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50 WAYS TO CURE A HANGOVER: NATURAL REMEDIES AND THERAPIES SHOWN IN 70 PHOTOGRAPHS



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, 50 Ways to Cure a Hangover: Natural Remedies and Therapies Shown in 70 Photographs, Raje Airey, This is a handbook of 50 tips to help banish the morning-after blues. You can try rehydrating and energizing fruit, vegetable and herbal drinks to refresh your weary body. It offers cleansing herbs and superfoods to revitalize an overstressed system. You can stimulate your senses with an aromatic citrus spritzer, rosemary wake-up call, relaxing lavender bath...

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