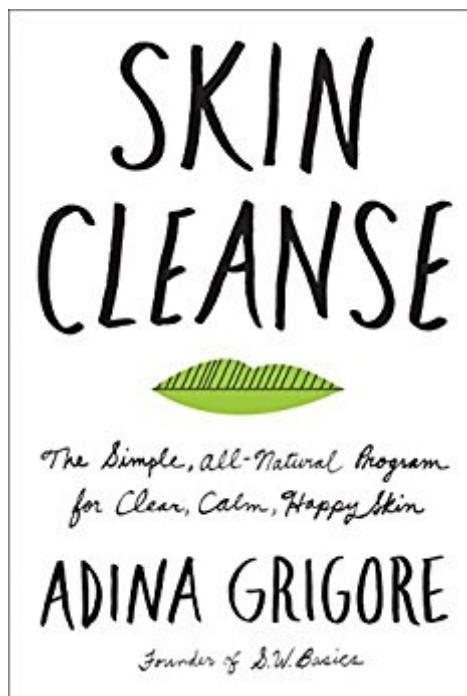


The book was found

Skin Cleanse: The Simple, All-Natural Program For Clear, Calm, Happy Skin



Synopsis

Breakouts. Dryness. Redness. Oiliness. If you're like most women, you've been on a never-ending quest for perfect skin—or even just good skin—since adolescence. It's a frustrating pursuit to say the least, filled with one disappointing (and expensive) miracle solution after another. Why is it so hard to get good skin? Adina Grigore, founder of the organic skincare line S.W. Basics, would argue that getting clear, calm, happy skin is about much more than products and peels. Or, rather, it's about much less. In *Skin Cleanse*, she guides readers through a holistic program designed to heal skin from the inside out. We tend to think of our skin as a separate entity from the rest our bodies when in fact it is our largest organ. The state of our skin is a direct reflection of what our bodies look like on the inside. So Adina's program begins as any healthy regime should: with the basics for full-body health. That means eating plenty of fresh, whole foods; drinking more water; getting blood pumping and oxygen flowing to your cells through movement; and giving your skin a chance to repair and regenerate by resting. From there, readers are challenged to a skin cleanse that requires going product-free for twenty-four hours. Once detoxed, Adina then shows us how to overhaul our beauty routine, how to carefully add some products back in, and even how to make our own products at home, with advice and targeted solutions for specific skin conditions such as acne, dry skin, oily skin, and more. The secret to beautiful, stress-free skin is simple: it's an inside job.

Book Information

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Customer Reviews

Skin Cleanse is an easy to read book utilizing the latest in health and nutrition findings; specifically, an holistic approach suggesting that issues with skin (as with health and weight) are most affected by diet. As such, the first half of the book is about eating the right foods and the second half contains natural ingredient recipes and solutions for a beauty regime. Those looking for more information on the dizzying array of skin care products or understanding their skin problems better will be disappointed - the book is about eschewing all prepackaged goods, from hair conditioner to lip balm, and more about using natural alternatives. **Contents:** The book lightly goes into the science of skin with a lighthearted and very brief discussion of the science (2-3 pages or so) and genetics. After that, the chunk of the book is about eating right - avoiding sugars, fried foods, processed foods - the usual. Almost all of this information can be found in great detail in most lifestyle diet books. Author Grigore lightly glosses over the particulars of fruits, vegetables, meats, etc. It pretty much boils down to eating lots of greens and avoiding inflammation through poor food choices or hidden allergies. The use of a food journal is stressed to help track which foods are causing the problem as well as identifying 'hidden' issues - foods you weren't aware you ate too much of or at the wrong times. Sample journal pages are given to that end. Various beauty products, claims, etc. are not discussed. Instead, Grigore provides information on natural alternatives and pitches a few of her own products for you to buy as well.

I can't believe I'm saying this but this book has absolutely changed my skin...a lot. I have always had rosacea and very sensitive skin. I could go on and on with a lot of detail but I won't bore you with that. I have written other reviews on here for skincare items I tried. At the time, they seemed decent but always my skin would react and the good review I had just given would be meaningless. I have tried every single skincare program you can imagine, from the highest end products to dermatologist-recommended gentle cleansers and moisturizers. My skin might do okay for a little while but inevitably some ingredient would react on my skin and I'd have rosacea, or my face would feel sore or I would get acne breakouts...it seemed like something was always going on and none of it good. To get to the crux of things, I bought this book and read it from front to back. I followed the steps outlined and then I hit the store for products. It was so cool to walk past the skincare, beauty and makeup aisles and straight back to the grocery store/food aisles. Here is what I bought and now

keep on my bathroom counter and I use them every day. This list is long but it's because I went wild at the grocery store and wanted to have some fun. I pick and choose which items to combine based on what my skin is doing that day so sometimes I feel I need a more oily cleanser and other times, I just want an oatmeal and aloe vera scrub wash. You can mix and match according to your skin's needs. So, here goes with the long, extensive list and photos. I also bought cute, little containers at Target and labeled things. They look better on the bathroom counter than boxes of baking soda and salt. Also, it is absolutely not necessary to buy all of this.

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