

MINDFUL BEAUTY

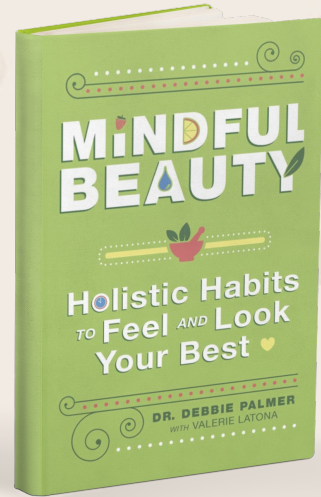
HOLISTIC HABITS TO FEEL AND LOOK YOUR BEST

Relax, Let Go, and Become Your Most Beautiful Self

Mindfulness is a simple change we can all make for better health—emotionally, physically, and spiritually. In *Mindful Beauty*, New York-based dermatologist Dr. Debbie Palmer unveils her secrets to helping her patients develop more mindfulness and, in the process, cultivate inner peace and outer radiance.

Today, more than ever, mindfulness—the act of being more present and focused in everything we do—is so important to our well-being. This book is a practical, hands-on guide to looking and feeling more beautiful in the modern-day world. It provides simple self-care tips and shows how to work with essential oils, crystals, chakras, nutrition, and more as you make positive changes in body, mind, and spirit.

Mindful Beauty is the next, most important step on your journey to a more vibrant life.



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DR. PALMER HAS BEEN FEATURED BY...

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About the Author

DR. DEBBIE PALMER

Dr. Debbie Palmer, is a board-certified dermatologist who is one of the country's leading experts in the field of antioxidants—and how they can improve the health and appearance of the skin. Widely respected for her expertise, Dr. Palmer has had her work published in leading medical journals and regularly gives lectures nationally and internationally about the benefits of healthy eating, antioxidants, and anti-aging.

Dr. Palmer believes that health and beauty are linked and a balance in life is key to looking younger and having harmony with your body, mind and soul.



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