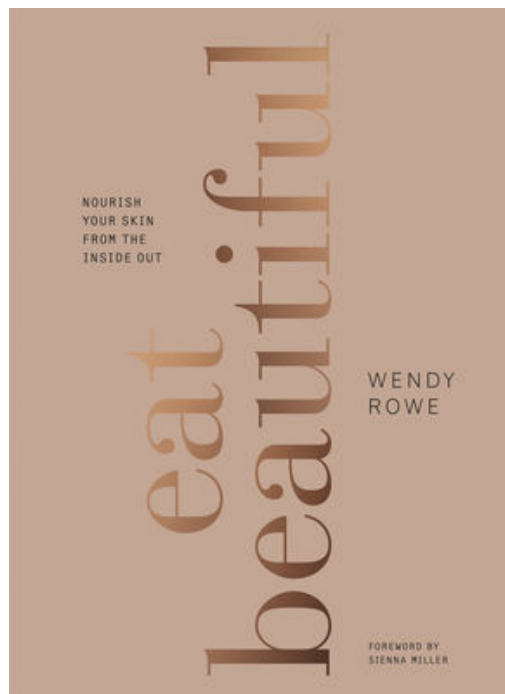


# Télécharger Livres Gratuit Eat Beautiful (PDF | ePub | Mobi) Wendy Rowe download-free



## Foreword by Sienna Miller.

World-renowned beauty and make-up expert Wendy Rowe knows skin inside out. In this refreshing beauty book, Wendy will teach you how to keep your skin healthy and let your inner and outer beauty shine.

Wendy has devised over 70 easy and delicious recipes specifically designed to feed your skin with the nutrients it needs to glow. Each of the recipes correlates to an essential skin-feeding ingredient that will help target specific skin problems and common complaints. From cucumbers, 'the internal cleanser', to limes, 'the natural astringent' and carrots, 'the immunity booster', there are also breakdowns of the vitamins and nutrients each of these familiar ingredients provide.

And not only will there be methods for feeding your skin, there will also be suggestions on how to keep your skin pampered with recipes for homemade masks, scrubs, mists, cleansers and toners, as well as an informative troubleshooting section for confidence-zapping skin problems. Wendy provides specific advice for foods to embrace or avoid depending on your skin.

Split into the four seasons, this stunning book can be dipped in and out of, or followed like a seasonal plan, and will ensure that you achieve beautiful, radiant skin all year round.

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<b>Author</b>	:	Wendy Rowe
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