



# NO BULL

*beauty*

## CUTTING THROUGH THE CRAP

A NO-NONSENSE GUIDE TO HOLISTIC BEAUTY AND WELLNESS

**Sheryl Lynn Gibbs**  
HOLISTIC AESTHETICIAN  
& WELLNESS EXPERT

Sheryl Lynn Gibbs

## No Bull Beauty: Cutting Through The Crap



[continue reading](#)

A No-Nonsense Guide to Holistic Beauty and WellnessThe No Bull Beauty Instruction arises out of Sheryl's commitment to only the purest ingredients and no BS approach to beauty. Her 25+ years experience as a Holistic Aesthetician and years of meticulous study have paved just how because of this project. She offers this reserve as your guidebook to natural, lasting beauty. Get to know the No Bull Beauty Way for yourself and find out how easy Sheryl makes it to reside in the pure splendor of a toxin-free life style, and natural splendor. Her No Bull Beauty Blog page gained so much attention that she got to answer the developing demand for information, and today in her unique, funny and witty No Bull way her inspirational mission continues. Be fully informed before you place anything else on your own face or in your body! You Will Learn About: Common crappy epidermis conditions Beauty procedure advantages and disadvantages Toxins to toss lcky substances Anti-aging advice Natural beauty solutions Bogus beauty claims Superfoods for beauty Household elements for DIY beauty Label vocabulary lowdown Holistic remedies, dietary supplements & much more! Get your duplicate of Sher's guide today.



[continue reading](#)

excellent reference to be knowledgeable when buying any beauty product Zero Bull Beauty contains excellent details that I make reference to over and over on what chemicals we are slathering on our skin. Gibbs credentials she actually sounds like she knows what she's talking about. It provides assisted me in making informed options in what I purchase for make-up, lotions and hair products.. The FOUNTAIN of youth.. Great information written by an experienced esthetician Not many books of this nature are compiled by licensed estheticians with extensive experience in both skincare in addition to chemistry and herbs. That's why is this book fresh and informative. Highly recommended read.. Her own pores and skin sensitivities led her to the path of inquiry so she's experienced firsthand the risks that she discusses. fun read There is soooo very much useful information in this book. Slightly disappointed Slightly disappointed because I came across no fresh information in this book. On her behalf blog she says that henna could be bad for you possesses large metals that are bad for a user's wellness. All mothers of small children need to read this reserve. With all the current fluff out there you really have no idea who to trust. This book came recommended to me by my skin angel (my esthetician) and after reading ms. It's good to have somebody do all the research for us. Breath of OXYGEN! Fantastic, approachable book about the often severe and mind-boggling beauty and wellness market that may drive you nuts and drain your wallet. It's quite apparent that the author did her research. It is a good read for a person who knows hardly any about the toxic ingredients in beauty products or someone who is definitely farther along the road who wishes to know more.. It is laid out in a good way that offered me chunks of data to read through since it is a lot of information. Now I'm going to check my pantry to see what I can put together from this! informative & That makes her very delicate and compassionate to others and gives her a passion for sharing this valuable information. I am no avid reader of self help or beauty books but I acquired this one because it requires a whole person strategy- a person surviving in our modern society bombarded with a million choices everyday of what things to purchase, consume, give to our families..! AND I love the tone of the reserve. It's funny & I will no longer be swayed by pretty packaging and I've this publication to thank.. When I responded on her behalf facebook web page she also deleted my facebook articles... This publication helps me navigate industry, like reading labels on food and other products- "Octyl myristate" anyone?the likes of which are hidden in the advertising of most cosmetics today. While I've always read meals labels, I right now understand the need for knowing what's in virtually any product that's used on my body. I was so excited to finally look for a publication that speaks the truth. I specifically am grateful for the chapter on sunscreens vs. sunblocks... DEFINITELY understand this book and spend time learning from the author's wellspring of understanding..again, all parents should know this. The book's format is structured and readable. Sheryl's sense humor is normally a breath of oxygen while she tackles the myths and provides straightforward information on how to stay beautiful and healthy. Kudos to Sheryl for bringing this publication to the marketplace. Five Stars Made an excellent gift, was very appreciated. Strongly suggested. I rated it on the high side because someone not used to this topic will find it informative. I found it redundant but a good gift for someone else. Author does not really need to educate consumers Thankfully amazon refunded the purchase price of this book. I have had several discussions with the author through facebook and unfortunately she does not credit her visitors with any intelligence or ability to perform their own research. Finally some truth! When I tried to describe that body art quality will not contain weighty metals she deleted my blog responses.. So I direct messaged her information from several companies showing that body art quality henna is tested and will not contain large metals she conceded that it didn't, but stated that THEY are hair dressers therefore THEY knew about henna, but that

her visitors aren't hair dressers so she'd not change her position and offer her readers with ALL the details. I think it really is insulting to her readers that she believes they can not be provided all the information and then make their very own well researched and educated decision. The information in the reserve was clear also to the idea and I couldn't require anything better! And when I put on my eyeliner I'm producing an informed choice to place something not so great on my skin. The truth This book is filled with the truth..and health! This book is so engaging! I've shifted my health perspectives from a diet plan based way of thinking to a full nutritional based way of living. I cannot help but pick up every product and browse the label. Also, she offers a skin care line and she does not list all of the elements in her products on the website. Honest, informative Want to know how to buy and make use of products that ACTUALLY work, then read this book. The author has done all the research and shown it in a witty, concise and beneficial book. not preachy.



[continue reading](#)

download No Bull Beauty: Cutting Through The Crap txt

download No Bull Beauty: Cutting Through The Crap djvu

[download Life & Spectrum: A revealing look at high functioning autism and asperger's syndrome epub](#)

[download free The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney mobi](#)

[download HP Program e-book](#)