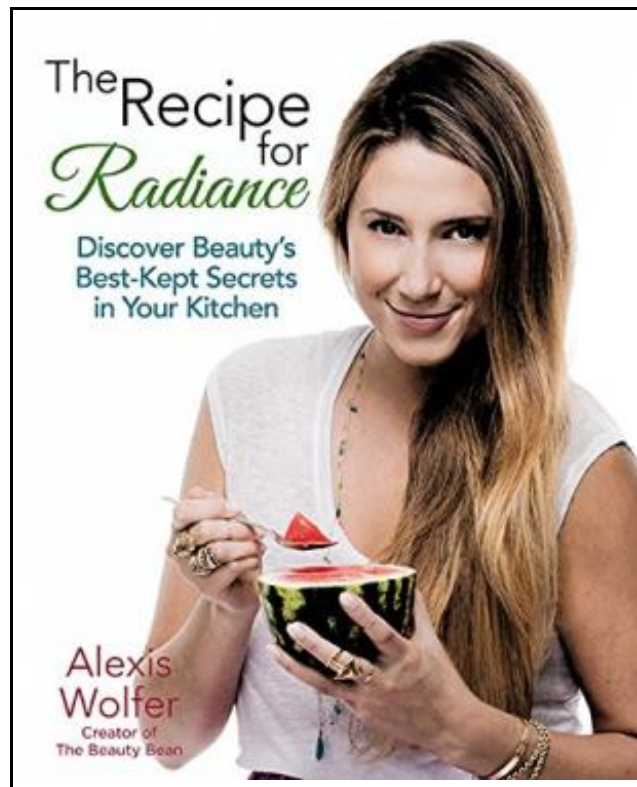


The Recipe for Radiance: Discover Beauty's Best-Kept Secrets in Your Kitchen (Paperback)



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Reviews

An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom. It has been printed in an exceedingly straightforward way in fact it is merely right after I finished reading through this publication by which really transformed me, alter the way I believe.
(Spencer Fritsch)

THE RECIPE FOR RADIANCE: DISCOVER BEAUTY S BEST-KEPT SECRETS IN YOUR KITCHEN (PAPERBACK)



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Running Press, United States, 2014. Paperback. Book Condition: New. 231 x 185 mm. Language: English . Brand New Book. Want to know the secret to growing gorgeous hair or how your favorite celebrities have such flawless skin? Introducing the power of food into your beauty routine in a whole new way, you ll uncover the recipes that promote beauty from within (with beauty-boosting foods you ll salivate for!) as well as topical DIY beauty recipes (for facial masks, body scrubs, and more that are, well, good enough to eat--literally!). Dubbed the Female Beauty MacGyver by Access Hollywood, Alexis Wolfer shares with you 131 easy, all-natural, affordable, and effective recipes that feed your beauty. Combining the best recipes from her personal archives with DIY beauty secrets and food recipes shared with her by chefs, beauty editors, and celebrities (including Kristen Chenoweth, Brooklyn Decker, Vanessa Williams, Molly Sims, Byrdie Bell, Donna Karan, and more), The Recipe For Radiance will take you into your kitchen to discover the food-based beauty secrets even the most well-pampered women rely on to look their best. Each chapter in The Recipe for Radiance addresses a different beauty concern--acne, fine lines and wrinkles, brittle nails, lackluster hair, sun spots, cellulite, chapped lips, under-eye circles, and more--giving you the inside scoop on the causes and symptoms of the most common beauty concerns along with their food-based solutions. Sample recipes include: Strawberry + champagne serum to fight wrinkles Avocado + oatmeal revival mask to heal dry skin Sweet potato chips + cumin dip to even skin tone Creamy kale and walnut salad to reduce under-eye circles Sweet watermelon serum to soothe sunburn Be prepared to cook yourself beautiful, all the while saving money on products and keeping your beauty routine chemical free.



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