



Lemons are a Girl s Best Friend: Super Fruity Beauty Food for Glowing Health Inside and Out (Hardback)

By Janet Hayward

Modern Books, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. When it comes to looking gorgeous, many of the best treatments are to be found in the fridge or fruit bowl, rather than the beauty counter. Nature is an amazing provider, with each season bringing an abundance of different herbs, vegetables and fruits that supply important nutrients to keep our bodies looking beautiful and feeling healthy all year round. This compact, illustrated guide offers advice on the 30 most nourishing superfoods and explains why they will boost your beauty routine. From cherries to olives, or avocados to pomegranates, find out how each natural wonder-product boosts well being and nurtures healthier skin, hair, body and nails.

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