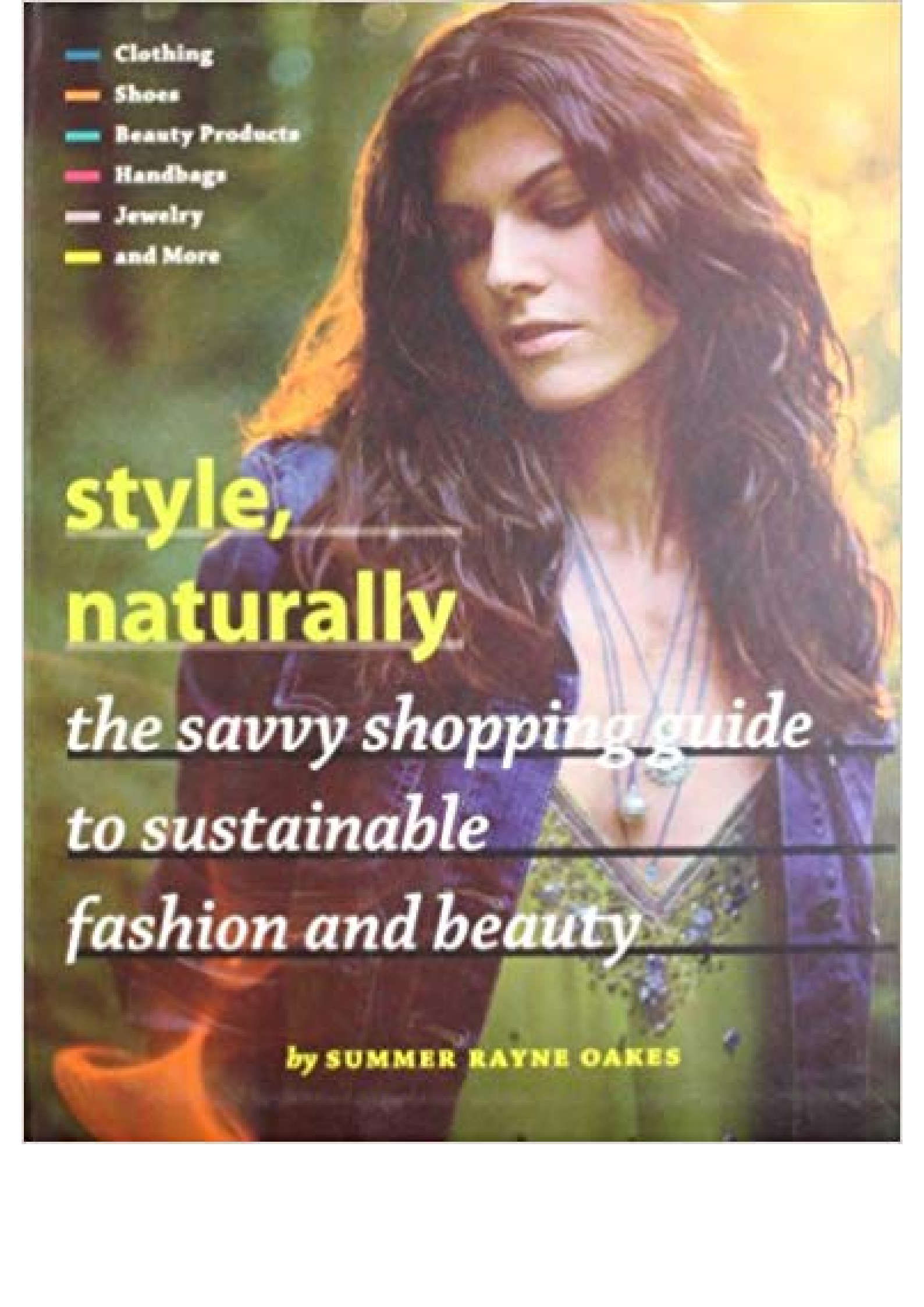


- 
- Clothing
  - Shoes
  - Beauty Products
  - Handbags
  - Jewelry
  - and More

# **style, naturally**

*the savvy shopping guide  
to sustainable  
fashion and beauty*

**by SUMMER RAYNE OAKES**

Summer Rayne Oakes

## Style, Naturally: The Savvy Shopping Guide to Sustainable Fashion and Beauty



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Style meets compound in this lavishly illustrated, highly informative, and beautifully designed book on sustainable style and beauty. With over 500 photos, pages of assets, and eco-style stories from the latest trendsetters, it is the ultimate style and beauty bible for women who want to feel great about looking good. Furthermore to explaining the basics (from reasonable trade to organically grown), Summer Rayne showcases a huge selection of her preferred designers such as Stella McCartney and Safia Minney and eco-friendly brands such as Levi's, Loomstate, and Aveda that have made earth-friendly components and sustainable practices important.com and Discovery Network's Planet Green, displays steps to make informed choices when buying. Summer Rayne Oakes, style model, eco advocate, and resident expert on Treehugger.



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Great Idea for a Book but definitely not Perfect I assume in trying to be more environmentally friendly the book was manufactured in a different type of "hard cover" without dust jacket, yet it has flaps such as a dust jacket. It's like a flexible cardboard rather than hard cover. This isn't the kind of book that you might read in one place but it is a superb resource reserve. Also the book is made in CHINA where else? Solid science and experience gives the book tremendous credibility! To learn more about that was one objective I had for scanning this book. The writer opens you up to a whole bunch of manufactures in the green biz. From clothing to personal care. Good Introduction to Green Fashion and Beauty For those who are new to green, Style, Naturally: The Savvy Shopping Guide to Sustainable Fashion and Beauty, is a nice starting point. The publication handles the topics gently. As a Udall scholar and National Wildlife Fellow, she's built the network necessary in the eco-world. utilize this as a reference but continue steadily to make my very own decisions & When you have the money to burn, and you like the fashion then hell yea spend it on something good for the earth that doesn't promote child labor & This book doesn't have too much in the form of men's personal maintenance systems (except where gender neutral items can cross). There is a section in personal care that could actually use some work. High Fashion Goes Green The Green Movement has really taken hold and gets noticed. Rather than trusting her (the authors) judgement/opinion on these types of products, you'll do very much better to create your very own educated decisions in what you put on your skin by visiting skin deep at[. not only follow the authors suggestions.]. I find that is great because I could review these companies at my leisure. The very back of the book has a section devoted to all of the different sources for all the topics she mentions. The publication is well organized, well-researched, flexible, and provocative. The big fluoride in toothpaste controversy is normally entirely absent. what it means. The Voltaic solar hand bags are solar chargers designed to charge virtually all handheld electronics. Additionally it is a great source of motivation for creating sustainable items yourself! I will keep this on the bookshelf & A few of the fashions are downright hideous (in my opinion) and very expensive.. There are over 50 pages of resources to learn more and to find items, located at the trunk. Best as Shopping Guide; Not really a DIY Guide I thought we would read this publication as We was most interested in problems with the clothing sector and how the manufacture process could be harmful to the human workers or the planet earth. I already know a lot about the problems with ingredients of personal maintenance systems and makeup. Praise: 1. This book will inform visitors a LITTLE BIT on the topics. It really is based on a lot more than that. The author will not over-burden the reader by inciting anger or dread. With how heavy this publication is I was hoping for a more comprehensive look at the problems surrounding sustainability and fashion along with some look at businesses and what they need to provide. Chapter three (Eco-Fashion Suggestions of the Trade p142) may be the section where the kind of information I was hoping to find starts. tearing down rainfall forests! Also the book does not cover the developing market for green baby and kids products and clothing. Customers must educate themselves and become informed consumers to create choices which will hopefully not cause them to become sick with something as serious as Cancer. I love the premise of the book & Also lacking from the discussions are the issues chemicals that act as phyto estrogens which is especially an issue for young girls and boys and for women in peri-menopause (the dozen roughly years before menopause). These are a few suggestions that I came across helpful: Think climate wash at 30 degrees will not only save money, it would reduce carbon dioxide emissions by 500 pounds a year. The writer focuses on laundry soap and reducing water utilization and carbon emissions. Nevertheless she does not point out fabric softener which can be an issue in a few people's opinion. Summer Rayne Oakes gives visitors

the fundamentals on buying green clothes, shoes, beauty products, handbags and jewelry. Store wisely and shop much less please expect more from your clothes. Also perplexing is that the author covers laundry detergent which is very good but does not carry it over to another logical important topic: household and dish cleaning. I am aware the book really needs limits on what is covered but one or two pages could have been included to go over this. The same considerations given for organic laundry detergent could have been stated for surface cleansers, bathroom cleansers and ground cleansers: preventing the toxic, buying the 'green' or natural versions (or making one's own for a lesser cost). As a evaluation the author found space in the publication to discuss the danger of inhaling toxic chemical substance fumes when using perfume or chemical substance fragrances but the same thing could be said of using common cleansers for cup and surface cleaning sprays while washing one's home. Consider them to a footwear repair shop. Overall Personally i think this book is an extremely good try to bring a mixture of information, some important plus some more "feel great" information to a reader who might not already know this information. Discusses the actual fact that in america the FDA does not regulate the safety of products such as makeup, skincare and sunscreen. Some shortcomings are that the writer recommends toothpastes but never explains medical risks or issues linked to SLS in toothpaste (a particular concern as though swallowed it has different implications as when SLS is in hair shampoo or hand soap). 2. Has Feel Good Vibe; 3. Good resources are also detailed within the webpages of the reserve such as reading sunscreen recommendations on the Skin Deep site. The tiny bit of information they did provide might have been created in a more concise method. The book is completely indexed which I find useful, specifically for going back to re-read certain sections after I've currently read the book cover to cover.. I learned new reasons for having the manufacture of clothing such as for example how certain procedures such as tanning natural leather can create pollutants or put workers at risk for developing diseases.? In summary this book covers a broad selection of topics in a non-scary method and leaves the reader feeling hopeful and almost happy to go purchase new products and clothes. The person who will spend a whole lot on fashion and really wants to feel good about their purchases will be happy to hear about businesses to get from. If money isn't an issue the reader/consumer will feel great about being directed toward particular items and companies. The real life downside is usually that not absolutely all consumers will be able to afford these purchases and may have to rely on DIY methods that are not really motivated in this reserve, such as opening one's mind to making natural homemade bath soap and skin lotions. In case you are in that category, more self-education is necessary and there are plenty of good books in the marketplace to see you. but I haven't heard very much about how to be stylist and green. Chapters one (Eco-Fashion 101) and two (Clothing and Accessories) touched very lightly on some details, but I experienced like these were mostly simply a set of different brands and designer profiles. While useful, it is not what I was longing for out of this publication. As the subtitle claims, this is a Purchasing GUIDE and it is worth mentioning that it does not steer the reader toward Do-It-Yourself projects such as encouraging readers to create their own soap, shampoo and skincare products. Both of these chapters made for an especially boring and consequently gradual read. Become fashionable and maintain those little handheld devices charged. As it stands, I don't believe these two chapters were required. 4. Good to know also is the merchandise and clothing in the reserve are for women and teenagers. It covers guidelines for shopping for clothes and add-ons, how to proceed with your clothes when you're downsizing your wardrobe, and cleaning tips. I found two bits of details in this chapter to become rather useful. Great Source for Eco-Friendly Inspiration We wasn't sure what things to expect from Style, Naturally, but I gather fashion books and want

to be more eco-friendly, thus was eager to test it out for. Summertime lives in this space." I think Style, Naturally is more a reserve advocating a means of living and thinking, rather than book showing how exactly to style an clothing manufactured from eco-friendly materials (although it does have a few of that). The publication includes product good examples with websites, information, and profiles of people/companies who use, design, or sell eco-friendly and sustainable products. And in addition, some explanations on why what we make use of may be harmful not only to the environment but to us as well. The author helps it be seem easy to be more eco-friendly and sustainable, instead of some chore. Not everything is definitely organic. Inexpensive white vinegar can be used in place of chemical substance based liquid fabric softener products. She lists her preferred brands.. A fairly book, makes green fashionable and chic.? The premise of the publication can be that "dressing chicly and beautifying sustainably is getting easier by the day.. The only criticism I have can be that for the \$24. I found the cosmetics section the most helpful of all with items for all age ranges and budgets. I met Summer a couple of years ago and determined that because she experienced both science and the artwork behind what she was saying, her book was perfect for my Freshman Orientation class that I teach. Sign up for or start a campaign like clean clothes - cleanclothes. In addition they love the "Lady on street" and "Developer Profile" sections. This section makes it easy to find the kind of companies you are interested in. From vintage clothes to buying non-carcinogenic cosmetics---from TOMS sneakers to re-designed purses made of candy wrapper trash--from tagua nut jewelry to cleaning tips for laundering, the book offers a plethora of sustainable options. Oake's solid history in environmental technology gives her credibility from what she says--but her work-ethic and networking in the style industry also gives her credibility to problem the fashion industry. Upcycling, recycling, organic, sustainable practices and so on...org Check out Nike's responsibility statement and ask other companies if they have something similar. Great Fashion Resource This book is a nice collection of what the eco fashion market provides today. Lovely, helpful and educational As much as a lot of us make an effort to do little things to support the environment and natural resources, frequently it's difficult to displace products and accessories that have been a part of our daily lives for a long period. Take your own purchasing bag to the store. Additionally, there are a number of do it yourself hair treatments and other instructions using everything you probably currently have in the home.she doesn't simply talk it. I think the best things about the book are that it's a good source and jumping off point for exploring, and Personally i think like I'm obtaining adviace from a pal, instead of someone telling me how to proceed. And they offer an extensive Source section challenging websites, printed materials info and where you can buy everything..95 price tag, some of the resources and products may become outdated in the next years with the addition and evolution of newer, greener product lines. Sure these things is method the heck better than the traditional poisons out there, but don't kid yourself, this stuff isn't perfect either! Everyone is discussing green this or green up that.5. By no means is this list comprehensive, nonetheless it is a good starting point. There Are Better Books On This Topic I didn't find much value in this reserve. Oakes thoroughly notes the price of becoming green and beautiful. Yet the reserve stinks of a weird chemical substance smell that hardly seems natural.An omission in the laundering clothing section was bothersome. Other problems with respect to ingredients in softener bed sheets (chemical substance neurotoxins) is absent. Ask stories if they carry organic natural cotton clothes. The more people ask, the more shops know about demand. Worn out footwear or damaged? While we're upon this subject it would also have been good to go over not only perfume for your body but issues with chemical fragrance in candles and diffuser natural oils also to present greener alternatives.

College students love the book since it serves as a philosophical guideline with many resources to help them with the project they are assigned. but she has had the ethical courage to help companies build the right strategies to become more sustainable also to do the proper thing. If you want some help in the sustainable/organic industry, you then would prosper to get this book. The photos of the items demonstrated weren't enough to convince me that they added any value to this book. Make your very own bags out of household goods. There are 2 pages of examples. At first, this book is apparently a very high end manual for green living with a big price tag (some big designers are represented in the manual) but as I go through the sections, I found items and solutions for all budgets and lifestyles...stop using those plastic ones.



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