



The Tao of Beauty

Helen Lee

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The Tao of Beauty Helen Lee

The Tao of Beauty proves that the latest beauty secrets are 5,000 years old. Ford fashion model Helen Lee comes from a long line of Chinese herbal practitioners, and when she found that Western beauty solutions were not helping her remedy the stress of a full-time modeling career, she turned back to the Chinese herbal therapies her mother had taught her. In **The Tao of Beauty**, Lee demystifies for you the use of food and herbs for inner health and outer beauty with:

A concise overview of Chinese medicine and Chinese herbology's basic elements

The "Beauty-Wellness Test," which identifies your energy type--yang (hot), yin/yang (balanced), and yin (cold)

Prescriptive advice for acne, dry skin, wrinkles, insomnia, fatigue, allergies, and much more

Five chapters devoted exclusively to remedies and tips for skin, hair, nails, eyes, and make-up

Herbal and dietary recommendations and recipes for optimal weight and health, with ingredients easily available in local supermarkets and health food stores

Specific advice for women at different stages of life, including pregnancy and menopause

Exercise, toning, and relaxation techniques based on *Chi Kung*

More and more Western women are coming to see that beauty and wellness are inextricably linked, but there are few resources that explain the relationship and offer practical advice. **The Tao of Beauty** is the guide you've been seeking. Let it unlock the beauty in you.

The Tao of Beauty now makes these therapies available to everyone.

Based on the philosophy that beauty and health are inextricably linked, *The Tao of Beauty* presents a total program for restoring the body's natural yin-yang balance. Using ingredients available at local supermarkets and health-food stores, Lee provides solutions for a head-to-toe range of problems, including insomnia, allergies, fatigue, wrinkles, dry skin, and obesity, with chapters on skin, hair, nails, eyes, and make-up. *The Tao of Beauty* also features exercise, toning, and relaxation techniques.

Helen Lee's day spa has become a mecca for thousands who have discovered the soothing, customized "prescriptions" of Eastern herbal wisdom. With *The Tao of Beauty*, Lee's doors are open to all. -->

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