



# How to Grow Long Hair with Herbs, Vitamins and Gentle Care (All Natural Cosmetics Book 2)

*Vesela Tabakova*

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## **Best Kept Secrets for Long and Beautiful Hair!**

The secrets to having long and healthy hair have been known for ages but there are still lots of girls and women that do all the wrong things to their hair and never understand why it damages instead of growing. In this book I have put all the important steps you have to follow in order to grow long hair as well as almost all the herbal remedies, treatments and centuries-old tips that can help you in the process.

The food you should eat, the precautions you should take and the different essential oils, vitamins, herbs, fruit and vegetables you can use to nourish your hair are all collected in a very comprehensive way to give you fast results with growing it to its optimal length!

The hair masks that I recommend in my book are fantastic alternatives to commercial cosmetic products and have the very important advantage of being at the same time completely natural and with excellent results.

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