

BOOST SKIN & HAIR WITH NATURE'S NUTRIENT BOMBS



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Boosta hud & hår med naturens näringsbomber

Tia Jumbe

160pp

There is every good reason to switch to natural, homemade skin & haircare! It's easier than you think. It's cheaper. It really makes a difference to skin and hair. And there are no harmful chemicals involved. name of a new superberry, or supernutrient.

In this book you get all the help that you need – and the fastest shortcuts to natural and effective skin- and haircare. The book *Boost skin & hair with nature's nutrient bombs* contains simple recipes and shortcuts to make homemade creams and treatments for all skin types, and hair products that work for everyone.

You will become acquainted with nutrient bombs such as shea butter, coconut oil, jojoba oil and aloe vera, with essential oils and their healing properties, and how to use all of these in your skin care.

The simplest ingredients for natural and effective skin- and haircare are probably already in your kitchen larder!

Natural skincare has come into the spotlight in recent years. And it's no surprise. Our skin and hair are very important to us. To have hair in poor condition and spots is not a pleasant alternative, so we spend huge sums of money on products that are meant to give us glowing skin and shiny hair.

And sure, our skin is important. The skin is our largest organ and our first line of defence against harmful effects of various sorts. What we don't tend to think about are the problems that we cause ourselves, using the creams and products that we apply to our skin and hair.

Products that we buy often contain chemicals that are not at all healthy for us. What we put on our skin gets absorbed into the body. By themselves the potentially harmful chemicals in conventional beauty products may be below the levels where they are judged to be dangerous, but how they react together in the body isn't known.

With natural, homemade products you know exactly what you are consuming – and your skin and hair will thank you, by glowing and shining!

Boost skin & hair with nature's nutrient bombs is a companion to another book that Tia is making available at the same time. The other book is *Boost your health with nature's superfoods*.



About the author

Tia Jumbe is a writer, yoga teacher and journalist. She has written several books on yoga and health, among others *Yoga & Jogging*, the ultimate training combo (with Jenny Sunding) and *Detox Lifestyle – get more energy with yoga, food & new habits*. She works part-time on Coops food magazine *Mer Smak* and is in the middle of her training to become an ayurvedic health adviser.

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