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Pure Skin: Organic Beauty Basics



Synopsis

Spa expert Barbara Close has created a holistic guide to beautiful skin, covering everything from organic products to detox to stress relief. In the tradition of her popular *Spa Deck and Well Being*, *Pure Skin* is a natural, no-nonsense approach to skin care. Demystifying beauty-industry hype, Close helps readers understand what makes their skin unique, how skin really functions, and how to make sense of the multisyllabic minefield that is a cosmetics label. With balance as a main ingredient, readers develop a skin-care regimen to suit their individual needs. Forty recipes for natural beauty treatments introduce luxurious alternatives to industrial products. Sensible and accessible sections on food and detox reveal simple and effective ways to nourish and restore skin from the inside out. Special attention is given to curatives such as homeopathy and Bach flower remedies, offering invaluable resources for those with hard-to-treat skin problems. Evocative photography and clear advice make this indispensable guide to naturally beautiful skin the next best thing to being born with it.

Book Information

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Customer Reviews

Barbara Close is the founder and president of Naturopathica, a full-service holistic spa and botanical skin-care line in East Hampton, New York. She has consulted on botanicals and ingredients for Procter & Gamble and Limited Brands. Gentl & Hyers are photographers based in New York City. Their work has appeared in *Real Simple*, among other publications.

This book is amazing for anyone one that works in the skin care business. As an up and coming herbalist I have been looking for recipes for natural skin care products for my store. Most of the

organic skin care books that I have purchase have recipes that are made with food products that have no shelf life and have to be discarded after every application. I don't know about you but I can't run to the kitchen to whip up a facial scrub every time I need to clean my face. This book has many recipes that have a shelf life and are simple and easy to make. The books starts with explaining the author's "skin personalities", not just normal, dry and oily, then goes into the recommended essential oils, vegetal oils and herbal extracts that are best for each skin personalities. This is also the first book I have come across that talks about good skin starts from the inside. It discusses how to detox the body, what foods, herbs and vitamins are best for clarifying the skin. I usually go through my herbal book highlighting them for future reference. I can't bring myself to put one mark in this book. It is so beautifully designed and the photos are gorgeous. The author should be very proud.

This is the very best book on making skincare products for yourself and others. I picked this up 3-4 years ago and immediately sent off for oils & essences included in the recipes, using them myself and gifting to friends. I haven't bought moisturizer or any skincare products since - can you imagine how much money I've saved in 3 years NOT buying \$60 creams for 3oz every 2 months? (hmmm that alone saved $\$60 \times 6 \times 3 \text{ years} = \1080 .) Plus, use organic oils and it's better for your skin and fresher than any skincare products off the shelf ever. I use the rejuvenating oil (I'm over 60) and truly, 80% of my wrinkles are just gone -- there are no harsh ingredients to cause them. My sensitive skin doesn't react to these pure formulations. Believe me, they did even with high end department store brands. Plus it's fun -- just like following a recipe.

Beautiful looking book with lovely pictures. I like how the book is organized. First giving you general information about skin health, different ingredients and essential oils and recipes. I like how each recipe is coded by skin condition. I would have liked to have more information on shelf life with some of the recipes. Some do say for immediate use, and some mention to store in the refrigerator, but I would liked to have seen EVERY recipe note how long a shelf life it has, in or out of the frig. Also would like to see more recipes that have a shelf life and are not just single use. All in all a lovely useful book.

Pure Skin is a book everyone should have whether you are an esthetician, like myself, or someone who is interested in the simple "tricks" for beautiful skin. This book has some very basic knowledge of skin, enough for anyone to get familiar with how it works, what is good or bad for it and how to fix concerns about it with ingredients in your own kitchen. I, myself, have experimented with "Kitchen

beauty" and can appreciate the pureness of products I put on my skin. In a world where the cosmetic industry is not regulated, it's a blessing to come across a book that cares about your overall well being, that opens your eyes to some fun and efficient, as well as economical ways to get the job done!

This book exceeded my expectations! I have several books on organic skin care and similar subjects but none of them are as simple and rational as this one. The author explains skin & skin "types" in very different & unique way providing excellent reference guides with tables, descriptions, links & many other resources for the reader to be able to expand his research... Best thing is it goes beyond conventional skin care recommending foods, nutritional supplements, herbs, etc. for each specific skin type or condition to be treated in a truly holistic way.

No revelations. The information is basic but there are some recipes I'll probably try. It's a pretty book with lovely pictures.

This book is a delight. It has beautiful pictures and recipes. I created most of them and they are great like the expensive beauty products. Wonderful recommendations on skin care and the different types of skin. A lot of information on carrier oils and EOs. Create your own spa at home.

This book is a great reference book and very easy to read.

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