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# HIGH PERFORMANCE BEAUTY: MAKEUP AND SKIN CARE FOR DANCE, CHEER, SHOW CHOIR, PAGEANTS AND ICE SKATING



Princeton Book Company. Paperback. Book Condition: new. BRAND NEW, High Performance Beauty: Makeup and Skin Care for Dance, Cheer, Show Choir, Pageants and Ice Skating, Christine Dion, Starting with the essentials of basic skin care and maintenance, this comprehensive guide details tips and techniques for handling the unique makeup needs of performance athletes such as cheerleaders, gymnasts, and skaters. Following a discussion of the different skin types, daily routines and various products-including herbal remedies-the guide lays the groundwork for the...

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- Authored by Christine Dion
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