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Layering, ritual de belleza (Spanish Edition) (Salud Y Vida Natural)

Eloide-Joy Jaubert

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Para tener una piel deslumbrante, asi como un cabello sano, suave y brillante, las japonesas siguen un elaborado y minucioso ritual dividido en diversas etapas: el llamado «layering». Layering es una palabra inglesa que significa superposicion de capas. La autora nos muestra este ritual, nacido en la otra punta del mundo, partiendo de la cosmetica natural y economica por la que se decantan las mujeres japonesas, las cuales prefieren utilizar los productos naturales que tienen en sus casas: te verde, limon, arroz, aceite de sesamo, etc. Regalale a tu piel unos minutos de agradables cuidados cotidianos y rapidamente constataras los efectos positivos externa e internamente. / Asian beauties are considered recognized masters in layering. Not so long ago, Europeans and Americans discovered this famous Japanese system of facial care. According to asiatic aestheticians, the main secret is not only what you apply on your face, but also the order in which you do it. This book reveals the famous secrets of layering.

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