

"This book has soared to the top  
of my list for awakened vitality  
and self-healing."

— KELLY BROGAN, MD

Foreword by  
CARRIE-ANNE  
MOSS

# RENEGADE BEAUTY

REVEAL AND REVIVE  
YOUR NATURAL RADIANCE

*Nadine Artemis*

*Author of Holistic Dental Care*

Beauty Secrets, Solutions, and Preparations

Nadine Artemis

## Renegade Beauty: Reveal and Revive Your Natural Radiance--Beauty Secrets, Solutions, and Preparations



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a practice of doing less and allowing the elements and the life span force of nature to revive the body, epidermis, and soul thus our natural radiance may shine through. This reserve is a comprehensive resource for anyone who would like to simplify their self-care routine, take their wellness into their own hands, and discover their very own radiant beauty. beautyIn this important full-color guide, Nadine Artemis introduces readers to the concept of "renegade" beauty—Rethink typical notions of beauty and wellness, abandon established regimes and commercial items, and embrace your “ Anyone trapped in perpetual loops of services, facials, and skin doctor appointments will see answers as Artemis illuminates the energizing components of sun, oxygen, water, the planet earth, and plants.renegade”



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Call myself a renegade!.Artemis addresses every self-discipline that touches beauty. She starts with background and philosophy, moves to research, and ends with an assortment of botany and cosmetology...or maybe I should say cosmoetics. Sad I know!)There is a large amount of science in here. She cites biology, dermatology, microbiology, and botany clinical tests to back up the assertions she makes in the reserve: why we need nature, why we really should toss most of our drug store and department shop cosmetics, and just why clean living and plant products are better alternatives. Many thanks! I love this book, I really like Living Libations, and I really like Nadine. The last few chapters of the reserve are all about botanical quality recipes and tips for using plant oils – and, boy could it be comprehensive! This goes way, method beyond fixing sags, luggage, and wrinkles. I really like the method she not only generously shares formulations she addresses "essential beauty" and the cultural context that influences our view of beauty.I purchased the book because I am stepping back from commercialism and rethinking the ethics of the cosmetics industry, and Renegade Beauty will be my instruction to a saner, organic, and more compassionate sense of beauty. Contact me a renegade! I'm officially a fan. I continue back to Renegade Beauty for details and inspiration.. Don't let the quite cover and every one of the vibrant pictures fool you – Renegade Beauty is not any fluff read.. Not really a "beauty bible" but a Bible because it is indeed beautifully written and has far more topics that just what's external, she writes about the soul, sunlight, the moon, and the celebrities... I really like their ethically sourced substances/products and the way my 55 year older skin has perked up by using them. Renegade Beauty is a gem... There is absolutely no other book like it with so much rich information regarding pure, natural ways for a woman to look after herself. Nadine Artemis' book could be considered a Botanical Beauty Bible...Great to be able to step away from the wonder counter without feeling the necessity to give up on attempting to be beautiful. I recommend this publication for women (and guys) of all ages who care about clean products that move in and on their bodies. Working in medical field I must say i value her up to date analysis and the poetical language of the book. I have also been a living libations fan and now having Nadine's prosperity of understanding in a book is fantastic. From vision lashes to fingernails, pregnancy to perfume, and digestion to tooth brushing – it's all within. Love this book Love this publication. I find her intelligent, well-informed, and charasmatic in her podcast interviews. No matter what your age group I believe you will feel uplifted by how she writes and the book makes me feel more beautiful - Many thanks!! her knowledge is huge and backed by research in an easy to read, sometimes poetic, manner. Be your very best self Phenomenal book. The book also offers a very comprehensive summary of essential natural oils and how they are able to act as our guardians in health and beauty. The info is definitely well researched and sites studies and resources and the wording is usually beautiful and poetic so the information is accessible and attractive to the right-brained and left-brained among us. I enjoy Nadine and her homemade quality recipes (most ingredients you could find in grocery or wellness meals shops and won't break your budget). I've also tried a lot of her Living Libations products, and they are by far the very best pores and skin and oral care products I've found. from ancient beauty secrets to why (and HOW) mainstream beauty and "wellness" items are doing us even more harm than good. Additionally, there are MANY recipes for handmade items Nadine goes far beyond in Renegade Beauty. Many thanks to Nadine Artemis for posting her knowledge of the natural globe. Everything is covered here, from historic beauty secrets to why (and HOW) mainstream beauty and "health" products are doing us more harm than good. Incidentally her items will blow you aside they are magical!And there is a lot of "how-to" for the DIY types want me. It's obvious that she has known her route for some of her lifestyle, and she's a real professional in her field.. I waited a long time for this book, I read it when she first released it, and I am simply taking the time to write a review for it. Easier for me to soak up than a step by step how exactly to manual. We also make use of some of her items and love the very best epidermis ever facial oil. This book is a great collection of all her function. We utilize a large amount of her routines in

tooth care, face care and sun exposure.! Read this book! Nadine Artemis is prolific in her composing. This is not a fluffy book about beauty and wellness. This body of work dives into the scientific baseline of nature and how our skin and bodies respond to the natural globe. I came away with a new found appreciation for character and how it operates to nourish us and how synthetic skin and beauty products are to be duly scrutinized. Not just about beauty, but about becoming the healthiest, happiest, best-feeling version of yourself. If you are individual and need to live abundantly healthy, run and understand this book! I am glad I bought this beautiful and empowering book. ?A masterpiece every individual should read! ? This book is amazing! I find her smart, well-informed I'm a enthusiast of Nadine Artemis. (When you examine it you'll understand. Better past due than never. I contact this my Bible! I have already been a loyal Living Libations customer for a few years. I acquired so much from it, I never wanted it to get rid of! I make reference to it quite often. I don't have children of my own yet! But I will be reading them this as a bedtime tale! Many thanks Nadine you are a goddess! Additionally, there are MANY dishes for handmade items, therefore there is no pushing of her personal wonderful Living Libations items - even though I think she makes the world's best items, I must say i appreciate this. I highly recommend this book I recommend this book, it is easy to read and very informative.. This publication is amazing. I love this publication. As a holistic practitioner, I completely enjoyed all the details the author had to talk about, and learned several new things that I can apply immediately to my practice! This is a reference on my bookshelf that I'll likely return to time and again! Okay Difficult to read So much wisdom. I will keep for ever to refer back to. You don't require a biology degree to comprehend these chapters either – her love of life and light-handed writing design are the spoon filled with sugars that help the medication go down (the pretty pictures help, too). The writing tends to get as well flowery and I favor it when she dispenses with that and gets down to the real information, but she does include a wealth of details and it is worthy of slogging through the sticky sweetness of some of her prose. A well researched read The writer speaks in her own flowery language, but this should not detract from the wealth of information she lays out. This book is actually something special from Nadine Artemis. a wealth of details on beauty, botanicals and the science behind it. So much to understand from this book! Both easy reading whilst still being incredibly informative! Adore this book! It is a must read for every woman! Bravo, Nadine! She mixes technology with poetry and makes reading about the body systems, biology, vegetation, sunshine, plus much more absolutely intriguing. After reading this book, you won't ever shop department beauty counters once again. Unlike any other health insurance and beauty book! In case you are thinking about essential oils, your wellbeing and wellbeing, then this reserve is a wonderful jumping off point into the world of beneficial botanicals.



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