



Ooh La La!:: French Women's Secrets to Feeling Beautiful Every Day

Jamie Callan

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French women seem to have a special knack for life's most important things--food, love, raising children. And in matters of beauty and style, they appear to be at an unfair advantage. But the good news is that everything French women know can be learned. ...

French women are not born more attractive than anyone else. They simply learn at a very young age how to feel beautiful, confident, and sexy, inside and out. It's an allure that outlasts youth--in fact, some of France's most celebrated women are femmes d'un certain âge. Experience only makes them more irresistible. Growing up, Jamie Cat Callan had a French grand-mère to instruct her on style, grooming, and genuinely liking her reflection in the mirror. Now she shares that wisdom along with advice from other French women on fragrance, image consulting, makeup, and more, and shows you how to:

Discover the power of perfume

Find mentors who will help hone your personal style

Begin at the ends--hands, feet, and hair

Choose lingerie that makes you feel magnifique

Get an internal makeover and nourish your soul

Embrace your age gracefully and gorgeously

Bid au revoir to Botox, fad diets, and agonizing over every imperfection, and say hello to the truly timeless beauty that comes with making the most of your own unique je-ne-sais-quoi.

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