

The book was found

# 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

Series: DK Organic

Paperback: 160 pages

Publisher: DK ADULT (May 7, 2001)

Language: English

ISBN-10: 0789471914

ISBN-13: 978-0789471918

Product Dimensions: 9.2 x 0.4 x 8.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #2,172,727 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Cosmetics

## 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 thoughtfully enjoyed it and I am just sixteen-years-old! :) I cannot wait to see the long-term results as I get older! I will definitely 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.

[Download to continue reading...](#)

Organic Homemade Lotion Recipes - For All Skin Types (The Best Lotion DIY Recipes): Lotion Making For Beginners (organic lawn care manual, organic skin care, beauty and the beast) Study Guide: Ace Organic Chemistry I - The EASY Guide to Ace Organic Chemistry I: (Organic Chemistry Study Guide, Organic Chemistry Review, Concepts, Reaction Mechanisms and Summaries) Beauty from Nature: 150 Simple Homemade Skin and Hair Care Recipes to Use Everyday: Organic Beauty on a Budget (Herbal and Natural Remedies for Healthy Skin Care Book 3) All Natural Beauty: Organic & Homemade Beauty Products Organic Beauty (DK Organic) Homemade Shampoos: A Complete Organic Guide For Beginners (beauty products, body butter, shampoo making, organic body care) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) Sleeping Beauty : Sleeping Girls Photobook, Sleeping Beauty, Women, Cute, Sexy The Beauty of Color: The Ultimate Beauty Guide for Skin of Color Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You Natural Beauty for All Seasons: More Than 250 Simple Recipes and Gift-Giving Ideas for Year-Round Beauty Natural Beauty From The Garden: More Than 200 Do-It-Yourself Beauty Recipes & Garden Ideas Recipes for Natural Beauty: 100 Homemade Treatments for Radiant Beauty The Beauty Bible: The Ultimate Guide to Smart Beauty Beauty Tips: Simple Beauty Tips for all Girls, Teens and Women Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs The Original Beauty Bible: Skin Care Facts for Ageless Beauty The Complete Beauty Bible: The Ultimate Guide to Smart Beauty Natural Beauty: Radiant Skin Care Secrets & Homemade Beauty Recipes From the World's Most Unforgettable Women (Essential Oil for Beginners Series)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help