



# Advanced Information

## Vital Skincare

Natural Healthy Skin in just 5 minutes a day

by Laura Pardoe

**Including over 100 Blend-It-Yourself skincare recipes using hedgerow herbs**

With interest in natural skincare rocketing and Blend-It-Yourself Skincare listed among the Top 5 Trends for 2018, there is a thirst for straight-forward information and simple guidance that helps those seeking a natural lifestyle to take control of their own skincare and ingredients. *Vital Skincare* helps you understand why it is vital to look after your skin, to know the vital products and practices for healthy skin and learn how to add vitality to your skin and routines using the natural ingredients that grow around you.

This is not a beauty book! *Vital Skincare* will help you to:

- Take control of your own skincare and be confident in your choices
- Feel and look your best every day, naturally
- Work with the body you have, in the time you have available
- Limit the pollutants and alien chemicals in your body and the environment
- Be more in tune with the natural world in the way you live and with the products you use
- Learn a natural approach that doesn't cost the earth.

By appreciating the many roles skin performs and understanding its natural system you can love and look after your skin simply. Using fresh, local ingredients brings nature into your daily routines to help make you happier, healthier and smarter. It's never too early or too late to start knowing your skin.

### ABOUT THE AUTHOR:

Laura Pardoe has been gathering, growing and learning about plants for over 20 years and using them in making skincare for over 10 years. She trained in developing and formulating skincare products and runs award winning Field Fresh Skincare. Laura has an MA from the University of Cambridge, has trained in permaculture design and has a fascination in natural systems and how to work effectively with them. She teaches, runs workshops and blogs.



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