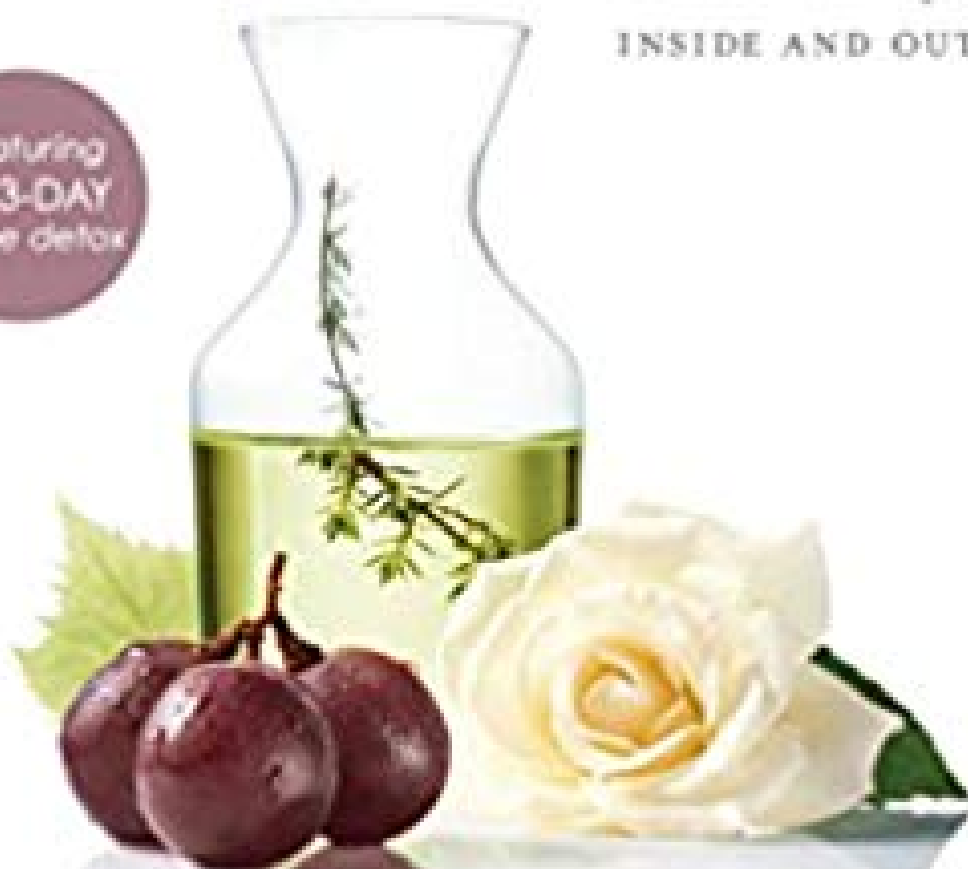


NEW YORK TIMES BESTSELLER

The French Beauty Solution

TIME-TESTED SECRETS TO
Look and Feel Beautiful
INSIDE AND OUT

Featuring
the 3-DAY
grape detox



FOUNDER of CAUDALÍE
PARIS

Mathilde Thomas

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**The French Beauty Solution: Time-Tested Secrets to Look
and Feel Beautiful Inside and Out**



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A New York Moments bestseller! Blending stories, science, DIY recipes, and a great deal of savoir faire, The French Beauty Alternative is the last beauty routine you've shares the simple, natural, time-tested beauty secrets the lady learned developing up in France that any girl may use to look youthful, healthier, and more radiant without severe products or drastic procedures. When Mathilde Thomas moved from her native France to the United States to increase her skin-care company, Caudalí what foods to eat for healthier hair, epidermis, and fingernails; She interviewed thousands of ladies and was struck by how different the French and American methods to beauty had been. American females are about the quick repair—the elusive product or procedure that may instantly solve a nagging beauty problem, even if it hurts, is wildly expensive, or is harming in the long term. Drawing on her firm'e into one of America'Mathilde used these insights to turn Caudalís best beauty brands. The French, by contrast, strategy beauty as an essential and pleasurable part of the day, a lifelong and active investment which makes you appear and feel great.s twenty years of scientific skin-care experience backed by the study of doctors and dermatologists—ll ever want.The French Beauty Alternative covers everything from how to use 100 % natural ingredients such as oil and honey to clean that person;e, she wanted to discover what American women wanted from their beauty routines. and the amazing properties of grapes and grapeseed essential oil. She also introduces a straightforward three-time grape cleanse that European aristocrats have already been using to detox for more than 100 years.Cofounder of the international beauty organization Caudalías well as the beauty secrets she learned developing up on a vineyard in Bordeaux—



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Entertain and Informative Summary of French Skin Care and Beauty Beauty Review
An entertaining read which gives a basic knowledge of pores and skin, how to care for it, which ingredients to make use of, and a dash of French beauty philosophy. Recommended for folks wishing to learn the basics of skin care and beauty from the French perspective. Third, the writing was good but not great. I'm today approaching my thirties and that misuse has begun to surface area on my skin - reddish colored, splotchy, and uncomfortable sometimes. It was time, I decided, to find out more about it and give it even more care and like. And, in addition to technical understanding and useful ideas, I was also looking for something amusing and philosophical. Her beauty line is normally fabulous, and I really do love her spas quite definitely. The book can be an entertaining combination of biography, history, cultural commentary, beauty philosophy, psychology, and how-to with a generous splash of science and a touch of self-promotion. Mathilde Thomas, the author of this reserve and founder of Claudelie, a hugely successful cosmetics company, covers a wide-range of topics using her life-long experience and knowledge in the field of skin-care and fashion. There have been, however, some problems with the book. There is a more nuanced middle-floor that she failed to discover. I'm also philosophical by nature, so I quite liked her jaunts talking about the French aesthetic and French culture - I did so not agree with everything that she said nor am i going to do everything that she suggested, but it was useful in clarifying my own views on this subject matter which I'd neglected for so long. You don't have to use her brand, unless you need to - I'm sure you can find other items out there with the same components that would produce a similar impact. Outsiders? She covers nourishment, how to eat, the importance of self-confidence and authenticity in discovering one's on personal beauty, the how-to and why of skincare, including sections on your body and the hands (they were, admittedly rather short, but they felt just right for the scope of the reserve), more information on suggested ingredients, a sensible choice given the fast-paced nature of the industry, all of which can be woven within nice little stories from her existence, vignettes of traditional French beauties, or a few sharp remarks about beauty philosophy. First, she spoke in very broad stroked about two vastly diverse people and cultures - French and American. The foil of American tradition was a great device for the book - contrast helps see issues more obviously, but she could have been a little more cautious in her composing to acknowledge the diversity in both of these cultures instead of presenting them as one-dimensional monoliths. How about black Us citizens and French? How about Jewish Us citizens and French? I find such criticism to end up being unwarranted. It was great. And various other French or American sub-cultures? Good tips but We felt writer was condescending towards American . The account she offered was impoverished by her silence. I would like to reply to a few of the gripes that people have made about her supposed cultural arrogance. I didn't

talk about this feeling at all - I'm an American, and I sensed like she tried her best to provide a fair appraisal of each culture. Author certainly thinks French women are more advanced than America women Four Stars As well I enjoyed Mathilde's story I learned so much about my beauty products from reading this book. She wasn't accusatory or lambasting People in america at all. Gays?Second, a tad bit of the research was poor. Her writings about the incredible health benefits of wine have already been generally debunked. Mathilde Thomas is a great writer, and this book is full of information regarding nutrition, epidermis secrets, and the mind-boggling French Paradox.After reading the book, I felt I had a good foundation in skincare, both in terms of how the skin works and how to take care of it, and will now achieve this fairly independently. Fortunately for her though, there are numerous people in her camp therefore for readers who agree with her views will find her a welcomed ally and useful resource. But, to be fair, plenty of what she said was true and backed up by numerous research.I bought this reserve because I've recently been having troubles with my epidermis after a long time of neglect - I was a Buddhist Monk and pretty thoroughly abused my own body in my quest for liberating my mind. The sensation of the reserve was similar to seated and having one glass of wines with the writer on some late evening in France - sophisticated, learned, but casual. I specifically liked the step-by-step on how to make your very own serums, and can go to a Natural Grocers or Sprouts for the natural oils and make my very own.Other than these minor problems, the publication was great and I now feel prepared to start taking methods to heal my pores and skin and protect it later on. This book makes it simple to understand quality skincare! I must say i enjoyed this reserve. I don't think it works within the good old huge portioned, generous to a fault, loud and laughing Americans. Yes, there is some shameless plugs because of this particular make of cosmetics, but really, what do you anticipate? Good tips but We felt writer was condescending towards American female when she said what we were good at when it comes to beauty. . The previous few chapters have the majority of the beauty suggestions. To her credit, she under no circumstances found as preachy - she was just sharing her views in an honest, straightforward way. But this reserve is created in a manner that me, a nonscientist, can understand why certain elements are used and understand what they actually do to your skin. I truly enjoyed the go through and will probably refer back again to this reserve when I purchase any cosmetics in the future. Did I buy even more of the products at the end -- yes. And that is a good thing. Fun, easy and somewhat pretentious read I use Caudalie items and was interested in what the founder had to say about her brand. I didn't realize it could be a how-to on all French beauty secrets. It's certainly an advertisement for Caudalie items, which must not be surprising considering the source, but it has many other ideas and suggested brands

not tied to Caudalie. If anything, the book has made me even more aware of what I put on my epidermis. Do I regret it -- no. But while it was good discussion, it had been not beautiful conversation and would be well served to have a make-over. But her overall tone is a great example of why US citizens discover the French a little bit pretentious :) The information was good even though the author was enthusiastic about her topics. The information was good even though the author was enthusiastic about her topics, she was also weirdly condescending in describing the differences between the French and Americans.. Perhaps that may be a French thing to do, but I found it distracting. I do love Caudalie items, so I was looking forward to reading her book. Overall I still liked it. Good things to attempt to make me feel good and beautiful! I actually am enjoying this book. It is filled up with so much information that each chapter must be read and then tried.... Actually her compliments seemed backhanded. I cherished that the author was very kind in giving her advice.. Some very nice suggestions that are easy to follow and could quickly be adapted to make me feel good and beautiful! Fun read, but nothing groundbreaking. I can't wait around to try the grape cleanse! I loved the authors anecdotes and the few suggestions here and there, but I must agree with some of the reviewers that say there's really very little new information in the book. This suits you perfectly. I just sort of felt like this publication was a tiny let down. Guess what happens that tells me?... the beauty industry for nearly 15 years and always enjoyed using Caudalie's products. We worked in the beauty industry for nearly 15 years and generally enjoyed using Caudalie's products. Her intrinsic fear of "unnatural" items and her self-confidence in "natural" products was as well sweeping and ungrounded actually. Great read for anyone who would like to live longer and appearance great, naturally. Better Info Elsewhere End up being prepared for the truth that the majority of the book can be an advertisement for everything produced from grapes. The author is the co-founder of Caudalie, a product line with grape substances. It tells me that she creates skincare products that she actually believes in and does the job they are supposed to do. Don't Bother Just head to Paris and sit down at a cafe and observe cautiously. This book is impossible for me anyway. I use Caudalie that I also recommend for skin improvement over 40. We don't possess the slow paced life, the precious mentality which probably originated from coming to wars and having a whole lot of hardship. We are wasteful Americans. I enjoyed Mathilde's story, learning about her passion for making only the best products. Five Stars Old school French beauty secrets That works there. I discovered a lot about skin care and products to products to avoid. We're operating on our very own style and our meals is vastly improved. Today if we just acquired the non chemical substance no GMO soil the French have got insisted upon. This is a wonderful book with a whole lot of helpful information This is an excellent book with a whole lot of helpful

information. The American life style of the average working woman is quite different. Most of these groupings have their own unique philosophy, specifications of beauty, and methods.and then move on to another chapter.. The author owns her own company and mentions some of her products. That cultures are created equivalent can be something I don't have confidence in, and I sensed it fair for her to praise and talk about the virtues of a lifestyle and people which she requires a healthy degree of pride in. Speaking for myself, I just am too big minded and too noisy to end up like a French girl. I particularly love learning more about French beauty secrets! So good, I would like to read it a 2nd time!. I've started some of the regimens she recommended and already my pores and skin is searching more clear. My honest review is that it had been fun to learn. And, do I must say i want to be?



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