

# Look Great, Live Green



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Body care and eco-consciousness need not be mutually exclusive, according to Deborah Burnes. In Part I of this timely book, she explains the historical roots of the search for beauty, and how it has led to a \$60 billion cosmetics industry that misleads and confuses consumers on everything from product effectiveness to toxicity. In Part II, Burnes details options for buying natural and organic products in a range of budgets, with each graded on a good, "better," or best" scale in terms of chemical content and overall health impact. Part III discusses the positive effects chemical-free products have on overall health, and how those effects are expressed in the appearance of our skin. Part IV contains a wealth of facts, tips, and shortcuts to help consumers experience living green and enhancing personal beauty. Written in an engaging style but based in science, Look Great, Live Green offers a fresh perspective on living an eco-friendly, body-friendly, beauty-friendly lifestyle.

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目录:

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