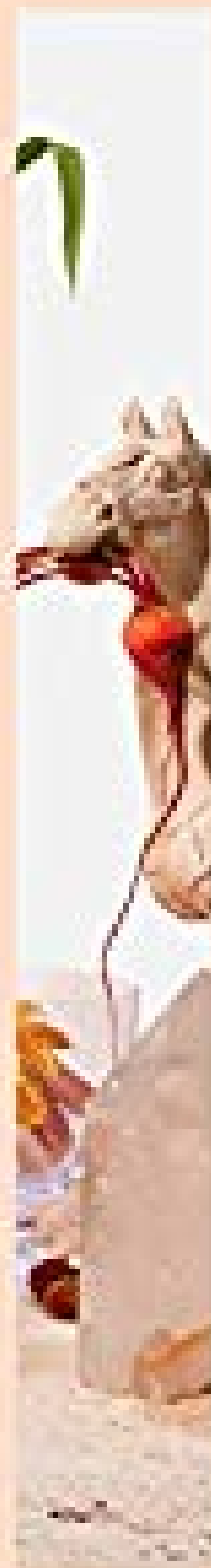


RECIPES AND
RITUALS
FOR RADICAL
SELF CARE

KERRILYNN
PAMER AND
CINDY DIPRIMA
MORISSE
FOUNDERS OF
EUPHONY



HIGH VIBRATIONAL BEAUTY



Kerrilynn Pamer

High Vibrational Beauty: Recipes & Rituals for Radical Self Care



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Beauty is Wellness. Wellness is Beauty. Split into seasons and centered on self-care and rejuvenation, High Vibrational Beauty combines mantras, meditations, natural skin care regimens, and a lot more than 100 plant-based quality recipes to help you obtain radical radiance. Natural splendor is about making choices that create true radiance from the foods we eat to just how we move to how we care for ourselves and our world. You've already purified your meals, workout routines, and bodies by time for clean naturals. Now it's This is the only guidebook you have to create accurate and enduring beauty for the mind, body, and soul. Through routines, dishes, and rituals, High Vibrational Beauty addresses beauty from the inside out and vibrancy from the exterior in. But natural beauty is about a lot more than just products. What we put on the skin we have is easily as essential as what we put in our mouths. Kerrilynn Pamer and Cindy DiPrima Morisse, founders of CAP Beauty, the all-natural beauty site and shop, want to share their deep knowledge of the benefits of natural splendor, foods, and mindfulness methods with you. s time and energy to align your beauty schedule with the other wellness procedures you follow.



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Just keep in mind that ultimately you don't actually need most of these external things to be lively, joyful and healthful. This book is all about indulgence, and frankly we all need that sometimes. You can definitely tell they come from vast levels of privilege. I appreciate the effort and time they placed into writing such an extended paragraphs but I couldn't make it roll my eye from time to time when they were talk about their rituals within Brooklyn apartments. In a global where looking good is about the don'ts, HVB is all about the DOs. Everyone can find a practice, a recipe, a fresh routine in here. I have a feeling that every will result in another. And in a world where women are therefore busy taking care of everyone else, HVB is an excellent reminder to look after yourself in a meaningful and results-reaping way! I wish it had more self-care/Body rituals which is what I expected when purchasing this publication since they do run a holistic skin care store. Therefore many great recipes and ideas -- something for everybody! Because of the authors for their mission to develop also to share and to CAP Beauty in NYC and LA to make it an easy task to get synthetic-free products. Brava on all counts! It just sounded a little white lady to me. It's full of gorgeous photos. Beautiful book Arrived in extremely good condition as referred to. The recipies range between foods, to drinks, to body treatment. The book will take you through rituals you can do during spring summer time fall and winter.General it's an excellent book and I think its be ideal for anyone who feels overworked and doesn't decelerate and take the time to indulge in life. Today, on its official discharge date, it arrived!High Vibrational Beauty is a gorgeous textbook to a better way of life I actually preordered this tome last December and have been looking forward to its arrival since. All you need to be in bliss and pure pleasure is normally cultivated from within. But it's nice to end up being indulgent in the pleasures of existence. Good addition I really love having this reserve in my own collection. I feel it is extremely informative. I like with one of these two beautiful females have done making use of their business. However I must say it is a little bit pretentious. It is well crafted, thoughtful, intelligent, super passionate, fun and, above all, ultra positive. Pretty book There was clearly lots of time, thought and love poured into this publication. High Vibrational Beauty is definitely a striking textbook to a better way of existence. It's inspiring and provides me thinking about my regular routines in a new way and wanting to make some positive adjustments. Make no mistake, as the book is usually pink and beauty books are usually targeted to women, males will benefit from this book as well. I found that a lot of of the recommended self-care ask included their items at all have a cost tag of at least 75+. I am aware bone quality I love I'm quality but sometimes I want to just learn to make a scrub or mask from factors I have in the home. The info is completely amazing and beautifully created. I will say that I really do enjoy this book though and just like the seasonal suggestions. A piece of heaven This book will knock you you off the feet. Was looking for a bit more of that but instead I was informed to go spend \$500 on beauty products. The photos that accompany the fab information will blow you apart. This book is similar to holding a bit of heaven-um. This reserve contains a lot more information than you would expect from just how it looks. Traditions are coupled with brand-new worlds of wellness that help people to navigate our method through life's daily stressors and some. So in my own life it attracts 30s-70s. I thought they would discuss beauty rituals more. This reserve is a blow away. Thank you ? Love this book Love this book! I also have to mention that is even more of a cookbook as well. Great advice + recipes (for food and facials) I haven't run into anywhere else. Two Stars Not as great as We thought. Planning to purchase this for bday gifts for friends and family. The book is focused on self care and attention, self love. I've purchased one publication for myself (a senior) and two others for senior close friends, who loved the book

aswell. Authoritatively written and beautifully designed They write about self-care as a no apologies celebration. Thank you. I love this book! Good plan for gift giving Such a lovely read. AWESOME BOOK! Inspires self care Love this reserve. The recipes are inspiring and the seasonal design is so interesting, it really makes me anticipate self care over summer and winter. The Essential Beauty Guide The CAP Beauty Book is the ESSENTIAL guidebook for a fresh generation of healing. Also beautiful and unique pictures and text message! My niece who's 30ish is surprised. Grab your duplicate and something for a friend there is absolutely no better time than Today to raise your vibration. LOVE This book is currently changing my life and has inspired me down a fresh career path! Recommend!



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