



Cuidados de piel, manos y pies (Spanish Edition)

Mara Iglesias

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Un alto porcentaje de la belleza de una mujer se expresa a través de su piel: de nada serviría un maquillaje delicado sobre la piel de un rostro descuidado o con piel seca, tampoco un bronceado sobre la piel con escamas o con manchas. Por lo tanto, es fundamental comenzar a darle a nuestra piel el lugar de importancia que merece y los correspondientes cuidados para conservarla sana y bella.

- Los pasos fundamentales para tener la piel perfecta
- Los distintos tipos de piel y cómo cuidarlos
- Un organismo sano es una piel saludable
- Tratamientos para detener el envejecimiento de la piel
- Cremas: un universo de cuidados para tu piel
- Cuidado de pies y manos
- Trastornos de la piel
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