



# Spiritual Facelift: 7 Natural Steps to Inner and Outer Health and Beauty

*Victoria Holt*

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Every year, billions of dollars are spent in the personal health and beauty industries as people strive to keep looking both young and beautiful. The overall desire for a youthful look has become such an obsession for many that they feel compelled to inject their faces with poison or risk their lives with dangerous plastic surgery procedures. In her inspiring new book, Victoria tells people to “put down that knife and get on with your life!” But *Spiritual Facelift* is not your typical natural health and beauty book. It’s also a spiritual guide to inner beauty that’s packed full of ancient and modern-day spiritual wisdoms and techniques to help one naturally tap into the eternal fountain of youth that can transform both lives and looks. Of her book, Victoria says, “It will deeply change the cellular makeup of everyone who reads it, helping readers to feel and look good from the inside out.”

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