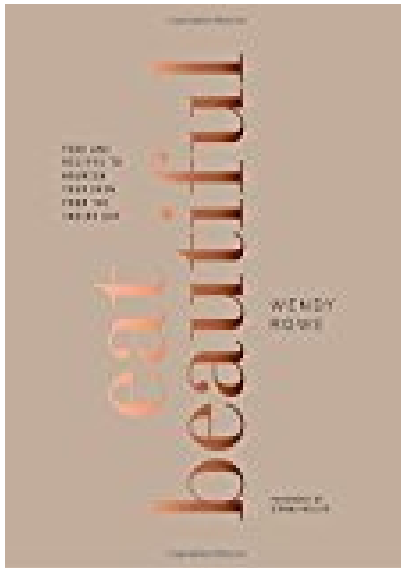


Eat Beautiful Food and Recipes to Nourish Your Skin from the Inside Out



BOOK DETAILS

- Author : Wendy Rowe
- Pages : 272 Pages
- Publisher : Clarkson Potter
- Language : English
- ISBN : 0804189587



BOOK SYNOPSIS

Care for your body from the inside out with this cookbook that highlights ingredients and recipes designed to make your skin glow. After more than 20 years of experience as a makeup artist and beauty consultant, Wendy Rowe's approach is uncomplicated and holistic. In *Eat Beautiful*, she details how specific ingredients feed your skin, offering breakdowns of the vitamins and nutrients they provide. 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 growth of acne-causing bacteria and fights disease-causing free radicals.

Rowe's 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. From the Hardcover edition.

EAT BEAUTIFUL FOOD AND RECIPES TO NOURISH YOUR SKIN FROM THE INSIDE OUT

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