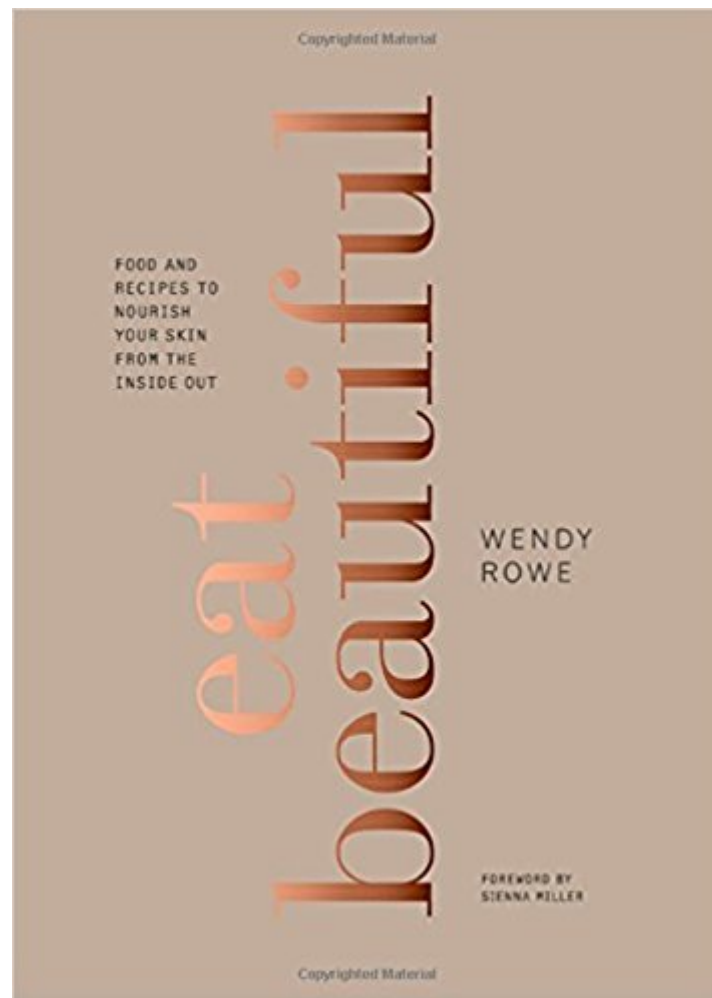




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# Eat Beautiful: Food And Recipes To Nourish Your Skin From The Inside Out



## Synopsis

Care for your body from the inside out with this cookbook that highlights ingredients and recipes designed to make your skin glow. After more than 20 years of experience as a makeup artist and beauty consultant, Wendy Rowe's approach is uncomplicated and holistic. In *Eat Beautiful*, she details how specific ingredients feed your skin, offering breakdowns of the vitamins and nutrients they provide. They include:

- Pomegranate: The Elixir of Youth packed with Vitamin C, which stimulates collagen production to keep skin looking taut, young, and radiant.
- Spinach: The Free-Radical Fighter whose iron moves your blood, helping to repair your skin cells.
- Chili Peppers: The Circulation Booster famous for its capsaicin, which reduces blood pressure and improves circulation by encouraging blood vessels to relax and dilate, therefore acting as an anti-inflammatory.
- Natural Red Wine: The Youth Potion featuring a powerful anti-ageing antioxidant that slows the growth of acne-causing bacteria and fights disease-causing free radicals.

Rowe's recipes showcase these essential foods to help target specific skin problems and alleviate common complaints. She even provides specific advice for what to incorporate or avoid depending on skin type. Here, too, are suggestions on how to pamper yourself with recipes for homemade masks, scrubs, mists, cleansers, and toners, as well as an informative section for troubleshooting those confidence-sapping skin problems. Organized into the four seasons, you can dip in and out of this stunning cookbook, or follow it as a plan. Either way, it ensures beautiful, radiant skin all year round.

## Book Information

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## Customer Reviews

"A definitive guide for healthy, glowing skin" • "Vanity Fair" Turns out beauty isn't skin deep. In *Eat Beautiful*, Wendy Rowe, makeup artist to stars like Sienna Miller and Cara Delevingne, shares recipes designed to boost your inner glow. © • "Food and Wine" With the release of *Eat Beautiful*, a lifestyle guide from world-renowned makeup artist and beauty expert Wendy Rowe, delicious food and good-for-you food don't have to be mutually exclusive. *Eat Beautiful* combines all of the beauty secrets amassed by Rowe over 20-plus years with nutritionist-backed guidance to create what is essentially a bible of simple recipes and easy-to-understand information to achieve the healthiest skin from the inside out." • "InStyle" Rowe is widely recognized for her work with skin, giving it the kind of untouched perfection that is the subject of many an aspirational tutorial. But her loyal clients know her for something else: Rowe happens to be a whiz in the kitchen. • "Her recipes are inspiring," says Sienna Miller." • "Vogue" Filled with healthful advice and recipes to have you looking and feeling your best." • "W Magazine" Wendy's beauty knowledge coupled with a great sense of humor makes working with her such a pleasure. Her innate understanding of skin means I can always trust her with my makeup, as the results are flawless. I'm excited to have her tips to hand in one great book." • "Victoria Beckham" Whatever Wendy does to look so incredible, we should all be taking notes. That's why she is doing us all a massive favor by releasing this book! Thank you Wendy, thank you so very much." • "Cara Delevingne" Wendy is a force of nature with an inspiring, creative spirit she uses science to create magic and this book shows exactly how it is done." • "Christopher Bailey" Sometimes it feels like we live in a world of instant gratification and quick fixes, but I am a true believer in the 'inside-out' approach to health and it is so refreshing to read such a concise and readable book on this subject." • "Amber Anderson" To me, beauty starts with beautiful skin and Wendy definitely knows how to achieve great skin. I've learned so much from her about the right foods to eat that will benefit my skin during different seasons. Wendy's skin is actually always glowing. I trust Wendy completely with skin care and any time I have problems with skin or need some new make-up tricks she's the first person I go to for advice. Wendy is a skin and beauty guru!" • "Anja Rubik" [Eat Beautiful] offers specially designed recipes to enhance your skin from the inside out." • "Women's Wear Daily

With over 20 years of experience working with A-list models and celebrities, international makeup artist and beauty expert Wendy Rowe is known for her uncomplicated and holistic approach to skincare.

Really beautiful and inspiring. It's organized by the seasons with clean recipes, descriptions of

beautifying foods, and skin health and beauty tips. A little more dairy (cheese) than I would like but that can be modified. Love it!

Wonderful book!! It makes it so much easier to be mindful of what you put into your body if you know what the foods do to you! I love how Wendy breaks down all the foods she uses and the benefits they have on your body!

Looks beautiful on my kitchen counter and has some sound advice and recipes. I love it!

Amazing. Good quality photos. I loved The whole concept of eating foods that promote vibrancy And skin health. The recipes are great And things i would actually eat. Love, love. Simple ways of incorporating vegetables. Buy It , Its Worth It . It is one of my staple cookbooks.

Beautiful book! I absolutely love this cook book and this is the only book I keep returning to for recipes and I love how she breaks it up by seasons. The pics are beautiful and the recipes are amazing. Highly recommend this book!

Beautiful book. It makes eating healthfully fun and sexy. She inspires me and my family to try healthy new foods.

Delicious all over - visually, verbally and recipes are easy to follow. Easy to read, lots of good insight! Thank you!

Super fast shipping! Love everything about this book, so far. Aesthetically pleasing as a coffee table book, with of course some great tips and recipes.

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