



# 10 super alleati per la tua bellezza (Italian Edition)

*Gabriella Cataldo*

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## **10 super alleati per la tua bellezza (Italian Edition)** Gabriella Cataldo

Come mantenere giovane la pelle e contrastare i "segni" provocati dai raggi solari, dai fattori ambientali, dallo stress e dal procedere degli anni? Il sistema migliore e più naturale è far sì che la pelle abbia sempre a disposizione le sostanze che ne compongono la struttura portante, indispensabili per mantenerla tonica, soda ed elastica. In questo libro spieghiamo quali sono gli elementi che costituiscono la base della salute e della bellezza della pelle. Possiamo farne scorta attraverso i cibi, gli integratori, i trattamenti con rimedi "verdi" e i cosmetici di ultima generazione che impiegano sostanze naturali. Con poche e semplici cure è possibile ridurre rughe, macchie e smagliature.

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