



# The Carer's Cosmetic Handbook: Simple Health and Beauty Tips for Older Persons

*Sharon Tay*

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# The Carer's Cosmetic Handbook: Simple Health and Beauty Tips for Older Persons

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Maintaining a healthy appearance and good hygiene is an important factor in a person's sense of wellbeing. As people age, this does not diminish but the body becomes more sensitive and deserves to be treated in a different way. This practical handbook is specifically designed to assist carers in looking after their clients' appearances as well as their health, providing a wealth of information on health and beauty care for older people. Throughout the book, Sharon Tay, an experienced beauty therapist, gives detailed and easy to follow instructions on appropriate cosmetic techniques such as manicures, pedicures, herbal remedies, hair removal, skin care and makeup application. These techniques avoid damaging treatments and the overuse of harmful products that often cause unwanted skin, nail and hair problems. Question and answer sections are also included, highlighting some of the common concerns and queries. Brimming with beauty and health care tips, this book is ideal for carers looking to improve quality of life for their clients and will also be of interest to anyone needing advice on sensitive beauty treatments.

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