

## Trickless Beauty, Cover Blurb

***Whoever you are, you are naturally beautiful***

What really makes you look and feel beautiful? What's the secret to beauty that appears to shine from within?

In this compact guide packed full with facts, tips, and journaling prompts, Maria Rotger takes you on a journey to uncover your own innate beauty — a natural radiance that transcends trends and societal expectations, and is uniquely yours.

Learn from industry experts to gain insight into the psychology of beauty, how it relates to your health, wellbeing, and diet, and even explore the history of beauty trends and how they evolved over the ages.

*Trickless Beauty* weaves together self-care, personal enquiry, and day-to-day beauty regimes to transform your relationship with your appearance, leaving you feeling as good on the inside and as you do on the outside.

Whether you're a makeup junkie looking to take a lighter approach or already baring your skin and seeking ways to finetune your routine, Maria Rotger's methodology will give you the tools and confidence to uncover your natural beauty and share it with the world...or simply see yourself in a whole new beautiful light.