

Title	marie claire Face & Body
Author	Josette Milgram
ISBN	9781741962062
Imprint	Murdoch Books
Binding	Paperback with flaps
Extent	192
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Description

marie claire Face & Body, the third in the marie claire Fashion and Beauty series, examines the essence of skin and body care, from age-old rituals to new practices in aesthetics, cosmetics and dietetics. Find out the essential details you need to be in top form from head to toe and make the most of your assets!

With a step-by-step approach to being at one's best, this book covers everything from facials, body treatments and after-sun care to weight loss, detoxification, sound sleep, massage and the rituals of Zen, including Yoga, Ayurveda and Shiatsu. *marie claire Face & Body* reveals the best methods for taking charge of your face and body and for creating harmony and balance at all times and at all ages.

Illustrated with stunning photographs throughout, this book also includes helpful and practical tips from experts in the field.

Sales Points

- Everything you need to be comfortable and beautiful in your own skin and in complete harmony with your body
- Step-by-step pictorial guides allow for clear understanding of how to look after your skin and body
- Testimonials and top tips from the experts on how to achieve the most flawless finish
- Companion title to the first two books in the marie claire Fashion and Beauty series: *Makeup* (ISBN: 9781741960150, RRP: \$29.95, over 5,000 copies sold) and *Hair* (ISBN: 9781741962055, RRP: \$29.95, over 2,000 copies sold)

Author Profile

Josette Milgram is the former Chief Editor of the Marie Claire Group and author of the two companion titles in the Fashion and Beauty series by Marie Claire.