

## Complete Guide to Holistic Skin Care



At the base of a lush green mountain range in Southern Germany rest the spectacular biodynamic gardens of WALA Heilmittel. At WALA, gardening is a science as well as a window to the spirit of nature. -- p. 5. Includes articles on biodynamics, rhythmical processing, power of plants in skin care, Dr. Hauschka classic treatment, Products -- face care, bath & shower, body care, hair care, decorative cosmetics, sun care; tips for teens, mature skin, health and fitness, moms & babies, skin care for men, home spa tips; ingredients; getting started.

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