint) (Paperback)

By J O Madick and Company

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Beauty, Health and Complexion: Over 550 Receipts, Prescriptions and Formulas; How to Use Them Of course if nature has been lavish in her gifts, not much need be done; if, on the contrary, the skin, upon which so much of beauty depends, is ill favored or has been misused, a remedy must be called in as a help to nature. A face not marred by scars or missing features, with the aid of the proper treatment, may be made positively beautiful. Of course to be beautiful one must have perfect health, and one of the first things to be considered is the bath. Plenty of clear, soft water, soft towels and pure soap are accessories without which good health can not be secured. A warm bath is advised before retiring this will induce refreshing sleep. And in the morning a thorough sponging with tepid water. Cold water is best on the face, as it gives firmness. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical...



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