



Naturally Gorgeous : Essential Health and Beauty Secrets

Charlotte Vohtz



Most of us are aware of the importance of avoiding chemicals in our diet, but how many of us think to do the same for our beauty regime? This well informed book provides practical tips and advice on basic dietary, skin and hair care - the natural, ethical and organic way. Chapters include: * Inner Beauty - health and beauty from the inside out: understanding nutrition, plant substances for beautiful skin, toxins and health, exercise, emotional beauty, the importance of water * Skin - what it is, does and how to care for it organically * Face - more specifics on how to treat identify and treat different skin types and problems, plus how to care for your eyes and lips * Body - advice on body brushing, exfoliation, how to deal with cellulite and using deodorants. Includes tips on caring for hands and feet * Hair and Scalp - plenty of tips for different types of hair, including how to treat various hair and scalp problems, plus information on essential oils * Sun Care - how to understand SPF numbers and the difference between physical and chemical filters, supplement your diet for inner UV protection and self tan safely Accessibly written and colourfully designed, this book adds up to an invaluable fund of beauty knowledge.

- [Naturalismus in Der Computergraphik](#)
- [National Offender Management Service: Fifty-first Report of Session 2008-09 - Report, Together with Formal Minutes and Oral and Written Evidence : Maintenance of the Prison Estate in England and Wales](#)
- [National Individual Tree Species Atlas](#)
- [National Drg Validation Study Update : Technical Report](#)
- [National Wildlife Refuge System](#)
- [Natural Resources](#)
- [Natural Wonders](#)
- [A Natural History of the Mammalia Volume 2 Rodentia, or Gnawing Animals](#)
- [Native Grrl](#)