

1. Record Nr.	UNISALENTO991001132279707536
Autore	Nicotera, Fabio
Titolo	Etnometodologia e azione sociale / Fabio Nicotera
Pubbl/distr/stampa	Milano : Prometheus, 1996
Descrizione fisica	67 p. ; 24 cm.
Collana	Biblioteca universitaria italiana di saggi, ricerche e studi ; 5
Disciplina	301.072
Soggetti	Azione <Sociologia> Sociologia - Ricerche - Metodo
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910154290803321
Autore	Rowe Wendy
Titolo	Eat Beautiful : Food and Recipes to Nourish Your Skin from the Inside Out: a Cookbook
Pubbl/distr/stampa	, : Potter/Ten Speed/Harmony/Rodale, , 2016 ©2016
ISBN	0-8041-8959-5
Descrizione fisica	1 online resource (153 pages)
Classificazione	CKB039000HEA003000
Altri autori (Persone)	MillerSienna
Disciplina	646.7/26
Soggetti	Skin Beauty, Personal Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

"Wendy Rowe knows skin. After more than 20 years of experience as a makeup artist and beauty consultant, Wendy's approach is uncomplicated and holistic: care for it from the inside out. In *Eat Beautiful*, she has created easy and delicious recipes specifically designed to give your skin what it needs to glow. Wendy details how each ingredient feeds your skin, offering breakdowns of the vitamins and nutrients it provides. They include: Pomegranate: The Elixir of Youth packed with Vitamin C, which stimulates collagen production to keep skin looking taut, young, and radiant. • Spinach: The Free-Radical Fighter whose iron moves your blood, helping to repair your skin cells. • Chili Peppers: The Circulation Booster famous for its capsaicin, which reduces blood pressure and improves circulation by encouraging blood vessels to relax and dilate, therefore acting as an anti-inflammatory. • Natural Red Wine: The Youth Potion featuring a powerful anti-ageing antioxidant that slows the growth of acne-causing bacteria and fights disease-causing free radicals. Rowe's recipes showcase these essential foods to help target specific skin problems and alleviate common complaints. She even provides specific advice for what to incorporate or avoid depending on skin type. Here, too, are suggestions on how to pamper yourself with recipes for homemade masks, scrubs, mists, cleansers, and toners, as well as an informative section for troubleshooting those confidence-sapping skin problems. Organized into the four seasons, you can dip in and out of this stunning cookbook, or follow it as a plan. Either way, it ensures beautiful, radiant skin all year round"--

"Wendy Rowe knows skin. With more than 20 years of experience, her uncomplicated and holistic approach is focused on caring for it from the inside out. With *Eat Beautiful*, Rowe has created easy and delicious recipes specifically designed to give skin what it needs to glow. From cucumbers (the internal cleanser) to limes (the natural astringent) to carrots (the immunity booster), Rowe explains how each ingredient feeds the skin, and offers breakdowns of the vitamins and nutrients it provides. The recipes then correlate to these essential ingredients to help target specific skin problems and alleviate common complaints. Rowe provides specific advice for foods to embrace or avoid depending on skin type. While a cookbook for every meal at its core, here, too, are suggestions on how to keep skin pampered with recipes for homemade masks, scrubs, mists, cleansers, and toners, as well as an informative troubleshooting section for confidence-zapping skin problems. Organized into the four seasons, this stunning book can be dipped in and out of, or followed as a plan, and will ensure beautiful, radiant skin all year round"--
