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Love Your Skin, Love Yourself: Achieving Beauty, Health, And Vitality From The Inside Out And Outside In



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Synopsis

Do you have a skin issue like acne, rosacea, melasma, eczema, or psoriasis? Whether it starts in adolescence or comes later, there's a whole array of challenges that accompany these skin conditions. Sometimes these issues are physicalÃ¢â ¬â •and other times the issues are emotional or even spiritual. Whether youÃ¢â ¬â„¢re a teenager, a busy parent, or are going through other life changes, this book is your comprehensive guide to healthier and more beautiful skin, an improved self image, and a more joyful life. YouÃ¢â ¬â„¢ll discover how to incorporate simple practices into your daily routine in order to heal fully so you can live your life with happiness and confidence. Ã¢â ¬Â¢ YouÃ¢â ¬â„¢re not alone Ã¢â ¬Â¢ There Ã¢â ¬â„¢s nothing wrong with you Ã¢â ¬Â¢ You CAN get better! This book will show you how.

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Customer Reviews

Rachael Pontillo is an award winning AADP board certified holistic health coach, licensed aesthetician, speaker; and health, nutrition, and holistic skincare educator with more than 15 years in the healthcare, skincare, and beauty industries. SheÃ¢â ¬â„¢s the founder and publisher of the popular blog, www.holisticallyhaute.com, and her other published works have been featured in top printed and online publications worldwide.

I am male and in my 60sÃƒÂ¢Ã â ¬Ã â •not exactly the profile for this book. I had good luck skin throughout my life, so I never paid it much attention. But I heard a doctor say the skin is the largest organ in our bodies, and I began to see the largest organ in my body aging faster than the rest of

me. I decided the free ride was over.What first attracted me to this book was the double meaning of the title. Loving your skin begins by not wasting psychic energy feeling bad about skin problems. But with everyone and everything we care about, loving becomes more about doing than feeling. This is a very practical book about being there for your skin.Rachael Pontillo explains the whyÃƒÂ¢Ã â ¬Ã â„¢s and howÃƒÂ¢Ã â ¬Ã â„¢s of skin health very effectively, which makes her holistic coaching approach to skin treatment reliable and motivational. This book will do everyone a lot of good.

Rachael is such a good explainer! I love how relatable she is :) I felt like I gained a lot of knowledge from reading her book. I also knew a lot of what she wrote, so to pick up on even more information was awesome. I highly recommend this book to anyone who struggles with their skin, either appearance wise, emotional wise, or health wise. Since reading this book, I have passed it along to a family member who I knew could also benefit from it. Share the love! I also just finished taking Rachael's online class 'Create Your Own Skincare' - If you are at all interested in natural healthy skin, look into it! She is a wonderful teacher.

This book is full of relatable and educating information- I actually highlighted a ton of stuff and refer to it like a manual! Rachael speaks to you like you she already knows you, and you'll probably feel like she already knows your story because hers is so relatable. I have been dealing with many health issues and developed skin problems not to long before I stumbled upon this book and purchasing it was one of the best things i've ever done. It opened my eyes to so many things I was unaware of and started me on my journey to not only healthy skin but a healthy life. I was so inspired that I even decided to do a 3 month program with Rachael, which she offers on her website Holisticallyhaute.com. I definitely recommend this book to anyone that has been dealing with skin issues, and also to anyone just looking to improve their health and learn more about their body and nutrition.

I have to say for such a tiny book there is a TON of great information between the covers! Very engaging and informative. If you have not picked up your copy yet I absolutely recommend doing so today (get one for your friend too cause you won't want to share your copy; it's just that good)Rachael Pontillo has really taken the best information for healthy skin and a healthy body. There was not topic left unturned and the information was easy to read. If you know someone who wants to improve their skin, doesn't like to read, but is willing to get the help this book is the first and

last stop you should consider.I get overwhelmed by big heavy books (Harry Potter scared me) But I tossed your book in my briefcase and read it while flying around doing training events. At first glance it looks like a quick read covering some skin basics but once you get inside and start diving into the delicious content you think you're reading the bottom of Mary Poppins bag... There is just so much useful content not fluff! You really did a great job! XOXO

Reading Love Your Skin, Love Yourself felt like I was talking to an old girlfriend about a common problem. I was so easily able to relate with Rachael in this book that I felt like she knew me!Her expertise and the expertise of others she presents in the book is enlightening, informative, and applicable.While the book is packed with awesome information, it's not overwhelming to read. As a result, I was able to digest and apply the information provided in the book.I love how candid Rachael was in this book. It really made me feel as if she's trusting me, the reader.I highly recommend buying Love Your Skin, Love Yourself. Take your time reading this book, remember the material presented in the book, and then apply it in your life.Love Your Skin, Love Yourself is not a "weekend" book. In stead, this is a book that can be used as a referenced guide throughout your life!

Self-care especially for women is needed. Basic tips and information on self-love and skin care. Thank you Rachael

I love the book, I highly recommend it to anyone who care about himself.

Rachael's book delivers the real goods on feeling beautiful from the inside out. I've not only seen real improvements in my skin, but also in my attitude. Her book is a fun, easy read with great tips I've never read before. Buy it; you'll love it...and yourself...and your skin.

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