

1. Record Nr.	UNINA9910159442303321
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Titolo	Clean skin from within : the Spa Doctor's 2-week program to glowing, naturally youthful skin // Dr. Trevor Cates
Pubbl/distr/stampa	Fair Winds Press
ISBN	1-63159-383-8
Classificazione	HEA003000HEA010000
Disciplina	646.7/26
Soggetti	Skin - Care and hygiene Skin - Diet therapy HEALTH & FITNESS / Beauty & Grooming HEALTH & FITNESS / Healthy Living
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"Get the clear skin you've always wanted with simple changes to your diet and lifestyle. Many people suffer from skin conditions - acne, rosacea, eczema, psoriasis, and others - and seek conventional medical help but do not get the results they hope for. Other people end up worse than when they started, especially after being prescribed antibiotic after antibiotic. And then there are those who don't realize how good their skin can be until they adopt a cleaner, healthier lifestyle. In Clean Skin from Within, Dr. Trevor Cates, former Spa Doctor for the Waldorf Astoria Park City, presents her tried-and-trusted two-step, two-week plan to help patients improve their complexion and overall wellbeing. Dr. Cates' two steps involve making simple biological (internal) changes and environmental (external) changes that relate to diet and lifestyle. The result is the best, cleanest skin you've ever had! This book includes recipes for both internal ways to improve your health - by way of nourishing recipes like bone broths, antioxidant-rich salads, and quick smoothies - and external means - through DIY recipes for cleansers, toners, scrubs and masks. No dermatologists or medications required. Just natural, clean methods to get the skin you've always dreamed of!"--

"Clear Skin from Within provides a two-step, two-week plan to help patients improve their complexion and overall wellbeing through internal and external means"--

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