



INTRODUCTION

Discover Mindful Beauty

Open your mind to a beautiful new you. Make the mind–beauty connection.

If you think the answer to anti-aging and beauty comes from a jar, a salon, or a surgical procedure, think again. The best beauty treatment is in your own mind.

Mindfulness is a hugely popular concept today. You may know that mindfulness can create improvement in our minds and bodies. What you may not know is that mindfulness can also enhance our appearance as well as bring us peace of mind.

Mindful beauty is an exciting method of applying the practices of mindfulness to our overall health and well-being. The unique mindfulness techniques you'll discover in this book offer a brand new way to bring the benefits of mindfulness into beauty and self-care. Mindfulness can be used to reduce stress and enhance beauty, and in this easy-to-follow guidebook you'll find out how.

Mindful beauty is about reclaiming the practices of beauty and self-care and turning them into experiences that assist us