



# Yo sí que me cuido: Trucos y recetas fáciles y naturales para mantenerte guapa (Spanish Edition)

*Patricia Pérez*

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**Después del éxito de *Yo sí que como* y *Yo sí que cocino*, Patricia Pérez revoluciona otra vez el mundo del bienestar, la alimentación y la salud con un nuevo libro: *Yo sí que me cuido*, centrado en la cosmética natural y en los cuidados que pueden hacernos sentir más sanos y más bellos.**

La presentadora y actriz Patricia Pérez lleva años formándose en la nutrición, la naturopatía y otras disciplinas, primero por salud y después por vocación. Son muchos los famosos que acuden a su consulta en busca de consejos para mejorar sus hábitos alimenticios y sentirse bien por dentro y por fuera.

En su nuevo libro *Yo sí que me cuido*, Patricia nos da las claves para gozar de un buen aspecto físico a través de prácticos consejos y sobre todo de trucos, recetas de cosmética cien por cien natural (champús, cremas hidratantes, mascarillas...), rituales de belleza, aceites esenciales, aromaterapia, etc. Y además trata trastornos específicos de la piel como rojeces, ojeras, bolsas, que también están relacionadas con nuestra forma de vida y nuestros hábitos diarios que lo condicionan todo.

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