



Feeding Your Skin

Carla Oates

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Expensive modern skin treatments and cosmetics are accompanied by slick marketing campaigns that equate them with glamour, happiness and health. But how healthy are they? What do they contain and what are they really doing to your skin? Your skin rapidly absorbs chemicals and passes them into your bloodstream, so why would you put anything on your skin that you wouldn't be prepared to eat? Feeding Your Skin is full of easy and delicious recipes for natural beauty treatments that you can make from everyday ingredients: from cleansers, toners, moisturisers, exfoliants, masks and lip balms, through to nail treatments, shampoos, sunscreens and even deodorants. In fact, everything you need to keep your face and body beautiful and healthy.

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