


# GLOWING: SOULFUL SKINCARE

A woman with long, wavy brown hair is lying down in a field of bright yellow flowers. She is looking upwards with a serene expression, her hands clasped near her face. The background is a soft, out-of-focus field of yellow flowers under a bright sky.

The ultimate guide to  
radically transforming  
your complexion

YANCY LAEL

Yancy Lael

## Glowing: Soulful Skincare



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You cringe when you look in the mirror. Caution: The principles in this reserve are revolutionary. When you have a problem with flaky pores and skin, oiliness, breakouts, irritation and discoloration? Are you set to glow? It's everything you show to the world. It changes everything. You lose self-confidence in yourself. When you are out in to the world, your face is the first thing people find. You are feeling embarrassed around other folks. Worst of all, you end living your life to the fullest. If you are one of the afflicted, take a breath: Help has arrived. This reserve tackles skincare in ways you've never encountered before: from the inside out. Healthy skin, believe it or not, starts with the soul. This book outlines 16 profound spiritual exercises to assist you build a deep and genuine feeling of self-acceptance which will get you glowing again. You'll also find basic, fad-free dietary suggestions that will help cultivate clear, healthy skin, dozens of options for treating breakouts, and some pretty radical approaches to skincare – stuff your dermatologist could not tell you. It's section of your identity. They'll problem your beliefs, upend your paradigms and change your life. Are you ready to see radical healing? So what happens whenever your face is chaos?



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A beautiful, practical, SOULFUL reserve! This book works from the perspective that accurate and lasting modification begins within your brain, and requires the reader on a whole-person healing journey. I completely love this book!! This book really moved me. I didn't believe skincare is actually a very interesting subject, to be perfectly honest, but I was riveted by the stories and details in this reserve. "Glowing" just has something MORE; I couldn't wait to get some good recipes for myself!., I would highly and enthusiastically recommend this to anyone! I also appreciated the information on herbs and teas and DIY recipes. I love the author's holistic approach, and how no matter what ideas or practices you choose to implement from the publication (and believe me, there are plenty of!), you are consistently guided to trust your very own intuition.!

! soul. She got so fed up that she started experimenting with different washing techniques and making her very own emollients and oils to deal with the acne. Yes, the information will there be. Yes, the writing is great. Beyond that, nevertheless, I found the author's voice and spirit to end up being utterly compelling, engrossing, and inspiring. The writing can be beautiful and I specifically loved the author's personal story at the start of the book; an audible heartbeat beneath all the words; a tangible soul that lighting up every page. And she succeeded!. There is a ton of exhaustive information and suggestions to try, therefore whether you will be ready to go full-on and implement the entire program or simply want to test one or two practices, there's enough material here to satisfy both the dabbler and the person who is gung-ho going for GLOW! As for the information itself (since it is, in the end, a skincare book! Wonderful mix of technical information on healing skin ailments and therapeutic the heart &!. Yancy offers a brand new, integrated, and in-depth look at the vicious routine of conventional beauty care products...cleanse, tone, scrub, medicate, repeat.. It tells of the struggles of a young girl into womanhood who battles acne and its own scarring even beneath the care and attention of multiple doctors and fancy skincare products that, ultimately, did nothing to solve her problem. LOVED this. steps that people all grew up thinking were necessary that actually DAMAGE skin. Simple cleansing routines, water-free of charge moisturizers, and most importantly a healthy diet plan and happy heart. Well-written, easy to read and very informative. This book is for everyone: people that have existing skincare problems, and the ones with none, because no matter where you are on the spectrum, the info is vitally important and can be used by all. An excellent browse. -Rachael Gruen, owner. Sellwood Soap Organization, LLC. This is a book that should read. Who have thought a guy would find reading this book fascinating.. To conclude, I actually was seriously impressed by this book. I genuinely hope this writer continues to write and share her beautiful voice with all of those other world! An educational read for skin care and perseverance to resolve a 20 year long problem! I recommend it. Bruce W. a skeptic turned believer I found the writer genuine and her arguments compelling more than enough that We gave her strategies a try. My skin is searching better and better. My trouble spots are nearly acne free of charge and the area within my jaw line, that is dark with scarring for years is almost free of the dark places. Lael is a superb writer who communicates extremely effectively. Five Stars Ms. I have suggested this to my daughter! Great book Great book. This is exactly what I needed. Some parts were actually long but that is okay since it was well written. I shared with friends This book isn't just for skin care, additionally it is about looking after your body around with a good attitude and good nutrition. glowing already! I've been eagerly awaiting Yancy's publication after taking pleasure in her amazing products for a long time. it browse like poetry and I understand will resonate with many readers. The book did not disappoint, and I was impressed at the detail it offered. I haven't had an opportunity to fully put into action everything yet, it's a work happening. But even after making only a few simple changes (generally, the tea and reducing on cleaning

with soap) my skin appears better than it provides in ages. I am spreading the word, everyone deserves to glow!



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