

SISTER & CO.

# SKIN FOOD

NATURAL SKIN & HAIR CARE TREATMENTS

SOPHIE THOMPSON

Sophie Thompson

## Sister & Co Skin Food: Natural Skin & Hair Care Treatments



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Skin Food features 70 nourishing recipes which demonstrate how to make high-class skincare items from scratch, so you can fill up those beautiful glass pots sitting in your bathroom with amazing scrubs, butters and salts. It probably won't come as any surprise that rose isn't just soothing to the skin, however in traditional Chinese medication it really is soothing to our whole being. Manuka honey gives hair softness while coffee is an incredible exfoliator (it certainly wakes up your skin layer). Seaweeds are packed with antioxidants which are good both to eat and to turn back the clock with this pores and skin. Sister & Co is a UK based purveyor of acclaimed organic skin care products produced by Sophie Thompson. In Skin Food, she teaches that you don't need to spend a fortune on expensive cosmetics to feed your skin. All you need is a few things that are available in your local supermarket and the alchemy can begin! When it comes to our skin, nature knows how to soothe, steady, hydrate, refresh, tone and feed us. Make your own home into a spa, relieve away the strain of the day, and bring yourself back to nature a single scoop at the same time.



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