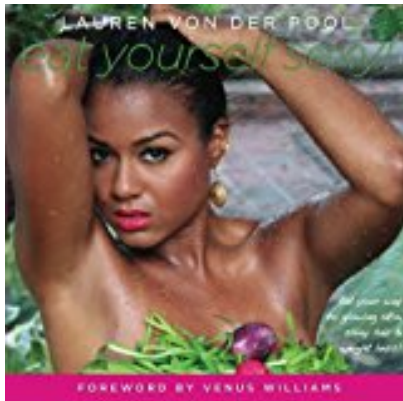


Eat Yourself Sexy Eat your way to shiny hair glowing skin and weight loss.



BOOK DETAILS

- Author : Chef Lauren Candace Von Der Pool
- Pages : 200 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1481115138

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BOOK SYNOPSIS

In *Cooking Your Way to Gorgeous*, skin-care expert to the stars Scott-Vincent Borba shares his philosophy that outer beauty often begins on the inside: When you feed your skin what it needs on the inside, you banish problem areas and regenerate healthier, younger-looking skin. From years battling cystic acne and helping Hollywood's elite red-carpet ready, Borba reveals the most powerful anti-aging foods for glowing skin, serving up a wealth of delicious skin-friendly recipes plus make-i-yourself facials and scrubs from items you probably already have in your fridge or pantry. Whether your skin problem is wrinkles, pimples, brown spots, or blackheads, Scott-Vincent Borba reveals hundreds of simple and effective techniques plus natural home remedies that are just as effective as an overpriced cream or lotion. With *Cooking Your Way to Gorgeous*, you can become a "beauty foodie," indulging in amazing cuisine that makes you look truly amazing. Who knew that turning heads could be as simple as turning on your oven, blender, or stove top?

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