



"A plant-based diet makes you beautiful on the inside, and *Plant-Powered Beauty* gives you the tools you need to make sure you're giving your skin the best on the outside."

—BOBBI BROWN

# Plant-Powered BEAUTY

AMY GALPER & CHRISTINA DAIGNEAULT

*The Essential Guide to  
Using Natural Ingredients  
for Health, Wellness &  
Personal Skincare  
with 50-PLUS RECIPES*

Amy Galper and

# Plant-Powered Beauty: The Essential Guide to Using Natural Ingredients for Health, Wellness, and Personal Skincare (with 50-plus Recipes)



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You know your diet should be rich in plants for optimal health. Therefore shouldn't the merchandise you apply to your skin, which are absorbed into your body, also be filled with plants? Almond Milk Facial Cleanser Anti-aging Facial Scrub Blemish Gel Choc-o-Mint Lip Balm Coconut Whip Make-up Remover Vitamin-Rich Hair Health Serum Quick and Fresh Cucumber-Thyme Body Scrub Moisturizing Body Oil for Super-Dry Skin Natural Mouthwash Plant-Driven Beauty

ve ever viewed the trunk of your so-called “ At the heart of Plant-Driven Beauty, you will find more than 50 easy-to-follow recipes to create your personal plant-based skincare and beauty products, such as for example: facial moisturizer or body cream and seen a list of challenging additives you couldn't recognize or pronounce, then you understand firsthand that mass-produced synthetic cosmetics could be something of a mystery. With Plant-Powered Beauty: The Essential Guide to Using 100 % NATURAL INGREDIENTS for Health, Wellness, and Personal Skincare (with 50-plus Quality recipes), harness the power of plant-structured energy to keep up your natural splendor and let your skin glow like nothing you've seen prior. Natural beauty professionals Amy Galper and Christina Daigneault display readers how to deconstruct beauty labels, parse elements lists, make informed choices about the products they make use of unlocks sought-after wisdom for all aspects of plant-based personal skincare and celebrates the shift in beauty trends, getting us back to natural beauty and reconnecting us with plants and healthy options. normal” If you'd, most important, better know how their skin works.



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Clean Beauty Bible I have attempted homemade health and cosmetics previously but have always lacked the time and confidence to create clean, DIY beauty a completely realized lifestyle, thus for me, this reserve is everything! The first section is an organized breakdown (ingredients and effects) of typical store-bought products, all delivered in a way that is actually interesting to learn and an easy task to understand It offers an extremely great crash course & reference guide to what we put on our encounter and bodies. So much great information, readable and a wonderful reference book. It really is fundamentally a recipe bible with easy-to-follow instructions of pretty much every skincare product you'll ever want or need. I was a bit overwhelmed by the need for all the essential oils in order to make "essences. There exists a bug spray recipe that is following on my queue & dehydrating your plant powder rather than buying), that is insightful and something to aspire to but for beginners or those with limited time, like me, the dishes and ingredients remain fully accessible. Good idea, difficult set up. Awesome! all feel and work like magic. E. so numerous others I cannot wait to try. Honestly couldn't recommend this reserve enough! I was looking for a book that could show me how to care for my skin using only natural ingredients. This reserve is strictly what I was looking for. If you need to look, the British Journal of Clinical Pharmacology has a couple of open access content articles on differential chemical substance absorption using blocked follicle strategies and cultured human skin which, of course, does not have any follicles. This publication gives step-by-step guidelines on how to make them yourself and it will most likely be less expensive in addition to being something that is an advantage to my body's health as well. Five Stars very good A beautiful book; I recommend this to anyone interested in making their very own natural products. Well-Researched Guide It's obvious the authors put a lot of study into this lovely book. great photography, an easy task to follow beauty recipes and text message explaining health and organic, organic beauty benefits. Many thanks! The articles point to differential absorption of drinking water soluble and fats soluble chemicals based on molecule (for liquid delivery) and particle size (for carrier delivery)! A must on your bookshelf for all those of us who wish to understand and manage what we have been investing in and on our anatomies. I am looking forward to integrating into my beauty regime step by step! Beautiful book full of information A beautiful book that's full of information, concepts, and inspiration. great photography A beautiful book; Can't wait around to try some of the recipes. I just received mine today and currently produced the Almond Milk! Includes a lot more than 50 easy-to-follow recipes to concoct such homemade goodies as Almond Milk Encounter Cleanser, Choc-o-Mint Lip Balm, Vitamin-Rich Hair Increase Scalp Serum, and Quick & Five Stars Very informative, done well book. Certainly one to increase your bookshelf! Up to now I've produced lip balm, scalp serum and the shea butter face cream. 5/5 Pub Date 06 Mar 2018 Because of BenBella Books and NetGalley for the review duplicate. There are some more advanced areas for those who want to got the extra step of making their own ingredients (I." Personally i think like it would be difficult to get started on the countless ideas in the reserve due to that, but would definitely be interested in trying what I could and learning more! Plant-Powered Beauty What an exciting thing to remember to look into and learn about natural, plant-based means of making everyday products that I use every day on my own body. The format is satisfying to the attention and a reserve I know I'll use over and over. Highly recommend! A bonus to all that is that it's a great inspiration to gift giving aswell. I received a digital copy of the book in exchange for my honest review. not vegan i thought it had been vegan as the name is plant powered. im extremely disappointed. its hard to inform whether a book is normally vegan or not. this sucks great and informative This book really was informative! The recipes are very easy to follow and I love the beauty tips I've hormonal acne every once in awhile and using harsh chemical substances can be quite damaging to my pores and skin. There are time effects as well, with absorption of some test chemical substances maximizing at about 30 minutes. I specifically loved the fundamental oil category where that they had many essential oil synergies, The dishes were easy to stick to and the ingredients werent that difficult to find. this is a great book for anyone who wants to start learning about natural ways to care

for your skin and hair. Can't wait to get my hands on the physical book! Here I got thinking about the authors' assertion that chemical substances are absorbed through hair roots. A great gift! Fresh new Cucumber-Thyme Body Scrub. Chock filled with tips and assistance from two seasoned aromatherapists and natural beauty experts, this wise guidebook shows readers steps to make feeling of beauty labels and elements, while helping them make more informed decisions about the products they already use. PLANT-POWERED BEAUTY is normally a beauty itself as it returns us to a more natural beauty stance predicated on plant-based healthy selections. This book had some excellent natural beauty recipes. Opinions are fully mine. #Plant-poweredBeauty #NetGalley These women aren't chemists I like reviewing these Health and Body books because they lead me to check out branches of scientific literature that I would not normally read. Great Guide to make Natural Beauty Products PLANT-POWERED BEAUTY is a comprehensive guide for using natural ingredients to make plant-based skincare and beauty products. The study is pretty great. The recipes are very easy to adhere to and I love the beauty tips! These research are performed in vitro and in vivo and the methodologies are well established. Incredible, available resource that will transform your beauty regime Christina and Amy help to make what may be intimidating - building homemade, nature-based cosmetics - basic, accessible and fun! It's filled with recipes for skin care and hair treatment. The downside of reviewing the literature can be that I usually find out, as I did so here, that the author didn't actually consult any scientists. Ms Galper and Ms Daigneault, who started out as aromatherapists, consist of citations in the written text, but these citations aren't of scientific articles. Plant Powered &. I loved the book. The second section 's the reason I will keep this book forever and will probably gift it to everyone I know this coming holidays. This is what drew me into looking into this book and seeing what I possibly could learn and use that was SO much better than all the harmful, chemical substance laden products available at my local stores. I highly recommend reading this awesome book.



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