



Timeless Beauty

By Christie Brinkley

Hachette Book Group USA Dez 2015, 2015. Buch. Condition: Neu. Neuware - In her first book in more than 30 years, supermodel Christie Brinkley shares the secrets she's learned about what to eat, how to apply makeup like a pro, and what to wear to look like a knock out. From tips on which skincare products really make our skin look younger to which foods cut inflammation to a fitness plan with easy exercises to keep us strong and our waistlines lean, Brinkley draws on her years of experience maintaining her supermodel appearance to help readers look and feel their youthful best. She also offers makeup tips that will make any face look younger, fashion advice on necklines, skirt lengths, and more! With personal stories, beautiful photographs, hundreds of timesaving tips, plus a good dose of humor, this will be the book that every woman will want to own and share with her friends. 256 pp. Englisch.



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