

The Green Beauty Rules The Essential Guide To Toxic Free Beauty Green Glamour And Glowing Skin

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The Green Beauty Rules is an excellent introduction to cleaning up your personal and make up products, while still getting the benefits and effects that you are accustomed to. While Paige Padgett doesn't give you recipes to make up your own products, she is a most wonderful guide to the many "green" beauty lines out there - and what to look out for and avoid.

The Green Beauty Rules by Paige Padgett

Green Beauty Rules is the book and the brand is about discovering that green can be glamorous. Leaving all the jargon behind, Padgett offers precise information in a fun, friendly format, and gives women all the tools they need to reduce their Cosmetic Footprint and adopt a more sustainable, healthy and sexy lifestyle!

HCI Books - The Green Beauty Rules

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The Green Beauty Rules is your clean beauty bible proving that green can definitely be glamorous. For readers who are new to the green beauty scene or already experimenting with eco-conscious makeup and skincare, this is the essential guide to clean cosmetics for a healthier future.

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In Green Beauty Rules, Padgett shares personal anecdotes, insider secrets and surprising facts about the beauty industry, while seamlessly fusing environmental issues with her modern beauty philosophy. This is the first book of its kind to offer an action plan for creating a totally green beauty routine! Using a step-by-step formula, Padgett ...

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The Green Beauty Rules: The Essential Guide to Toxic-Free Beauty, Green Glamour, and Glowing Skin: Paige Padgett: 9780757318702: Books - Amazon.ca

A highly universal book that has something for everyone! Paige Padgett has been making me glamorously green and healthy for nearly a decade. Prior to working with Paige, I had never thought about chemicals in my cosmetics. But Paige explained that just like toxic chemicals in food, toxic chemicals in cosmetics are just as harmful to your body. We all want to be healthy, look beautiful, and feel sexy, but most people don't have the time to do a lot of sleuthing regarding products. Paige shows you step-by-step how to green your beauty routine and empowers you to make smart and affordable choices while keeping you gorgeous. From the Foreword by Jillian Michaels In 2006, Paige Padgett revolutionized the beauty industry by launching an all-green makeup kit that was unheard of at the time, proving skeptics wrong when they said she couldn't create beautiful faces with chemically safe cosmetics. Paige is now considered the leading authority on green beauty. As she explains, "I believe in pretty, not parabens. I believe in high performance makeup without the environmental price." In The Green Beauty Rules, Paige brings the glamour of Hollywood into your home, showing readers how they can achieve killer looks without killer toxins and chemicals. Using a simple step-by-step beauty detox plan, Padgett guides readers through the decision-making process of what to try, what to toss, and what to buy. With everything from Paige's pro tips and must-haves, she shares insider secrets and practical strategies to make green beauty easy—like how to read labels, see through misleading buzzwords, and identify toxic chemicals that are prematurely aging your skin and harming you from the inside out. Through her own trial, error and real world application, Paige brings her findings from the field to save readers time, money, and energy. She cuts through the jargon and presents accurate information in a fun, user-friendly format, providing women the necessary tools to reduce their Cosmetic Footprint and live a more sustainable, healthier, and sexier lifestyle! The Green Beauty Rules is your clean beauty bible proving that green can definitely be glamorous. For readers who are new to the green beauty scene or already experimenting with eco-conscious makeup and skincare, this is the essential guide to clean cosmetics for a healthier future.

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Examines the differences between natural, organic, and biodynamic products, discusses how to shop for the best products for the best prices, offers instructions for making homemade cleansers and toner, and includes other practical suggestions for natural skin, teeth, and hair care. Original. 25,000 first printing.

Feminist scholarship has looked extensively at the perception of the body as a flexible construction of cultural and social dictates, but head hair has been often overlooked. Feminist Interrogations of Women's Head Hair brings new focus to this underrepresented topic through its intersections with contemporary socio-cultural contexts. Scholars from a wide range of disciplines investigate private and public meanings associated with female head hair, problematising our assumptions about its role and implications in the 21st Century. Readers are invited to reflect on the use of hair in popular culture, such as children's television and pop album artwork, as well as in work by women artists. Studies examine the lived experiences of women from a range of backgrounds and histories, including curly-haired women in Israel, African American women, and lesbians in France. Other essays interrogate the connotations of women's head hair in relation to body image, religion, and aging. Feminist Interrogations of Women's Head Hair brings together cultural discourses and the lived experiences of women, across time and place, to reveal the complex and ever-evolving significance of hair. It is an important contribution to the critical feminist thought in cultural studies, fashion studies, media studies, African American studies, queer theory, gerontology, psychology, and sociology.

Fashion has always been strongly linked with the politics of gender and equality. In this global and interdisciplinary collection, leading authors explore the relationships between the dressed body, fashion, sex, and power, with an emphasis on the role of dress in both reinforcing and challenging social norms. Covering a range of geographic and social contexts, the book explores the role of fashion in empowering both individuals and groups to create transformation and change. Taking us from the performance of black dandyism through stylized hats, to the use of challenging dance forms and male-inspired dress by female South African dancers to express independence and equality, to ways in which recent Bond Girls have challenged traditional gender binaries, the book provides a crucial entry point into discussions of fashion as an empowerment strategy. Fashion, Agency, and Empowerment encourages the reader to critically examine the cultural and social impact of sexual objectification, as well as to consider personal and shared narratives of self-objectification and repression. With chapters ranging from the iconic self-fashioning of Princess Diana to a discussion of sex, power, and cultural constructions of masculinity, Fashion, Agency, and Empowerment provides crucial insights into global fashion, political structures, and social life.

What every mother needs to know— You know Jillian Michaels as the world's leading fitness expert and a renowned nutritionist; but she's also a proud mother of two. In Yeah Baby!, Jillian, along with her team of top-notch experts, will change everything you think you know about pregnancy, arming you with the most cutting-edge information available, so you can make the right choices for you and your little one. They will help you navigate the hidden dangers in your immediate environment; understand the check-ups, tests, and treatments your doctor recommends; and provide powerful solutions for all your issues, from heartburn and swollen feet to more serious medical concerns. Also learn how to optimize every facet of your child's development, from IQ and long-term earning potential to future level of physical fitness and even taste preferences! Yeah Baby! also features a complete meal plan with delicious, nutrition-packed recipes, and a one-of-a-kind, trimester-specific fitness program, to ensure you bounce back stronger and better than ever. Expert Dream Team: • Suzanne Gilberg-Lenz, MD is an Ob-Gyn, a Clinical Ayurvedic Specialist, and board certified in Integrative and Holistic Medicine. • Andrea Orbeck is a PregnancyFitness Specialist who holds an advanced degree in Kinesiology and Intracellular Physiology. • Katja VanHerle, MD is one of America's Top Physicians in Endocrinology as named by Consumer Research Council of America. • Cheryl Forberg, RD is an award-winning registered dietitian, chef, and New York Times bestselling author. • Jay Gordon, MD, FAAP is a pediatrician who specializes in infant nutrition and breastfeeding.

Want to be the next Buffett? Learning and understanding his rules to success is a good place to start. This book will reveal some of the most important rules that Warren Buffett abide to. All of which helped him achieved his tremendous success and attain his current status and popularity.

All-natural beauty product recipes for healthy, glowing skin and a happier you! Stimulate your senses with Lemon Poppy Seed Scrub. Rejuvenate your skin with a Glowing Goddess Face and Body Mask. Wash away your worries with a Fizzy Mojito Foot Spa. Filled with all-natural ingredients like shea butter, essential oils, and brown sugar, each recipe in 100 Organic Skincare Recipes gives you the opportunity to mix up your own beauty products—without any of the hazardous chemicals you'd find in store-bought brands. Whether you have sensitive skin or just want to switch to a natural beauty routine, these step-by-step instructions will teach you how to use oils, herbs, and other easy-to-find ingredients to make amazingly effective organic skincare recipes. You will enjoy creating your own one-of-a-kind home spa products, such as Invigorating Ginger Citrus Body Wash, Carrot-Coconut NutraMoist Mask, and Chocolate Lip Scrub. With the beautiful, soothing products in 100 Organic Skincare Recipes, you'll always be just a few moments away from the luxury of your very own home spa experience, and an easy escape into tranquility, relaxation, and indulgence.

Commercial hair dyes contain thousands of different chemicals, some of which are reported to be carcinogenic—but you don't have to choose between gorgeous color and good health. Natural hair care expert Christine Shahin shows you how to use nontoxic plant pigments—henna, indigo, amla, and cassia—to color your hair naturally, whatever your hair type or ethnicity, with beautiful results! These pigments are readily available at natural food stores and online, and they're simple, safe, easy to use, and cost-effective. With clearly written instructions and step-by-step photography, Shahin shows you exactly how to apply these pigments, alone or in combinations, to achieve a full range of shades of brown, black, and red. She also includes instructions for transitioning from chemical dyes to natural ones and for using chemical and natural dyes together.

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Learn which vegetable oils, herbs, floral waters, essential oils, plant-based emulsifiers, and natural preservatives to use, how to pack and label your own beauty products, and how to store them safely.

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