



## 50 Natural Ways to Stay Young

By Tracey Kelly

Hardback. Book Condition: New. Not Signed; This title features simple hints and tips to keep young and healthy, including diet, massage and a range of simple exercise techniques. You can rejuvenate your mind and body with hydrotherapy, invigorating aromatherapy oils, simple yoga stretches and deep breathing exercises. It covers anti-ageing nutrients, from super antioxidants to herbal brain boosters. It offers youth-enhancing exercises including joint-boosting anaerobics, posture-adjusting Alexander Technique, Pilates and balancing T'ai Chi. It covers simple and safe rejuvenating products, from calming rose and sandalwood bath oil to soothing lavender hand lotion. Everyone wants to stay looking young and feeling fit, and whatever your age you can slow down or even reverse the effects of ageing. In this neat little book there are 50 natural tips and treatments to help you to keep looking and feeling young. Try health-preserving foods, vitamin drinks and aromatherapy massage, which help to keep your energy levels and bodily systems working effectively. book.

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