

Make Up Selbst Gemacht Rezepte Und Beauty Tipps F

Make-up selbst gemacht
Das große Rohkost-Buch - AllesRoh-Vitalkultur
Makeup-Manual
Naturkosmetik im Handumdrehen selbst gemacht
Inner Glow
Let Them Eat Vegan!
Facelifting without Surgery
Modernist Cuisine at Home
The Honest Life
Cake Pops
Dr. Pitcairn's New Complete Guide to Natural Health for Dogs and Cats
Makeup Artist Face Charts
You deserve this.
Home Cooking with Jean-Georges
True Whit
Danielle Collins' Face Yoga
Pretty Boys
Plate to Pixel
The 4-hour Chef
A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook
Simply Clean
Beyond Beautiful
Goop Clean Beauty
Appetite for Reduction
Skin Cleanse
Makeup Artist Eye Charts
The Smitten Kitchen Cookbook
Tasty Ultimate
Robert Jones' Makeup Masterclass
Eat Clean, Play Dirty
The Bikini Body Motivation & Habits Guide
Cosplay Crash Course
Martha Stewart's Cupcakes
The Make-up Manual
The Oh She Glows Cookbook
Don't Go to the Cosmetics Counter Without Me
Under the Blue
Fire Islands
Beyond Soap
The Boy's Book of Adventure

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2009 Petra Doleschalek Mit einigen leicht erhältlichen natürlichen Rohstoffen, einfachem Zubehör und etwas Kreativität gelingt die Herstellung eigener hochwertiger Make-up-Produkte. Dieser reich illustrierte Ratgeber vermittelt dazu das nötige Basiswissen und liefert zahlreiche Rezepturen.

2020-03-30 Angelika Fischer Angelika Fischer ist eine erfahrene Rohköstlerin und Ernährungsexpertin. Sie entwickelte die AllesRoh-Vitalkultur, die das Pure, Naturbelassene und Frische favorisiert und durch geeignete Kombinationen optimiert. Mit den wichtigsten Grundregeln gelingt die Umstellung auf Rohkost ganz leicht. Dazu gehören ein Training der Sinne, das Wissen um die positive Wechselwirkung einzelner Ernährungsbausteine und der Schlüssel zur Optimierung der Verdauungskraft. Ein Novum ist die Rohkost-Pyramide der Pflanzenfamilien und Basis-Lebensmittel als Voraussetzung für eine hochwertige Ernährung. Rezepte für rohe Köstlichkeiten zeigen schließlich, wie schnell und überaus kreativ Rohkost zubereitet werden kann. Das große Rohkost-Buch bietet zudem interessante Einblicke in die Funktionsweise des menschlichen Stoffwechsels und begründet, weshalb einzig eine vitale Ernährung unser Heilmittel Nr. 1 sein kann. Angelika Fischer wendet sich somit an alle, die sich gesund, vital- und

nährstoffreicher ernähren möchten. Das bietet die aktualisierte Ausgabe: Bewährte Rezepte wurden verfeinert, Symbole zum Food-Combining kamen hinzu. Lebensmittel, die neu auf den Markt gekommen sind, wurden integriert. Zudem gibt es Informationen zu sekundären Pflanzenstoffen. Neue Fotos wurden aufgenommen. Außerdem gibt es neue Informationen bezüglich Low-Carb- und veganer Ernährung. Ergänzende Infos zu Algen, tierischen Lebensmitteln, Tryptophan. Aktualisierung von Internet-Links. Hinweise auf Glykotoxine. Erweiterung von Quellen und Studien. Umfangreiche Ergänzung zum Abnehmen resp. Zunehmen. Und nicht zuletzt wird die 3. Auflage von Barbara Miller, Ärztin, mit einem zusätzlichen Vorwort eingeleitet.

2009 Bobbi Brown

2021-05-16 Elisabeth Engler Sanfte Pflege für Haut und Haar - nachhaltig, natürlich und hausgemacht! Ganz ohne Vorkenntnisse können Sie hautpflegende Gesichtsmasken, Gesichtswasser, Naturdeos, exotisches Coffee-Scrub mit Gewürzen, erfrischendes Zitronenpeeling, Körperbutter und vieles mehr im Handumdrehen selbst herstellen. Natürliche Inhaltsstoffe schonen Haut und Geldbeutel gleichzeitig. Die duftenden Wellnessprodukte wie Badebomben, Flieder-Massageöl und entspannende Badeöle eignen sich auch hervorragend als Geschenk. Alle

Rezepte wurden von der erfahrenen Autorin selbst entwickelt und getestet.

2019-06-04 Hannah Frey Retreat für zu Hause Geballte Energie, rosiger Teint und Schönheit, die von innen kommt. Food-Bloggerin Hannah Frey bringt im GU Ratgeber Inner Glow Körper, Geist und Seele zum Strahlen. Einfache Rezepte und Tipps zu Bewegung, Achtsamkeit und Gesundheit zeigen dir den Weg zu einem neuen Körpergefühl.

Ganzheitliches 28-Tage-Programm Golden-Milk-Porridge, Quinoa-Salat oder Skin-Food-Balls. Mit abwechslungsreichen Beauty-Booster-Rezepten kochst du dich schön, fit und happy. Das Home-Retreat lässt sich mit praktischen Wochenplänen und jeder Menge Tipps ganz einfach zu Hause in den Alltag integrieren. Ein ganzheitliches Wohlfühl-Paket rund um gesunde Ernährung, Bewegung, Yoga und Entspannung. Für ein Gefühl wie nach dem Kurzurlaub. Klar, frisch und erholt - mit dem Inner Glow. Inhalt: - "Kapitel 1: Beauty Food, Movement, Skin Care, Mindfulness", - "Kapitel 2: Das 28 Tage Inner-Glow-Retreat - in 3 Phasen wie neugeboren" - Detox für die Küche - Praktische Tipps für den Vorrat - Specials: z.B. Trinken, Fermentieren, Sprossen ziehen, Beauty-Shots Feel-Good-Pläne für 28 Tage rundum Wohlfühlen

2012-03-13 Dreena Burton Vegan food has come a long way in the past decade. The once ubiquitous dry, packaged veggie burger is no longer the poster child for an animal-free diet. It has evolved into a creative, sophisticated cuisine touted by the likes of Food & Wine magazine. Long at the fore of vegan blogging and cooking, Dreena Burton has been known for making healthy taste delicious. Let Them Eat Vegan! distills more than fifteen years of recipe development that emphasize unrefined, less-processed ingredients--no white flour or white sugar, but instead whole-grain flours, natural sweeteners, raw foods, and plenty of beans 'n greens. There's no relying on meat analogues here, either--just hearty, healthy food that looks and tastes great. As the mother of three young girls, Burton always keeps their nutrition--and taste buds--in mind. From the simplest comfort foods like Warm "Vegveeta" Cheese Sauce to the more sophisticated Anise-and Coriander-Infused Orange Lentil Soup, these recipes will delight and inspire even the pickiest eaters and provide lifelong vegans with the innovative, wholesome recipes they've always wanted.

2012-09-18 Anna Sophia Karin Wettig Facelifting without Surgery is written by Dr. Karin Wettig about her favourite magic recipe for longlasting beauty and a young face for women and men. Since her youth, Dr. Karin Wettig liked to experiment with healthy products for beauty, but a journey to Egypt and Israel brought her a special insight about the mud of the dead sea and its special ingredients. The recommendation she gives for face care without any make up is a combination of products everybody can find in normal shops and easy to combine with the preferred personal cream. No reason to change what you like, but to combine it with Silicea and Dead Sea Mud. Even men will feel the difference with this special face treatment that takes only 5 minutes of the daily time. Apart from some very useful treatment tips, Karin Wettig offers information and photos how to decorate a face in some minutes only and how to observe the right colours for your type as she is a living proof for what she demonstrates in her books. Enjoy!

2012 "This book focuses on cooking equipment, techniques, and recipes"-P. xvii.

2013-03-12 Jessica Alba The Golden Globe-nominated actress and the co-founder of The Honest Company counsels busy moms on how to make affordable and healthy choices for their families without sacrificing style, sharing a variety of family-friendly recipes, eco-friendly decorating tips and natural beauty-care advice. Original. 150,000 first printing.

2011-07-22 Bakerella A New York Times bestseller: "The ultimate cake pops resource . . . if you love Bakerella's cute and colorful style, pick this one up. It's a visual treat." —Kitchn What's cuter than a cupcake? A cake pop, of course! Wildly popular blogger Bakerella (aka Angie Dudley) has turned cake pops into an international sensation! Cute little cakes on a stick from decorated balls to more ambitious shapes such as baby chicks, ice cream cones, and even cupcakes these adorable creations are the perfect alternative to cake at any party or get-together. Martha Stewart loved the cupcake pops so much she had Bakerella appear on her show to demonstrate making them. Now Angie makes it easy and fun to recreate these amazing treats right at home with clear step-by-step instructions and photos of more than forty featured projects, as well as clever tips for presentation, decorating, dipping, coloring and melting chocolate, and much more. "Popularized by a blogger known as Bakerella, cake pops have taken over as the new cupcake . . . In the last few years they've become an international sensation, and many cities are going cake-pop crazy." —Monterey Herald "The American queen of cake

pops." —Fine Dining Lovers "The book is absolutely gorgeous. Each project is filled with photos and tips to guide you through the whole process from start to finish. For anyone who loves Martha Stewart type creative baking, this is a must-have book!" —Savory Sweet Life

2005-09-03 Richard H. Pitcairn A reference guide to common ailments affecting domestic canines and felines features recipes for healthier food, sources of herbal and homeopathic supplies, environmental issues and solutions, and emergency care information.

2016-11-15 Gina Reyna Unleash your inner makeup diva with your own face charts just like the ones real makeup professionals use! Have fun designing fabulous looks with color pencils, markers, crayons, even real makeup! Makeup Artist Face Charts includes 50 blank face charts along with a note section to keep track of products/colors used. Charts come with and without brows so you have the option of adding your own! Includes tips & tricks to help you create custom looks: What makeup and brushes work best How to add any shade of skintone Pro highlight & contour techniques How to draw eyelashes and brows How to create a makeup portfolio And much more! As an added BONUS you get 3 male face charts and 18 eye charts to practice makeup, lashes and brows!

2020-02-28 Pamela Reif YOU DESERVE THIS - Healthy, balanced and delicious bowl recipes by fitness icon Pamela Reif. Your body and soul deserve a healthy, natural diet every single day. But this doesn't mean you need to sacrifice taste. Whether you choose a sweet Apple Pie Smoothie Bowl, hearty Spinach-Chickpea Patties, colourful Buddha Bowls packed with plant-based proteins, or a Brownie Bowl for dessert, you can enjoy guilt-free indulgence. Pamela Reif's simple, wholesome dishes are based on natural ingredients and can be created in a few easy steps without spending hours in the kitchen. The meals are made and enjoyed straight from the bowl, which captures their delicious, fresh flavours. And most of the recipes are vegan. More than 70 recipes are personally created, prepared and photographed by Pamela Reif. Combined with her nutritional advice, you have the ideal starting point to change your own diet and lifestyle simply and enjoyably - for a well-balanced life. Because: You deserve this!

2011-11-15 Jean-Georges Vongerichten Join one of the world's greatest chefs in his most personal book yet, as Jean-Georges Vongerichten shares his favorite casual recipes in Home Cooking with Jean-Georges. Though he helms a worldwide restaurant empire—with locations in New York, Las Vegas, London, Paris, and Shanghai—Jean-Georges counts his greatest joy in life as family first, then food. In Home Cooking with Jean-Georges, he brings readers into his weekend home, where he cooks simple, delicious dishes that leave him plenty of time to enjoy the company of friends and loved ones. A few years ago, Jean-Georges decided to give himself a gift that most of us take for granted: two-day weekends. He and his wife, Marja, and their family retreat to their country home in Waccabuc, New York. There, the renowned chef produces the masterful, fresh flavors for which he is known—but with little effort and few dishes to clean at the end. These quick, seasonal, Vongerichten-family favorites include: Crab Toasts with Sriracha Mayonnaise, Watermelon and Blue Cheese Salad, Herbed Sea Bass and Potatoes in Broth, Lamb Chops with Smoked Chile Glaze and Warm Fava Beans, Parmesan-Crusted Chicken, Fresh Corn Pudding Cake, Tarte Tatin, and Buttermilk Pancakes with Warm Berry Syrup. With 100 recipes and 100 color photographs—all taken at his country house—Home Cooking with Jean-Georges will inspire home cooks with fantastic accessible dishes to add to their repertoires.

2011-03-08 Whitney Port Whitney Port shares personal stories, beauty and fitness secrets, and tried-and-true advice on everything girls need to know to start their lives out with style Fashion trendsetter, MTV reality star, and clothing designer Whitney Port learned to navigate her new independent life in New York with grace, style, and a sense of humor. From backstabbing coworkers and bitchy bosses to long-distance boyfriends and a daring new career in fashion, Whitney managed to handle it all. Intimate and honest, Whitney opens up about everything from fashion and beauty to romance and careers. She dishes on: her experiences working at Teen Vogue, People's Revolution, and Diane von Furstenberg; finding love and trying to make it work; and life in front of the cameras. Whitney shares her unique style philosophy, including when to break the rules, her family's influence on her sense of style, and her perfect outfits for any occasion—from meeting your guy's parents to wowing an interviewer for a job. Whitney also details what young women really want to know, like what to eat when the mid-afternoon munchies strike, how to throw an impromptu party, and how to hide a hangover. With hundreds of photos and chock-full of must-have lists and style

favorites, this colorful scrapbook features pics from Whitney's personal photo albums and from major moments in her life, including on the runway, at her private birthday bash, and out on the town with friends. And for the first time, Whitney shares the true reality of an emerging fashion designer, highlighting her creative process, sketches, and fabrics. Through personal stories and private snapshots, fans will get to see a side of her that the cameras don't capture. This is Whitney Port revealed.

2019-07-09 Danielle Colins Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier?

Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin.

2021-06-22 David Yi In this inclusive, illustrated history and guide to skin care and beauty, journalist and founder of Very Good Light David Yi teaches us that self-care, wellness, and feeling beautiful transcends time, boundaries, and binaries—and that pretty boys can change the world Chanel and Goop might have seemed ahead of the curve when they launched their men's beauty and wellness lines, but pharaohs were exfoliating, moisturizing, and masking eons earlier. Thousands of years before Harry Styles strutted down the red carpet with multicolored fingernails, Babylonian army officials had their own personal manicure sets. And BTS might have become an international sensation for their smoky eyes and perfect pouts, but the Korean Hwarang warriors who put on a full face before battle preceded them by centuries. Pretty Boys unearths diverse and surprising beauty icons who have redefined what masculinity and gender expression look like throughout history, to empower us to live and look our truths. Whether you're brand new to beauty, or you already have a ten-step routine, Pretty Boys will inspire and teach you how to find your best self through tutorials, beauty secrets, and advice from the biggest names in the beauty industry, Hollywood, and social media. From Frank Ocean's skin-care routine to Clark Gable's perfectly styled hair, Rami Malek's subtle eyeliner to a face beat to the gods à la Boy George or Kimchi the drag queen, K-Beauty to clean beauty, Pretty Boys will completely change the way we all see gender expression and identity.

2011-05-12 Helene Dujardin Tips and techniques for making food look good—before it tastes good! Food photography is on the rise, with the millions of food bloggers around the world as well as foodies who document their meals or small business owners who are interested in cutting costs by styling and photographing their own menu items, and this book should serve as your first course in food photography. Discover how the food stylist exercises unique techniques to make the food look attractive in the finished product. You'll get a taste of the visual know-how that is required to translate the perceptions of taste, aroma, and appeal into a stunning, lavish finished photograph. Takes you through the art and techniques of appetizing food photography for everyone from foodies to food bloggers to small business owners looking to photograph their food themselves Whets your appetite with delicious advice on food styling, lighting, arrangement, and more Author is a successful food blogger who has become a well-known resource for fellow bloggers who are struggling with capturing appetizing images of their creations So, have the cheese say, "Cheese!" with this invaluable resource on appetizing food photography.

2012 Timothy Ferriss Presents a practical but unusual guide to mastering food and cooking featuring recipes and cooking tricks from world-renowned chefs.

2012-05-29 Chelsea Monroe-Cassel Ever wonder what it's like to attend a feast at Winterfell? Wish you could split a lemon cake with Sansa Stark, scarf down a pork pie with the Night's Watch, or indulge in honeyfingers with Daenerys Targaryen? George R. R. Martin's bestselling saga A Song of Ice and Fire and the runaway hit HBO series Game of Thrones are renowned for bringing Westeros's sights and sounds to vivid life. But one important ingredient has always been missing: the mouthwatering dishes that form the backdrop of this extraordinary world. Now, fresh out of the series that redefined fantasy, comes the cookbook that may just redefine dinner . . . and lunch, and breakfast. A passion project from superfans and amateur chefs Chelsea Monroe-Cassel and Sariann Lehrer—and

endorsed by George R. R. Martin himself—A Feast of Ice and Fire lovingly replicates a stunning range of cuisines from across the Seven Kingdoms and beyond. From the sumptuous delicacies enjoyed in the halls of power at King's Landing, to the warm and smoky comfort foods of the frozen North, to the rich, exotic fare of the mysterious lands east of Westeros, there's a flavor for every palate, and a treat for every chef. These easy-to-follow recipes have been refined for modern cooking techniques, but adventurous eaters can also attempt the authentic medieval meals that inspired them. The authors have also suggested substitutions for some of the more fantastical ingredients, so you won't have to stock your kitchen with camel, live doves, or dragon eggs to create meals fit for a king (or a khaleesi). In all, A Feast of Ice and Fire contains more than 100 recipes, divided by region: • The Wall: Rack of Lamb and Herbs; Pork Pie; Mutton in Onion-Ale Broth; Mulled Wine; Pease Porridge • The North: Beef and Bacon Pie; Honeyed Chicken; Aurochs with Roasted Leeks; Baked Apples • The South: Cream Swans; Trout Wrapped in Bacon; Stewed Rabbit; Sister's Stew; Blueberry Tarts • King's Landing: Lemon Cakes; Quails Drowned in Butter; Almond Crusted Trout; Bowls of Brown; Iced Milk with Honey • Dorne: Stuffed Grape Leaves; Duck with Lemons; Chickpea Paste • Across the Narrow Sea: Biscuits and Bacon; Tyroshi Honeyfingers; Wintercakes; Honey-Spiced Locusts There's even a guide to dining and entertaining in the style of the Seven Kingdoms. Exhaustively researched and reverently detailed, accompanied by passages from all five books in the series and full-color photographs guaranteed to whet your appetite, this is the companion to the blockbuster phenomenon that millions of stomachs have been growling for. And remember, winter is coming—so don't be afraid to put on a few pounds. Includes a Foreword by George R. R. Martin

2017-03-21 Becky Rapinchuk No matter how big your home or busy your schedule, Rapinchuk believes that in just ten minutes a day you can keep your house clean and decluttered. She shares her system to turn cleaning from a chore into an effortless habit, and also shares recipes for organic, environmentally conscious cleaning supplies.

2019-05-14 Anuschka Rees The ultimate guide to building confidence in your body, beauty, clothes and life in an era of toxic social media-driven beauty standards. "A self-confidence bible that every woman should read."—Caroline Dooner, author of The F*ck It Diet Empowering, insightful, and psychology-driven, Beyond Beautiful is filled with proven, no-BS strategies for proactive self-care. This stylish and practical handbook takes a deep-dive into all of the factors that make it hard to feel good about yourself, and offers sage answers to tricky questions, like: • Why do I hate the way I look in pictures? • How can I stop feeling like a total slob compared to everyone on social media? • How exactly does this "self-love" thing work? • How do I find the confidence to use less make up, stop shaving, or wear what I want? • Is body positivity really the answer? Illustrated with full-color art, Beyond Beautiful is a much-needed breath of fresh air that will help you live your best life, know your worth, and stop wasting any more precious energy and mental space worrying about the way you look. Praise for Beyond Beautiful "This compact book delves into every aspect of the body-image problem and sets forth feasible ideas for accepting one's physical appearance to enhance confidence and joy."—Library Journal (starred review) "Rees's emboldening message will surely help any reader struggling with self-confidence."—Publishers Weekly

2016-12-29 The Editors of Goop Finally, the ultimate guide to all things beauty from THE experts in clean living. Written by the editors of Gwyneth Paltrow's lifestyle collective, goop, this must-have beauty bible will shed a definitive light on topics such as what to eat, the importance of sleep, the power of antioxidants, and the impact of exercise, while offering tactical advice for skin issues and acne, as well as clean makeup product suggestions. Readers will also find beauty tutorials from some of goop's expert makeup artists and hair stylists. GOOP CLEAN BEAUTY will feature delicious skin-boosting recipes and 100 gorgeous photographs of real women, and of course Gwyneth and other goop friends and family, all of whom will share their own secrets, routines, and beauty rituals.

2010-12-07 Isa Chandra Moskowitz Vegan chef Isa Chandra Moskowitz shares her collection of plant-based and low-calorie meals that are full of flavor and totally satisfying. This is not your mother's low-fat cookbook. It has no foolish tricks, no bizarre concoctions, no chemicals, no frozen meals...no fake anything! Appetite for Reduction means cooking with real food, for real life. (Skimpy portions need not apply.) In Appetite for Reduction, bestselling author and vegan chef Isa Chandra Moskowitz shares 125 delectable, nutritionally-balanced recipes for the foods you

crave--lasagna, tacos, barbecue, curries, stews, and much more--that's all: Only 200 to 400 calories per serving Plant-based and packed with nutrients Low in saturated fat and sugar; high in fiber Drop-dead delicious You'll also find lots of gluten-free and soy-free options. The best part? Dinner can be on the table in less than 30 minutes. So ditch those diet shakes. Skip that lemonade cleanse. And fight for your right to eat something satisfying! Now you can look better, feel better, and have more energy while eating the food (and portions) you deserve.

2015-02-17 Adina Grigore Breakouts. Dryness. Redness. Oiliness. If you're like most women, you've been on a never-ending quest for perfect skin—or even just good skin—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 of 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.

2016-01-10 Gina M. Reyna Unleash your inner makeup diva with your own eye charts just like the ones real makeup professionals use! Design your fabulous looks on 6 realistic eye shapes with color pencils, markers, crayons, even real makeup. The *MAKEUP ARTIST EYE CHARTS* book includes 216 blank charts and a section for notes so you can keep track of products/colors used. Also included are instructions and tips that cover: Which type of makeup to use for best results Which type of brushes work best for smooth finish How to add any shade of skintone How to create your own makeup portfolio inexpensively As an added bonus you will receive 5 FREE face charts so you can design & practice full makeup looks!

2013-02 Deb Perelman There is a half-galley kitchen in New York with just a single counter, a tiny stove, pans stacked high in the corner - yet it has conjured up stews and slaws, salsas and pestos, tatins and cheesecakes. All to-die-for. This is Deb Perelman's kitchen. Deb is an ordinary home cook who believes food should be a pleasure and deliciousness a guarantee. So she founded her award-winning blog, where she concocts, tweaks and obsessively tests the best imaginable recipes for the everyday cook.

2018-10-09 Tasty Cook amazing food for every occasion and eating eventuality with *Ultimate*. This is the cooking bible from the food magicians at Buzzfeed's Tasty. Because this is Tasty, you know you can trust that the 150 recipes in this book are all fun to make, inventive, simple to follow and extremely delicious. Find two sections to choose from- Impress Yourself and Impress Your Friends. Cook both fast and authentic recipes for your favourite classic dishes. Turn to Tasty for inspiration for special occasions like Christmas, birthday, Valentine's, date night, parties... What ever you fancy, you'll find an amazing recipe here. Includes- Garlic Butter Steak, The Best Crispy Chicken Parmesan, Slow-cooked Honey and Spice Lamb Shanks, Sweet and Sour Sunday Brisket, Ultimate Roast Turkey, Scalloped Potatoes, Fancy Party Nachos, Molten Lava Brownies, Perfect Fluffy Pancakes, Easy Brunch Bake, Latte Coffee Cake and so much more. The second official cookbook from Buzzfeed's Tasty.

2017-12-19 Robert Jones Makeup Masterclass is a comprehensive beauty education for women all ages and skill levels—from novices who feel makeup-challenged to those who are ready to take their skills to the professional level. Organized by skill level (apprentice, master class, and pro), this guide allows you to easily find the makeup solutions you're looking for. This book features: - Before-and-after photos to help you achieve a wide variety of looks - Easy-to-follow, step-by-step techniques and photos to maximize natural beauty at any age - Extensive product information to help you make smart purchases - Basic products and tools every woman should have in her makeup drawer - Tips for organizing

your makeup-know what to keep and what to toss - Secrets about product shelf-life and makeup ingredients you should know before buying - Specialized instructions for creating specific looks for special occasions - Quick tip guide in each chapter to help you find quick fixes with techniques for problem areas (dark circles, age spots, thin lips, uneven skintone and more) - Helpful Q & As in every chapter - Quick-reference index.

2019-04-09 Danielle Duboise From Danielle Duboise and Whitney Tingle, the founders of the wildly popular vegan home-delivery service Sakara Life, comes a cookbook that places food at the center of wellness. By not focusing on calorie counting or points, Duboise and Tingle manage to rejuvenate an old-fashioned, often shame-filled diet industry. With recipes that are plant-based and organic, utilizing nutrient-dense whole foods that use the freshest, purest, most loving ingredients from around the world, Sakara Life will help you alkalize the body, heal the gut, reduce inflammation, balance your blood sugar and hormones, and regulate the digestive system. From beautifying breakfasts to delectable dinners, these nutritious and crazy-sexy foods will start you on your journey to feeling your absolute best.

2017-11-14 Kayla Itsines Use the power of motivation and good habits to become fitter, healthier and stronger, for life! *Bikini Body Guides (BBG)* co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, *The Bikini Body Motivation & Habits Guide*, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a downloadable 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick." This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

2019-06-18 Mina Petrovic *Cosplay* lets you step out of your own skin and into someone else's shoes (or boots, or paws...). This beginner's guide helps you walk that walk with confidence in an awesome costume of your own creation. True to the cosplay spirit of collaboration, *Cosplay Crash Course* shares favorite tricks and techniques from some of the community's most imaginative artists. Step by step, you'll learn how to turn ordinary fabrics, inexpensive toys, easy-to-manipulate thermoplastics, wigs and other humble materials into original costumes you'll wear with pride. Whether you're making fabulous feathers, metallic armor, wicked horns, lifelike claws or form-fitting boots, this book puts it all within your reach. You'll even learn awesome hair and makeup effects to complete the look. Use this inside advice to fast-forward through years of trial and error; learn to select the best fabrics and adhesives and to make practical choices for comfort and wearability. Armed with the know-how in these pages and a spirit of adventure, who will you become? Everything you need to dress your part! • 25+ step-by-step projects for creating authentic-looking props, costumes and accessories • Easy techniques and clever shortcuts from nine international cosplay artists • How to manipulate wigs, extensions and your own hair to create unique and expressive looks • Awesome makeup effects, from tattoos and zombie bites to tricks for making faces appear more feminine or masculine • Bonus tips for striking a pose and snapping dynamic, in-character photos

2011-05-04 Martha Stewart Living Magazine The perfect cupcake for every occasion. Swirled and sprinkled, dipped and glazed, or otherwise fancifully decorated, cupcakes are the treats that make everyone smile. They are the star attraction for special days, such as birthdays, showers, and holidays, as well as perfect everyday goodies. In *Martha Stewart's Cupcakes*, the editors of Martha Stewart Living share 175 ideas for simple to spectacular creations—with cakes, frostings, fillings, toppings, and embellishments that can be mixed and matched to produce just the right cupcake for any occasion. Alongside traditional favorites like yellow buttermilk cupcakes swirled with fluffy vanilla frosting and devil's food cupcakes crowned with rich, dark chocolate buttercream, there are also sweet surprises such as peanut butter and jelly cupcakes, dainty delights like tiny almond-cherry tea cakes, and festive showstoppers topped with marzipan ladybugs or candy clowns. The book features cupcakes for everyone, every season, and every event: Celebrations (monogram heart

cupcakes perfect for an elegant wedding); Birthdays (starfish-on-the-beach cupcakes sure to be a hit at children's parties); Holidays (gumdrop candy ghouls and goblins ideal for Halloween revelers); and Any Day (red velvet cupcakes with cream cheese frosting for a picnic, or caramel-filled mini chocolate cakes for grown-up gatherings). In singular Martha Stewart style, the pages are both stunning in design—with a photograph of each finished treat—and brimming with helpful how-to information, from step-by-step photographs for decorating techniques to ideas for packaging and presenting your cupcakes. Whether for any day or special days, the treats in Martha Stewart's Cupcakes will delight one and all.

2018-07-11 Lisa Potter-Dixon A comprehensive make-up manual that details all aspects of make-up application, solutions to common problems, as well as tips and tricks for perfecting your look every time.

2014-03-04 Angela Liddon The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

2015 This book, now in its tenth edition, consistently helps people find skincare and makeup products that make them look great without spending a fortune. From drugstores and home shopping to department stores and e-commerce, Paula Begoun and her team review the hottest skincare and makeup products from the top 100 brands we're asked about most often. Page after page is filled with surprises and new info supported by the latest published research about what works and what doesn't to keep skin looking healthy and young.

2021-03-11 Oana Aristide Metro Best New Books to Read in Spring Pick Glossary Magazine Highly Anticipated Fiction Pick A road trip beneath clear blue skies and a blazing sun: a reclusive artist is forced to abandon his home and follow two young sisters across a post-pandemic Europe in

search of a safe place. Is this the end of the world? Meanwhile two computer scientists have been educating their baby in a remote location. Their baby is called Talos, and he is an advanced AI program. Every week they feed him data, starting from the beginning of written history, era by era, and ask him to predict what will happen next to the human race. At the same time they're involved in an increasingly fraught philosophical debate about why human life is sacred and why the purpose for which he was built - to predict threats to human life to help us avoid them - is a worthwhile and ethical pursuit. These two strands come together in a way that is always suspenseful, surprising and intellectually provocative: this is an extraordinarily prescient and vital work of fiction - an apocalyptic road novel to frighten and thrill.

2019-05-06 Eleanor Ford Steep verdant rice terraces, ancient rainforest and fire-breathing volcanoes create the landscape of the world's largest archipelago. Indonesia is a travellers' paradise, with cuisine as vibrant and thrilling as its scenery. For these are the original spice islands, whose fertile volcanic soil grows ingredients that once changed the flavour of food across the world. On today's noisy streets, chilli-spiked sambals are served with rich noodle broths, and salty peanut sauce sweetens chargrilled sate sticks. In homes, shared feasts of creamy coconut curries, stir-fries and spiced rice are fragrant with ginger, tamarind, lemongrass and lime. The air hangs with the tang of chilli and burnt sugar, citrus and spice. Eleanor Ford gives a personal, intimate portrait of a country and its cooking, the recipes exotic yet achievable, and the food brought to life by stunning photography.

2018-05-15 Sandy Skotnicki In this surprising and remarkably practical book, Dr. Skotnicki reveals the harmful effects of modern skincare habits and provides a step-by-step guide to preserve the microbiome, fight aging and develop beautiful, problem-free skin. Women, men and children are having more skin problems today than ever before. Sensitive skin prevalence has skyrocketed, and the number of people reacting to cosmetics is climbing. Why? Dermatologist Sandy Skotnicki argues that the cause is a key element of our contemporary lifestyle: the grooming and beauty habits that the advertising and personal-care product industries have encouraged us to pursue. Those miraculous cleansers, creams and balms we're buying to protect our outer layer may actually end up harming the body's largest organ. In *Beyond Soap*, Dr. Skotnicki argues that the best state for normal skin is the natural state—the one that avoids disturbing the skin's protective barrier and the bacteria that accompanied the body throughout its evolution. A combination of diagnosis and prescription, Dr. Skotnicki explains the problem with society's current cleansing and beauty habits, then provides a practical guide on how to fix things with a 3-step product-elimination diet that will help you remove unnecessary and potentially harmful ingredients from your beauty and skincare regime, returning the skin to the condition nature intended. *Beyond Soap* also includes indispensable advice on how to wash and care for the skin of adults, babies and children, followed by a common-sense beauty regimen intended to stave off aging, reduce skin problems and return the face and body to its natural glow.

2013 Michele Lecreux An outdoor activity guide for boys outlines nature-themed craft projects while explaining how to develop proficient skills in areas ranging from reading topographic maps and identifying birds to using a compass and providing first-aid for injuries.