



This book, authored by a cosmetologist, offers a comprehensive guide to natural skincare and haircare. It includes recipes for homemade creams, masks, and tonics, utilizing natural ingredients known for their beneficial effects on the skin, hair, and nails. The book covers a wide range of topics, from the properties of various natural substances to how to care for different skin types. "Natural Beauty: A Holistic Guide to Skincare and Haircare" is a valuable resource for those looking to enhance their natural beauty through organic and holistic practices.

### **About author :**

Certainly, here is the expanded information:

Adriana Krynicka is the author of this ebook and a strong advocate for a holistic approach to her clients' well-being. She holds two certifications, one in Kobido massage and another in reflexology, which she uses to help individuals manage stress-related discomfort and tension. Her Kobido massage techniques are designed not only to alleviate stress but also to naturally rejuvenate the skin, making her a well-rounded expert in holistic beauty and wellness.

With 15 years of experience as a master cosmetologist, 12 years as a mother, a decade of managing the Kosmetomama and expertawkobido.donostia blog, Facebook, and Instagram accounts, as well as authoring several ebooks and co-authoring books for mothers, she is dedicated to supporting and educating women in the realm of intelligent cosmetic care. Additionally, Adriana conducts webinars for birthing schools, contributing to her extensive and diverse knowledge in the field of holistic beauty and well-being.

