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# 50 Beauty Secrets For Women Over 40



## Synopsis

There are many tips that women should know so they can retain their beauty as they age. Some people believe as you get older you will lose your beauty. This is not so and there are many things you can do to stay beautiful for years to come.

## Book Information

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## Customer Reviews

this book is well written and smart. I'm 43 and by now I know what works and what is rubbish. I suggest this book and the intelligent techniques within to any woman who wants to glow and look illuminating.

I was visiting friends in the southwest where her books were recommended to me at a dinner party. I was hesitant at first because I'm not a big fan of self-help books but I fell in love with them right away. Bella has such a wonderful narrative voice so they were more like reading a story than a factual beauty guide for women over 40. Her writing is fascinating, educational and entertaining all at the same time. I have learned so much about targeted skin care and general health care for us (can I say middle age?) women from her and have incorporated much of what I have learned into my own life. On the surface her books may appear light and airy but there are really important truths embedded in them, truths about what it I really must do to maintain a healthy, younger looking me that feels great!

Lovely book! It's really useful and uplifting and there are so many different techniques and methods that I never knew about prior to reading this. The main thing I like about this book is that it emphasizes on a natural approach, no harsh chemicals or unnatural methods are involved at all - and even better is that some of the methods not only make you look healthier and younger on the inside, but they also are good for your body on the inside and help keep your body nourished. I really like this approach of nourishing your skin from the outside, in the long run it's much better for us and it will also be beneficial towards staying happy and mentally health. In summary, I really enjoyed the book. There are so many different ways of keeping up a youthful look while aging that I never knew about. I am very glad and I am looking forward to putting the techniques into practice and seeing results for myself

This book compiles so much information into one easily accessible place. Bella shares her years of beauty and fashion experience in this book that truly packs a punch. Many of the tips within this book I was not aware of so I will certainly be trying them. As a woman approaching 40 I have watched the age creep over my skin in the last couple years at an alarming rate. I can not wait to utilize the tips provided here. For anyone approaching 40 or over 40 I would highly recommend reading this book and following the advice. This book is even great for those in their 20's to get a jump start on battling the ever present aging process.

Not really anything new here, and sorry I am just not a natural skin care girl. I do not have the time or the motivation to be mixin' and fixin' stuff in my kitchen. If you read any of the beauty magazines like InStyle or Lucky, you probably can find the same information. Or go to Paula Begoun's website and read about skin care products there. If you are really into learning more about natural products then you will probably enjoy this more.

I found everything in this book helpful. Each chapter was full of beauty tips for those of us over 40. I loved that the author addressed inner beauty as well as outer. Great value for the price and very helpful.

I found some really engaging, beneficial and most importantly, practical advice in this book that I am really looking forward to applying to my own routine. I feel that as the older I get, the faster my looks seem to age - and so I have been on a mission for a few years now to learn as much as possible to slow down the process and reinvigorate my skin and features. I really must say that I learned a

great deal of information and what I particularly enjoyed was the easy tone and smooth writing style that expresses such advice- this really made it a good read for me in every aspect. This is probably the closest thing to a 'fountain of youth' that I am going to come across, and I am very grateful that I have

Just as the title states, contained within are 50 secrets to help women maintain/regain an overall healthy appearance. It focuses on skin care, nutrition, and physical/spiritual exercise."When we start following trends, fashion, other people blindly we start losing our originality. So never be afraid to show who you truly are."What really stood out about these beauty tips is that it wasn't about pushing magic pills, plastic surgery or strictly makeup and skin creams. There's more of a natural approach to bringing out your own beauty instead of someone else's version. Ms. Sparelli explains the usefulness of vitamin supplements, whole foods (fruits and veggies) and most importantly, water."50 Beauty Secrets for Women Over 40" lost points for formatting and editing. There were too many glaring mistakes for me to just ignore. There were a few secrets that were repetitive or just out of place where they were. For instance, "Foods for the Skin" and "Nourish Skin from the Inside Out" could have been combined. They mention most of the same foods and give the same reasons."Add water therapy: Walk in the rain and jump in puddles" - That just sounds like fun!! I think many of these tips are useful and should be implemented even before turning 40. This kind of advice will not only keep you looking young, but will keep you young at heart also.

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