



THE TRUTH ABOUT YOUR  
BEAUTY PRODUCTS  
*and the Ultimate Guide to  
Safe and Clean Cosmetics*

# NO MORE DIRTY LOOKS

Siobhan O'Connor & Alexandra Spunt

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Siobhan O'Connor

## No More Dirty Looks: The Truth about Your Beauty Products--and the Ultimate Guide to Safe and Clean Cosmetics



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It started with a harmless search for perfect wash-and-go locks. Shocked, O'Connor and Alexandra Spunt finally found it in a elegant salon treatment. Connor and Spunt remaining no bottle unturned. Right now, by using top scientists, dermatologists, and makeup performers, the authors share their compelling results and the easy method to detoxify your beauty program. Every girl wants it, and Siobhan O' These were thrilled&#151; If it went on their body (and therefore, was absorbed to their pores and skin and bloodstream), they researched it. As it turns out, a lot of those unpronounceable elements in your self-tanner and leave-in conditioner are not regulated and the &#147;t need to sacrifice health for beauty&#151; on your face wash doesn't mean everything you think it does. until they found that the magic ingredient was formaldehyde. No More Dirty Looks also reveals the safest, most reliable products available and time-tested home recipes. because coming clean may be the best look yet. normal" Finally, you don'



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Intelligently written AND fun to Read If you value the harmful elements in cosmetics, and aren't afraid to get out- please read and enjoy this book..After the assurances and abrupt reversal of the government's stance on BPA safety, among the other chemical shockers which have come out in recent years (lead and cadmium in children's toys and trinkets, melamine in dairy food and pet food, unsafe prescription drug recalls, etc.! Alternatives are also presented. Very interesting to discover that other countries have significantly more stringent laws on toxic elements. It's an Eye-Opener! everyone should read this I am perusing the forget about dirty looks blog page for ages right now and dabbling in the thought of normal "clean" cosmetics for quite a while but I don't think I was quite setting it up right until I finally read the book. it's frightening. The fact of the problem is, if you want to move organic and remove pesticides and various other harmful chemicals from your own makeup handbag, you either have to be somewhat rich or go au naturale (or try to use a few of their homemade products). I haven't thrown everything I personal out the window but I am experimenting and simplifying at the same time. I have cystic pimples and unruly hair... exactly the kind of young lady that's convinced by the beauty industry that I want industrial strength chemicals to smooth straight down, lighten and cleanse my flaws. In lots of ways I was most likely doing more harm than good.Cosmetics are a touchy subject matter with me. I have been an agent of the enemy and got completed so with a willing heart. This is so much better after that rotating in and out costly cleansers, toners, remedies and moisturizers which were not doing me worthwhile or any favors to my general health. I try to shop at Wholefoods for a lot of my products today (trying to go organic) but again, it's an enormous cost issue. Found it extremely entertaining aswell.. My advice, if you can afford to get the pre-made stuff, do it now, otherwise, stick to organic oils for your skin layer (as the reserve recommends).) I've realized how much I've abdicated my very own basic safety to big businesses who don't value me and could not be ordered to compensate me for damage to my wellness in a manner that would advantage me or culture.) should examine this. I utilized to make homemade soaps in the home (and with two small kids, it's not something I've time for) so I know what products are good. Admitting I was wrong I've been captivated by make-up so long as I can remember. I have caused my own embarrassment and (let's face it) degradation because I had abdicated my responsibility for keeping my own body safe to beauty businesses with much larger advertising budgets than consciences.! Authors aren't preachy but provide you with the information they have to be able to make the best choice.!) years outdated. A kid of the 80's, it never occurred to me that marketing didn't have to include TRUTH and items weren't necessarily Safe and sound. Intelligent and honest girl-talk. I am sure you could get much more eloquent details from the authors' blog, but I think every woman (and man for that matter! I must say i DO want to improve the types of products I use and go more natural, safe and organic, but it's very cost prohibitive. It hurts me since I've usually prided myself on getting informed and being correct, that I've been HURTING THE PEOPLE I LOVE because I've trusted beauty companies to make products that are safe for me to apply to others. But you'll never regret being in charge of your own flesh. I had been hoodwinked, smoke cigarettes screened and tricked. I have been utilized for my money but the real price has been my true beauty and possibly that of my close friends, family and (at the point I was carrying it out for a full time income) my clients. The hardest component about reading this reserve was admitting that I was wrong, have been wrong, and had been HELPING Pass on THE WRONGNESS. How wonderful is it that I can oil cleanse with jojoba essential oil and then put in a drop of two of aloe gel and tea tree oil to the combine and utilize it as a moisturizer? Ouch. I DID SO THIS TO MYSELF AND ONLY I CAN PAY

THE PRICE FOR MY MISTAKES. When I was fourteen years outdated (when I started using products to illuminate my beauty rather than just clean my body), I noticed with alarm that I had dark, whisker-like hairs on my throat. I started tweezing them immediately and have been doing this nearly daily ever since. They have spread up my chin and jawline and down to my chest and as I tried more and more items to become the beauty that journals promised I could be. Tweezing undesirable hairs and other ways of removal possess been the largest time-suck of my beauty routine. For example, it seems to me that mineral oil is usually in EVERYTHING. Much to my mother's dismay and disapproval, I've been using cosmetics since I was four (!If you don't believe how upsetting this is, I'll give you a personal confession that wounds me personally deeply to admit. The smell alone produced me gag. I understand;I love the author's realistic stage of sights and prioritizing. When I go through this book, I did it with a heavy heart, afraid of exactly what I found out. Only you can pay the price, so we must demand information from our cosmetics therefore we can make informed decisions in what we are prepared to risk and what we aren't. I have no idea about you, but I've hardly ever stated "D@mn it, I desire I wasn't educated." Great advice, but not so easily relevant (pricey suggestions) I really liked this publication. I didn't throw away all of my current makeup (even though many of them had been on the bad-boy list according to cosmetic data source online) but I am going to try to buy cleaner items for my house and try not to go broke doing so. Now I am 90% sure that all those products I have slathered and soaked in, rubbed on and sloughed off have greatly contributed (if not caused) the very clear hormonal imbalance in my hair follicles. I haven't used products with mineral essential oil in them since 2006, however, it's in a LOT of baby products (what do you think baby oil is manufactured out of).I've also proved helpful as a hairdresser/cosmetologist previously and still occasionally lend my services to friends and family. I was looking through the book's recommendations for products and a definite foundation is over \$40 (and I could only purchase it online or at their retail store in CA (hard to do when your home is in CO)). I reside in rural Colorado and the closest Wholefoods is approximately 75 miles apart. They aren't looking to get you to throw every cosmetic you presently own in the trash-- instead I felt like I was handed all the information I needed to make informed decisions from today onward. It opened my eyes to a lot of things the cosmetic industry does and has made me realize that companies do put a whole lot of junk within their items (I read all of the labels right now). The reserve DOES suggest producing some homemade products, but to be honest, I am not going to beat a couple of egg whites and toss it on my locks for a mousse alternative. Don't be afraid of reading this book because it will change your daily life. Its groundbreaking and its own about time most of us make informed votes with our dollars. I don't want to go into too many additional information.



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