



# No One Has to Know: Anti-ageing for the Indian Skin: 1

*Jamuna Pai*

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Make a wish. Beautiful, glowing skin. Hair that shines with health. No age spots or dark circles. The very process of ageing slowed down to a gentle crawl.

You now have the power. **NO ONE HAS TO KNOW**, the ultimate guide to anti-ageing by celebrated medical cosmetologist and pioneer in age-defying techniques Dr Jamuna Pai, works on the principle that people willing to invest time and other resources in anti-ageing treatments don't always want to look like they have done so.

This painstakingly detailed yet easy-to-read book not only explains what speeds up the ageing process but also what effectively slows it down. Dr Pai debuts her 'less is more' 5E approach to skin -- Everyday, Exfoliate, Erase, Eat and Exercise -- to help you understand that subtle changes have the biggest impact. From homemade remedies to sunscreens, from facial exercises to Botox, from alkalizing foods to state-of-the-art non-surgical techniques, this is your one-stop resource for cutting-edge advice depending on your age, the severity of the problem and your budget.

There are fine lines between enhancement and transformation and between transformation and mutation, and Dr Pai believes that the most powerful way to fight ageing is to look like the most glorious version of you. Because the best form of anti-ageing is the kind that keeps everyone guessing. No one has to know.

'DR PAI NOT ONLY HEALS ACNE, SHE COMPLETELY ERASES IT!' -- JOHN ABRAHAM

'DR PAI MAKES SURE WE GET THE BEST FOR OUR SKIN.' -- ARJUN KAPOOR

'DR PAI AUTOGRAPHS HER WORK WITH EXCELLENCE.' -- JUHI CHAWLA

'I TRUST DR PAI IMPLICITLY.' -- GAURI KHAN

'THANK YOU ALWAYS, DR PAI, FOR THE WONDERFUL CARE YOU HAVE TAKEN OF MY SKIN.' -- MALAIKA ARORA KHAN

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#### **Bob Pratt:**

A lot of people always spent their particular free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to find a new activity here is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you just read you can spent all day every day to reading a book. The book No One Has to Know: Anti-ageing for the Indian Skin: 1 it is extremely good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to cover but this book provides high quality.

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#### **James Helm:**

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