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Organic Beauty (DK Organic)



Synopsis

How to create natural radiance and good health by embracing an organic approach. Chemical-free products for skin and body together with natural foods and exercise help us tap into our source of beauty and well-being. Here the focus is on inner health as a way of achieving organic beauty. Why Go Organic? Aware of our increasing distrust in the chemical additives and preservatives present in both food and beauty products, Organic Beauty works with only natural ingredients and methods of preparation offering a pure and simple approach to looking and feeling good. Unlike any other beauty book, Organic Beauty casts a discerning eye over the confusing number of products that claim to be "natural," and features an illustrated directory of the ingredients used in cosmetics currently on the market. It also outlines the complementary therapies that will boost our inner well-being and promote outer beauty. Organic Beauty shows women of all ages how to achieve a natural radiance and positively glow with good health by pursuing a holistic approach -- balancing diet, exercise, and state of mind. By gently caring for and respecting every part of our being's needs, Organic Beauty aims to make looking after yourself truly pleasurable and sustainable throughout every stage of your life. It covers each aspect of health and beauty management, from anti-stress massage techniques and organic facials to rejuvenating pedicures and winding down after work. Organic Beauty is the new approach to skin and bodycare for the millennium, with great feel-good appeal: what's best for body and mind and best for the planet.

Book Information

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Customer Reviews

Josephine Fairley is coauthor of the best-selling books *The Beauty Bible* and *Feel Fabulous*

Forever. Since 1985, she has worked as a freelance journalist, contributing beauty and feature articles to a range of international publications including Elle, Red, Marie Claire, Here's Health, and The Times of London. A long-term supporter of the organic movement, Josephine Fairley presented a 30-week television series on green issues, Go For Green.

Definitely Enjoyed this book. Very well taken care of and arrived on schedule. I would buy from this Buyer if you want old books you can't find for a decent price.

Very remedial and not great. Was expecting better.

The illustrations are fresh, crisp and beautiful. The recipes are quick and easy and the ingredients are readily available. The metrics are in cups, spoons and grams, which I find useful. This book covers everything from hair care, cleansers, scrubs, masks, body oils, inner care (juicing), exercises, DIY manicure and pedicure, bathing herbs and minerals and organic fragrances.

As soon as I received this book, I devoured it from cover to cover. This book is very informative. It contains many various recipes for skin care and also has useful instructions for toning and relaxation massages. This book also has recipes for beauty cocktails as well as great exercise and diet tips. This book also gives details on common ingredients found in beauty products. It contains an index of national and international "organic beauty" vendors which is invaluable to all beauty product addicts like myself. What I find most essential about this book is that it is a great guide to living a healthier lifestyle. It would make a great gift for any of your loved ones.

I personally would recommend this book to anyone! I have thoughly enjoyed it and I am just sixteen-years-old! :) I cannot wait to see the long-term results as I get older! I will definately keep this book for the rest of my life and continue to use it as a guide for Organic Beauty. Everytime that I open it up it is such a treat! Great recipes, relaxing messages, terrific tips and advice, helpful glosary... just an overall inspiring book! A Must need!

This book is motivating me to take great care of myself, inside and out. The recipes are easy to follow- I've been using a cleanser, natural deoderant, and facial oil and am having excellent results. Even if you have no intention to make your own, the author supplies plenty of company names for various types of personal care products. By arming us with quite a list of ingredients to avoid, she

empowers us to buy truly natural products that are good for humans and the environment.

This book has taught me so many things in terms of beauty, and taking care of myself the "right" way. I would give it 10 stars.

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