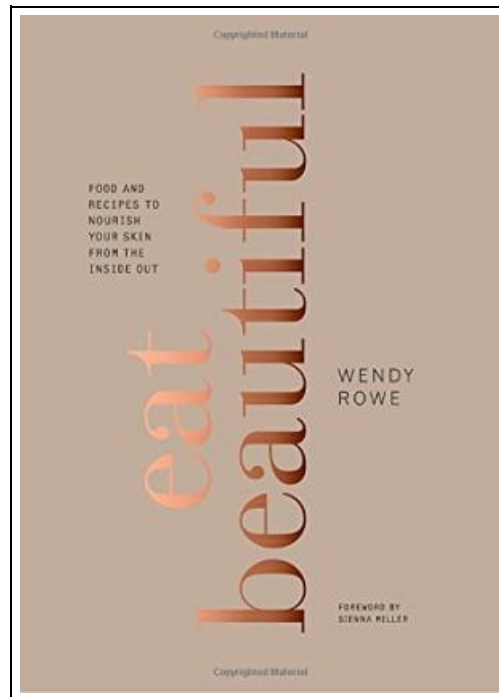


Eat Beautiful: Recipes to Nourish Your Skin from the Inside Out



Filesize: 6.34 MB

Reviews

Good e-book and helpful one. It can be written in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.

(Ozella Batz)

EAT BEAUTIFUL: RECIPES TO NOURISH YOUR SKIN FROM THE INSIDE OUT



Clarkson Potter. Hardcover. Condition: New. 256 pages. Wendy Rowe knows skin. After more than 20 years of experience as a makeup artist and beauty consultant, Wendys approach is uncomplicated and holistic: care for it from the inside out. In Eat Beautiful, she has created easy and delicious recipes specifically designed to give your skin what it needs to glow. Wendy details how each ingredient feeds your skin, offering breakdowns of the vitamins and nutrients it provides. They include: Pomegranate: The Elixir of Youth packed with Vitamin C, which stimulates collagen production to keep skin looking taut, young, and radiant. Spinach: The Free-Radical Fighter whose iron moves your blood, helping to repair your skin cells. Chili Peppers: The Circulation Booster famous for its capsaicin, which reduces blood pressure and improves circulation by encouraging blood vessels to relax and dilate, therefore acting as an anti-inflammatory. Natural Red Wine: The Youth Potion featuring a powerful anti-ageing antioxidant that slows the grown of acne-causing bacteria and fights disease-causing free radicals. Rows recipes showcase these essential foods to help target specific skin problems and alleviate common complaints. She even provides specific advice for what to incorporate or avoid depending on skin type. Here, too, are suggestions on how to pamper yourself with recipes for homemade masks, scrubs, mists, cleansers, and toners, as well as an informative section for troubleshooting those confidence-sapping skin problems. Organized into the four seasons, you can dip in and out of this stunning cookbook, or follow it as a plan. Either way, it ensures beautiful, radiant skin all year round. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.



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