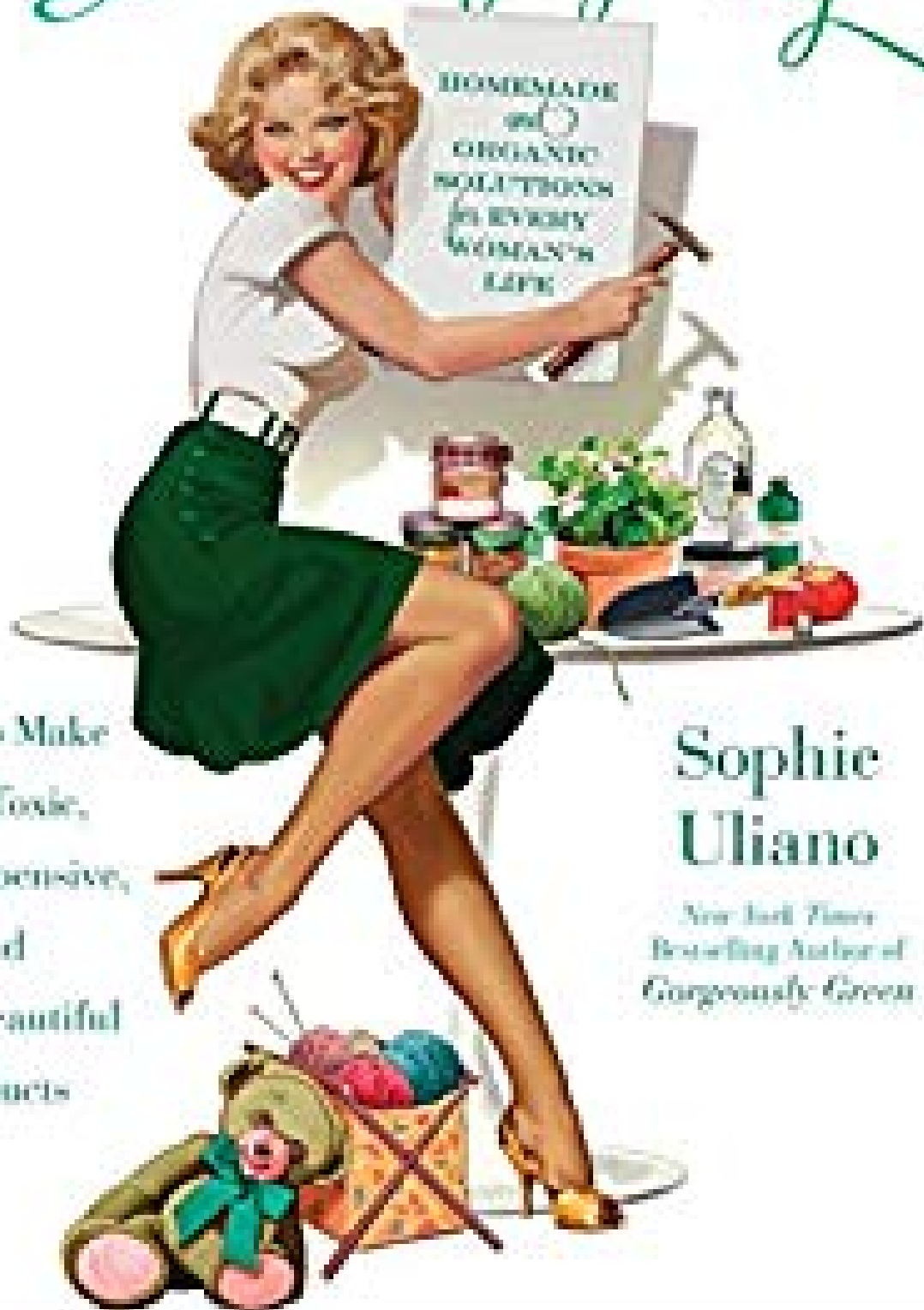


Do It Gorgeously



How to Make
Less Toxic,
Less Expensive,
and
More Beautiful
Products

Sophie
Uliano

New York Times
Best-selling Author of
Gorgeously Green

Sophie Uliano

Do It Gorgeously: How to Make Less Toxic, Less Expensive, and More Beautiful Products



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It's official: In these tough times, clueless is out--and crafty is in. For both financial and environmental reasons, life is focused on doing well using what you have. But that doesn't mean you can't still be fabulous. You deserve to own it all--and now you can do-it-yourself! Do It Gorgeously demonstrates how to make almost all you would otherwise purchase: From your kitchen to the nursery, from your own medication cabinet to your makeup drawer, you'll be astounded by how easy and inexpensive it really is to create safe and eco-friendly items for your family." --Los Angeles Confidential "Sophie Uliano is certainly a Mary Poppins for the new millennium: Instead of advocating a spoonful of glucose to help the medicine decrease, Uliano will suggest rubbing sugar on your skin to make it glow--and then present numerous other homegrown tips and tricks." --Julia Roberts "Sophie Uliano teaches us that we do not need to equate eco-friendly with Birkenstocks and wheatgrass shakes . she ushers us right into a lifestyle that's ever so eco-chic. . Praise for Sophie Uliano: "To be with Sophie is to be so caught up in the excitement of the potential of great!" --Good Housekeeping



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3 stars It is obvious through the entire book that the writer is very passionate concerning this life-style and that she "walks the walk". A routine of sorts to revamp your daily life in a more eco method, including sample days and weeks, like fitness books perform. What a deal. As if the usage of paper towels and non organic meals and drugstore lotion revokes your "green card". I've found it simpler to follow quality recipes and diagrams via reserve.0) I must say i liked the purpose of this book, but found most of the dishes out of reach and certainly not less expensive. If you are new to the complete diy thing this may not be the publication for you! Yes, over the long term you will put away money, but I can't afford to shell out \$50 up front side to create one recipe that I'm not sure will work." Overall, she gives the reader excellent reasons on the "whys" of things such as for example:- the reason in order to avoid scary, chemical cocktails found in frequently-used beauty products- the unexpected unhealthiness of the floor covering under our feet- the feasible toxicity of some house furnitureLiving up to the title, the author gives readers alternatives to replace "bad" products with something greener and healthier, a lot of which may be created at home with easy-to-access tools and substances. She really does cover homemade and organic . She's a chapter each for house animals, kids, sewing projects, home energy conservation and food. Again, the majority of the details included are available on the internet. I'll say that the author's directions had been clear and concise and made the tasks seem very doable. Most of them included diagrams and drawings to illustrate the directions. I really liked that. I also actually appreciated her chapter on fitness. Many people often leave that out when discussing this topic.What I believe could have been very helpful is a project program. I respect and admire that. So many dishes that really work. Having said that, I don't recommend this book for those who have the time and/or desire to search the internet for these recipes, but don't have lots of money in your budget allocated to specialty elements, foods, a sewing machine, etc. Many of the beauty recipes require you to make sure they are often and make use of many different essential natural oils so the in advance cost is price prohibitive. Wasn't quite what I expected. It's not for newbies its for alumni diy people that are extremely crafty and essentially have a whole room in their house dedicated to crafting and sewing. While they are supposed to be green, money saving alternatives for every day requirements, the amount of money it costs to buy all the components I need for arts and crafts wouldn't actually conserve me anything. This shipper was amazing shipping and delivery it out quickly too. For years it has been one of the best books! The cleaning recipes are also pretty good, but again, aren't much dissimilar to what I've from free internet queries... I took a opportunity because the price was so low and all I acquired to pay was delivery \$3. She does indeed cover homemade and organic solutions for each and every woman's life. I just don't have time to create my own cosmetics. I love it since it demonstrates a level conviction in her concoctions.; she only offers you a couple of recipes and that is it! For each and every cleanser, toner, moisturizer recipe etc. Not so. Great for inexperienced green girl wannabies I absolutely love this reserve. Not merely was it engaging, it was eye-opening. The best part about "Do It Gorgeously: How exactly to.." is normally that it gives the reader excellent reasons, in addition to motivation, to desire to be more "green".. Uliano uses specifics to support reasons in order to avoid certain items, but I came across a couple of blanket statements on something getting poor that left me requesting, "Why is that so bad? I did like some of the body lotions and sprays because they used cheaper elements, like coconut oil that I'm also able to use for meals, but I curently have similar recipes to those from free internet searches. Better yet, the recipes are simple! The only downside can be that some substances (ex. virgin coconut essential oil, ascorbic acid powder) aren't offered by your neighborhood grocery store. Fortunately, many of those items are available at health food shops and, if not, the author includes a great set of listings on where to easily find them on-line.IMPORTANT: The recipes aren't only for beauty

products, although a very generous amount is included in the first section of the book. Uliano frequently gives relevant anecdotes about whichever topic has been covered; Rather, the publication runs the gamut, including baby items, paint, anti-aging creme and an easily-constructed publication shelf..I purchased the Kindle version. All the drawings, patterns, and quality recipes were included and visually obvious, but I feel it would have been better to have bought it in paperback form. ; Great book . readers often will just as easily follow the recipes in their Kindle form, as well.Uliano's site ([...][.. a few consist of warnings on what NOT to do, because of the author's trial-and-error.]) is a fantastic supplement to the publication; it includes more quality recipes and how-to videos with links to the specialty products she identifies in her books.If you want a comprehensive crash program on what small techniques can be taken toward being healthier, while making this world a smidge better, this is the perfect publication for you. I order only from NEW and Amazon Prime and fulfilled books . A friend offers it and because I needed to accomplish and make so many things that were recommended in the publication I needed it myself... what a deal. This book does have a whole lot of useful here is how to live a greener life, but it is produced for those who have a lot of time on the hands and who have a plethora of crafting tools and a complete cabinet of expensive essential oils at their disposal. Love this book Love this book... For years this has been one of the best books!99. Nevertheless, the whole book had a judgemental feeling to it. EASILY see other books from this shipper I'll not hesitate to purchase from them. This is just a personal preference, though;.. Love this publication and it's really easy, simple recipes. Great if you would like to make all of your own beauty products I ordered this book along with a handful of her others, and it was not quite what I was expecting. I noticed Sophie being interviewed on Victoria Moran's podcast "Primary Street Vegan" so assumed she was Vegan. You won't be disappointed! I gave it apart to my local thrift store, and hopefully someone can get some use from it. The wonder section is my favorite because it is very streamlined. Five Stars Like this.Overall, I would recommend this book for someone who wants to change one or many areas of their life to become more environmental, but does not have the time to search the web for recipes/info and would like to have most that information in a single handy resource. Five Stars nice Three Stars thank you Five Stars I appreciate the recipes for natural beauty products. Thanks Five Stars Good Love this book and it's really easy, simple recipes. Book arrived timely, as described and in the condition described. great book organization to order from.



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