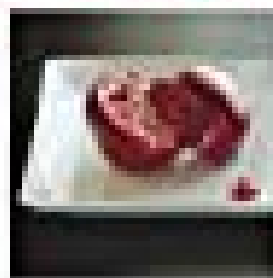




cooking your way to gorgeous



Skin-Friendly Superfoods,
Age-Reversing Recipes, and
Fabulous Homemade Facials

SCOTT-VINCENT BORBA

celebrity esthetician | nutraceutical expert

Scott-Vincent Borba

Cooking Your Way to Gorgeous: Skin-Friendly Superfoods, Age-Reversing Recipes, and Fabulous Homemade Facials



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In *Cooking Your Way to Gorgeous*, skin-care professional to the stars Scott-Vincent Borba shares his philosophy that outer beauty often begins inside: When you feed your skin layer what it needs inside, you banish problem areas and regenerate much healthier, younger-looking pores and skin. Whether your skin layer problem is wrinkles, acne, brown spots, or blackheads, Scott-Vincent Borba reveals a huge selection of basic and effective methods plus do-it-yourself solutions that are simply as effectual as an overpriced cream or lotion. From years battling cystic acne and assisting Hollywood's elite red-carpet ready, Borba reveals the most powerful anti-aging foods for glowing skin, serving up an abundance of delicious skin-friendly quality recipes plus make-it-yourself facials and scrubs from products you probably currently have in your fridge or pantry. Who knew that turning heads could possibly be as basic as turning on your oven, blender, or stove top? With *Cooking Your Way to Gorgeous*, you can become a "beauty foodie," indulging in amazing cuisine which makes you look truly amazing.



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Great Book I've been loving this book. It's got a great combo of recipes and health ideas. I especially like this he groups things together under topics like "skincare" and provides a list of superfoods in each region too..v. present and I wish he would. if Jamie Oliver will it why not this guy?His forward mentioned his hopes to someday execute a t.. Even better (to me) would be a Youtube channel . Great strategy and I'm looking forward to more materials from him. In any case, great book for anyone who thinks looking good and feeling healthy and good really need to go together. I love this book, just how it is laid out - easy to check out. I was disappointed when I received it. The layout is not really user-friendly for what I was looking for. I'm sure there might be the right information in this publication but due to the layout, I'm really not excited to learn it. It's a good book to have around for suggestions Bought this for my daughter, daughter-in-laws, and myself. It's a good book to have around for suggestions. there are plenty of better cookbooks that aren't tied to the Borba inventor helpful nice book good recipes Five Stars useful very nice very nice Three Stars Its an ok book Two Stars Don't really know couldn't ge into it.!! Three Stars Great book.!!! Disappointed We heard such good things about this book on Television so thought I'd order it. The information is great also. I bought the Kindle version, recipes are easy. Five Stars don't waste your money.~Abby Gail SmithAbby's Between Girlfriends: A Sharing of Marital SecretsAbby's Instruction To Deep Meditation: A Step-by-Step Process for Going Within so many recipes!!



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