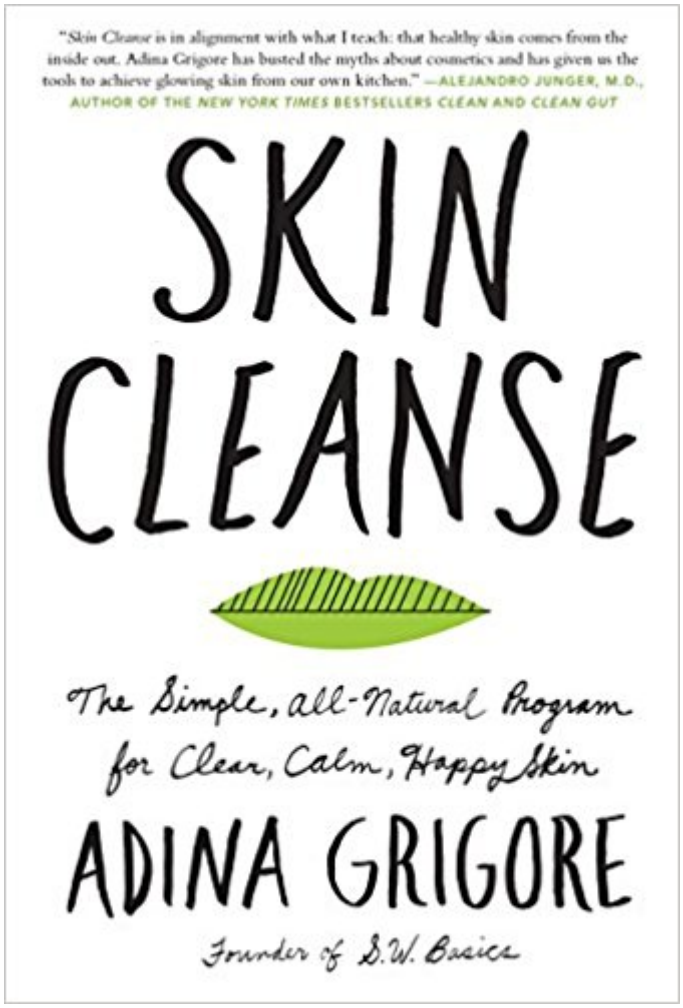
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Skin Cleanse: The Simple, All-Natural Program For Clear, Calm, Happy Skin



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Synopsis

From skincare expert and founder of the thriving organic skincare line SW Basics comes a comprehensive yet simple guide to switching to an all-natural skincare regime.As savvy consumers, weÃ¢â ¬â„¢ve become all too aware that products labeled as Ã¢â ¬Å“healthyÃ¢â ¬Â• and Ã¢â ¬Å“all-naturalÃ¢â ¬Â• are actually full of processed ingredients. But what about the Ã¢â ¬Å“naturalÃ¢â ¬Â• face wash or Ã¢â ¬Å“organic moisturizerÃ¢â ¬Â• we use on our skin every day?Like prepackaged food, many beauty products donÃ¢â ¬â„¢t deliver the benefits they promise, and that eye-catching packaging camouflages a host of unhealthy ingredients. In Skin Cleanse, skincare expert Adina Grigore teaches us how to move to a true natural regimen, because when you detox from your skincare regimen, your body reaps the rewards.Skin Cleanse helps readers diagnose and understand the underlying causes of their individual skin problems and offers all-natural recipesÃ¢â ¬â •using inexpensive ingredients that can be found at the grocery store to treat them effectively.From learning about how diet and lifestyle factors affect the quality of your skin to examining what is in the dozens of products we use every day, Grigore helps you take control over what goes on your skin and shows you step-by-step how to develop healthy habits that will last a lifetime.

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Customer Reviews

Ã¢â ¬Å“Adina does an amazing job of simplifying the journey to detox your beauty regimen so that you can experience your healthiest skin ever. Skin Cleanse is a must-read for anyone looking to truly heal their skin.Ã¢â ¬Â• (Vani Hari, activist, author of The Food Babe Way and creator of

FoodBabe.com)Ã¢â ¬Å“I love Adina GrigoreÃ¢â ¬â„¢s less-is-more approach to glowing skin. She uses real ingredients to get real results. Every woman who is besieged by skin problems should read this book!Ã¢â ¬Â• (Sophie Uliano, bestselling author of Gorgeously Green)Ã¢â ¬Å“Reading this book is like talking to your best friend (i.e. so much fun!). Adina shares her firsthand experiences and wisdom about healthy eating and natural skin care in a way that will get you excited about leaving the bad stuff behind and embracing a more vibrant lifestyle.Ã¢â ¬Â• (Sarma Melngailis, author of Living Raw Food and owner of Pure Food and Wine)Ã¢â ¬Å“Skin Cleanse is the most comprehensive holistic guide to healthy skin I have ever come across. Her simple yet powerful recipes and guidance show readers how to Ã¢â ¬ËœfeedÃ¢â ¬â„¢ their skin and get great results.Ã¢â ¬Â• (Joshua Rosenthal, founder and director of The Institute for Integrative Nutrition)Ã¢â ¬Å“Skin Cleanse is in alignment with what I teach: that healthy skin comes from the inside out. Adina Grigore has busted the myths about cosmetics and has given us the tools to achieve glowing skin from our own kitchen.Ã¢â ¬Â• (Alejandro Junger, M.D., author of the New York Times bestsellers Clean and Clean Gut)

Breakouts. Dryness. Redness. Oiliness. If you’re like most women, you’ve been on a never-ending quest for perfect skinÃ¢â ¬â •or even just good skinÃ¢â ¬â •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.

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. I just stocked up because I thought it would be fun to try little recipes here and there. Most of these products she talks about in her book. Other items (like red raspberry seed oil and its uses), I found on the internet.1) organic coconut oil (Use everywhere but on the face. It's comedogenic rating is a 4 (out of 5) so it can easily cause breakouts on my face but not on my body for some reason. Also use it to brush my teeth and make a natural deodorant by adding baking soda and corn starch);2) red raspberry seed oil (use on my face and body during the day for a natural, light spf protection. this is my daytime moisturizer as I've given up chemical SPF lotions. You can find a recipe online for a natural do-it-yourself sunscreen using zinc oxide);3) baking soda (for teeth brushing, although I also use regular toothpaste, too). Also used for underarm deodorant mixed with coconut oil and corn starch. Use as a dry "shampoo" on an oily scalp, and as a mask;4) corn starch (for the above recipe for deodorant)5) oatmeal (gluten free, ground down in a small blender so it goes down the drain without clogging): I use this with a bit of aloe vera juice/gel and mix it in my hands, massaging it over my face and then a rinse. This is my typical morning and evening cleanser. It is very soothing. I also keep some Almond Meal on hand because it is finer grain and use that alone or with the oatmeal);6) Manduka honey (for a mask mixed with aloe vera gel or apple cider vinegar);7) organic apple cider vinegar: great for acne or as a strong astringent. Use on a wet cotton pad because it's too strong on its own. I use this when I

feel a pimple might be coming on, pressing the pad on the area for about 3 or 4 minutes. I haven't had a pimple since starting this type of skincare but that's just me; (for those like me with rosacea, avoid the use of astringents on skin as it is too harsh. I only use watered-down version of apple cider vinegar for any pimples that might be starting);8) sea salt (for body scrub and teeth brushing)9) shea butter: for moisturizing. good on the face since it is non-comedogenic10) a variety of oils: avocado oil, grapeseed oil, olive oil (all good makeup removers or oil cleansers. I don't wear much makeup anymore because my skin looks decent and I was never much of a makeup fiend)Lastly, you can add a few drops of essential oil to any of these recipes and each oil does something different. Her book covers this. CAUTION for those with highly sensitive, rosacea-prone skin: In the book, the author recommends you avoid all essential oils and strong astringents or toners. They can simply be too harsh on sensitive skin. Always rinse with tepid water. This has made a huge difference in my skin -- it's not so reactive and it's much calmer now.Sorry if this was too lengthy but I wanted to really give you the run-down on the products that have changed my skin for the better. But, just as the author states very clearly, none of this matters if you don't pay attention to the food you put in your mouth. Processed crap makes for awful skin. This book is easy to read and very helpful, full of common-sense info. Read it and see what works for you. The one thing I have learned is that everyone's skin is different. You have to experiment a bit to see what works for you. But it's fun so give it a go.

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. The product placement isn't as egregious as I've seen in other diet/health books but it should be noted that the author is telling you not to buy products but then is selling products as well. But she does give a recipe for common beauty products including hair, protein conditioner, makeup remover, scrubs, bath soaks, etc. The recipes are fairly simple, most calling for the same 1-2 ingredients (e.g. shea butter and coconut butter). Almost all of these recipes can easily be found online, however.My copy was 150 pages or so - fairly thin. I felt that lack most in the missing discussions on specifics such as age (e.g., teen regimen vs a grandmother's skin care needs). As well, the author will discuss how environment effects skin but then only talk about humid or hot areas briefly and completely leave out e.g., cold areas. Or the drying effect of indoor heated homes in Winter. Everything felt like it was just being glossed over and I kept wishing there had been more on each subject.Reading from cover to back took me all of 1-1/2 hours. It is a very quick read. But other than getting a few recipes I could have googled, I didn't feel that I had learned all that much about skin that I didn't know already. The book pretty much breaks down into the statement that skin types don't matter, oily or dry don't matter, even all the talk of genetics and environment don't matter. In essence, fix all skin issues by: 1) eating healthy; 2) use natural alternatives to all your beauty products.The book isn't graphical and there are a few crude cartoon-like illustrations but that's it. I would have loved to see some photographs of the recipes for the natural ingredients as well as a much more interesting presentation. A book this short could look a lot less like a manual.So, although friendly and topical, I ended the book feeling like there should have been a lot more/I didn't learn much. That isn't to say that the information presented isn't correct and that we shouldn't strive to eat much better, of course. Reviewed from an advanced reader copy.

I finished it in almost a day, and found it great. With many natural beauty blogs or articles or gurus, you feel that if you go into that journey you are entering a cult in which is you ever use your beloved channel again for a date you will feel guilty because you are poisoning your body. But this is not the case with this book. It is light and informative enough for you to be aware of what you put in your body (what you eat and what you apply) and also tells you to listen to your body when it is telling you that something is simply not working or it is harming you. It also reminds you that there is no miracle method if you donÃƒÂ¢Ã â ¬Ã â„¢t have a healthy lifestyle (eat the right foods, lots of veggies, cook at home, etc.).This is not a book full of recipes for every skin issue you can think of,

or of all the scientific information of the components of the body products out there. This book is informative on why you should care about your products and how, with very simple ingredients, you can have good results. The author is even responsive to questions you are left with after reading the book! I keep the book next to my bedÃƒÂ¢Ã â ¬Ã Â¦it makes it so easy to go and make myself a great natural clay mask instead of subscribing to the next month birchbox. Happy reading !!!

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