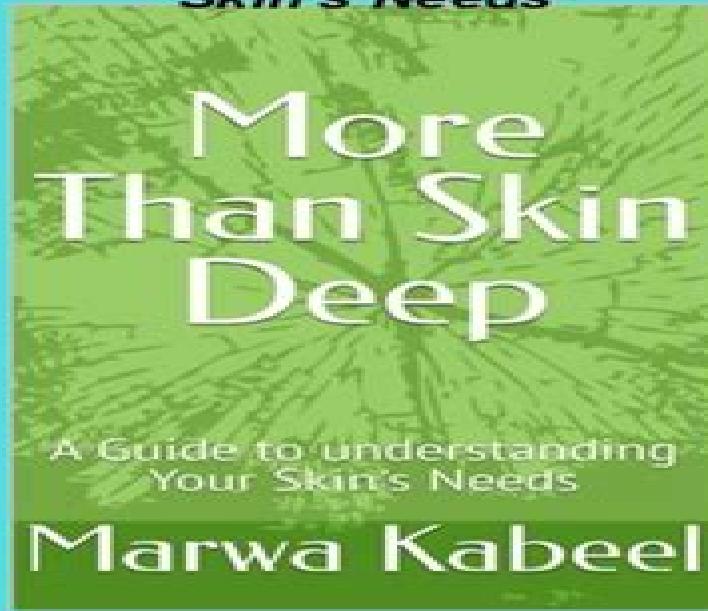


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Marwa Kabeel, PhD Educator, Lecturer, Medical Aesthetician, Entrepreneur More Than Skin Deep is more than a skincare guide; it's a journey into the profound connection between your emotions, lifestyle, and skin health. In this transformative booklet, Medical Aesthetician Marwa Kabeel shares her philosophy that true beauty isn't found in products alone but in self-care, mindfulness, and intentional living. Through science-backed insights and practical techniques, you'll discover - How Stress, emotions, and daily habits shape your skin - The power of Facial Massage and Sculptural lifting for a radiant complexion - Why resistance training and holistic wellness are key to youthful skin - How to embrace self-care as a path to inner and outer beauty Your Skin is a reflection of your well-being. This booklet will help you listen to its signals, nurture it with care, and redefine beauty starting from within.

More Than Skin Deep A Guide To Self And Soul

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