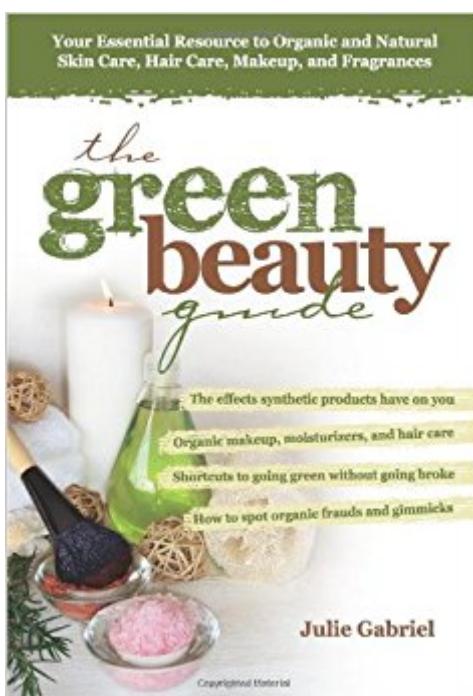


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# The Green Beauty Guide: Your Essential Resource To Organic And Natural Skin Care, Hair Care, Makeup, And Fragrances



## Synopsis

Go green and get gorgeous The promise of beauty is as close as the drugstore aisle—shampoo that gives your hair more body, lotions that smooth away wrinkles, makeup that makes your skin look flawless, and potions that take it all off again. But while conventional products say they'll make you more beautiful, they contain toxins and preservatives that are both bad for the environment and bad for your body—including synthetic fragrances, petrochemicals, and even formaldehyde. In the end, they damage your natural vitality and good looks. Fortunately, fashion writer, nutritionist, and beauty maven Julie Gabriel helps you find the true path to natural, healthy, green beauty. She helps you decipher labels on every cosmetic product you pick up and avoid toxic and damaging chemicals with her detailed Toxic Ingredients List. You'll learn valuable tips on what your skin really needs to be healthy, glowing, and youthful. Julie goes one-step further—and shows you how to make your own beauty products that feed your skin, save your bank account, and are healthy for your body and the environment, such as: Cleansing creams and oils — toners — facials — under eye circle remedies — anti-aging serums — lip balms — scrubs — exfoliators — clay and cleansing masks — moisturizers — acne treatments — makeup remover — teeth whiteners — shampoos, conditioners — fragrances — sun protection — bug repellants — baby products and much more! With her friendly, thorough, and helpful advice; fabulous beauty recipes; product recommendations and ratings; Toxic Ingredients List; and a complete appendix of online resources, Julie Gabriel gives you all the information you need to go green without going broke and become a more natural, healthy, and beautiful you.

## Book Information

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## **Customer Reviews**

In this thorough, practical guide, writer and registered nutrition specialist Gabriel (Clear Skin) recommends subjecting everyday cosmetics to the same scrutiny with which we subject our food: "each cosmetic chemical ends up in thousands of hungry mouths covering our skin-pores." Navigating labels is a true problem, because cosmetics come under no government regulation, unlike food and drugs; as such, skin products sold as "natural" or "organic" may contain numerous unsafe chemicals, with a few token ingredients to justify their claims. Gabriel provides a list of dangerous ingredients to watch out for (and why), identifies the safest products on the market (free from "synthetic dyes, fragrances, preservatives or detergents"), and takes readers step-by-step through cleansers, toners, facials, moisturizers, sunscreen, hair care and baby care. Her sophisticated daily regimen (two daily cleansings, exfoliation, toning, moisturizing and sun screen) may be too much for some readers, but those with the wherewithal will also find some useful, surprising tips for home-brewed cosmetics (eggs for masks, lemon and sour cream for exfoliants, organic mayonnaise for a moisturizer and foot mask). Though aimed at women, Gabriel also covers products used by men and children, including shaving cream, soap, shampoo and powders.

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Julie Gabriel is a registered nutrition specialist (RHN) educated at the Canadian School of Natural Nutrition. She launched a series of workshops titled 'New Mom's Diet' in Toronto. She is in the process of launching her own organic skincare line called Petite Marie Organics. JulieÃ  Â has been writing and editing fashion and beauty for about 15 years. In 1992 she worked in production at CNN's Style with Elsa Klensch. She was the associate beauty editor in Harper's Bazaar (Eastern European editions, 1998-2000), beauty editor in Atmospheres (2001-2001) and has written over five hundred articles and features on fashion, beauty and lifestyle.

I really enjoyed this book by Julie Gabriel. Not only is it very informative but it is also easy to read. I love that she gives us a list of ingredients to look out for and avoid and she also tells us why and where to find more info about them. This book is a great starting point to doing your own research on natural and organic skincare and beauty products. What I really found interesting was how the

European Union has already banned the use of some of these toxic ingredients and so has California. So what I'd like to know is: when is the U.S. going to wake up? I also liked that she gives us some products to check out and gives us resources to get ingredients for making our own products. I honestly didn't realize that you could purchase things like coenzyme Q10, for instance. Yes, some of these ingredients can be expensive but if you're using them in several different products however, you will be spending less to make your products than you would be spending on pre-made products. I realize that making your own products is not something that everyone can or will do but I am glad she included the information for those of us that can and want to. And obviously, the products that Ms. Gabriel recommends are not going to work or be liked by everyone, but that is the case with any product recommendation. That is why it's called a "recommendation". It's not as if she said, "You all absolutely have to go out and get THIS cleanser or THIS moisturizer, it's the ONLY one that works!" I personally found a few very good products that she recommended. The bottom line is, just as I said, this is a great starting point on doing your own research. No one out there is going to do all the homework for you. At least Ms. Gabriel cared enough to put this book out there for others to learn from. I like this book and even though I first read it from my library, I found enough useful info in it to purchase my own copy.

This book isn't just meant to scare you with all the crazy chemicals it lists. I don't think the author entirely means to scare you. I almost stopped reading it because it was making me a little paranoid but decided to read further and found that the author does what she can to ease any paranoia. The first part of the book is all the science. The rest is a practical guide on how to avoid said chemicals and be a smart consumer. Which is why I recommend this book. Anyone can scare you with the thought of cancer causing carcinogens that you may be slathering onto your face but few people offer advice on how to avoid them. This book presents a problem and provides a resolution. It even lists a few diy beauty solutions for man, woman, and baby. Overall a very educating book. I highly recommend for anyone who considers themselves a beauty guru or family oriented person.

The Green Beauty Guide is engaging and extremely informative. The link between toxicity and poor health is only beginning to be fully exposed, and this book makes a firm case for a change in lifestyle. It's obvious that Julie Gabriel has spent much time in research mode, and the guide provides a great deal of scientific context. The material is comprehensive and arms one with the tools needed to make changes in personal care routines. As a (former) 15-year subscriber of Allure beauty magazine with an insatiable appetite for any mainstream beauty product, I felt increasingly

liberated as I made my way through this book. It enables me not only to purchase with confidence from integrity-filled companies, but the ability to master my own creations. Don't be the victim of unregulated chemicals! Take control of your health and make educated decisions regarding your skin. Many of the beauty products on the market are made by companies with business standards-the final goal being profits, not your optimum health. As Ms. Gabriel points out, never "assume that people who make it have only good intentions in mind."

This book is a very informative resource for organic and natural products. I have recently switched to organic skin care and cosmetics and this guide has been very helpful to me in this area. It saves me time. The time I used to have to take, researching. It's all here, in this guide.

Lovely. I absolutely adore this book. I'm a big book reader of all different types, and this by far is my favorite. It helps that I have an interest in being green and a fascination for beauty...but of the materials that are out there, Julie does an amazing job putting the facts forth and offering a single point of reference. I'm studying aesthetics at a 'natural' school, and so far everything in this book is accurate with industry standards. It goes a step beyond by detailing individual ingredients, which I've found myself wondering about and wanting to know more in classes. I frequently discuss this book with my instructors and they are sometimes surprised to learn about new information. One of my instructors is buying the book himself. So many friends I've shared this book with find it intriguing. The recipes are a great addition also. My friend refers to this book as my bible, and I'd agree with her. I trust the information, and I thoroughly enjoy reading it. It is an excellent guide.

This book has changed my outlook on beauty products and affected my daily beauty regimen. I am amazed at how much I didn't know about the dangers lurking in cosmetics! The book is cleverly written, clear, concise and so informative. It has given me the tools I need to make informed decisions and take charge of what I put on my body. I have tossed nearly everything from shampoo to nail polish. I'm starting over with greener, healthier options -- and I'm spreading the word to all I know! Thank you so much for this invaluable information.

I bought this book so I could learn how to make my own shampoo as I have developed allergies to everything on the marketplace. By their own admission, that is too hard to do for a layman. Their recommendation, keep buying the store brands shampoo. Would have been NICE to know this BEFORE spending so much \$ on a book that is now worthless to me.

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