



# The Recipe for Radiance: Discover Beauty's Best-Kept Secrets in Your Kitchen

*Alexis Wolfer*

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Want to know the secret to growing gorgeous hair or how your favorite celebrities have such flawless skin? Introducing the power of food into your beauty routine in a whole new way, you'll uncover the recipes that promote beauty from within (with beauty-boosting foods you'll salivate for!) as well as topical DIY beauty recipes (for facial masks, body scrubs, and more that are, well, good enough to eat—literally!).

Dubbed the “Female Beauty MacGyver” by Access Hollywood, Alexis Wolfer shares with you 131 easy, all-natural, affordable, and effective recipes that feed your beauty. Combining the best recipes from her personal archives with DIY beauty secrets and food recipes shared with her by chefs, beauty editors, and celebrities (including Kristen Chenoweth, Brooklyn Decker, Vanessa Williams, Molly Sims, Byrdie Bell, Donna Karan, and more), The Recipe For Radiance will take you into your kitchen to discover the food-based beauty secrets even the most well-pampered women rely on to look their best.

Each chapter in The Recipe for Radiance addresses a different beauty concern—acne, fine lines and wrinkles, brittle nails, lackluster hair, sun spots, cellulite, chapped lips, under-eye circles, and more—giving you the inside scoop on the causes and symptoms of the most common beauty concerns along with their food-based solutions. Sample recipes include:

Strawberry + champagne serum to fight wrinkles

Avocado + oatmeal revival mask to heal dry skin

Sweet potato chips + cumin dip to even skin tone

Creamy kale and walnut salad to reduce under-eye circles

Sweet watermelon serum to soothe sunburn

Be prepared to cook yourself beautiful, all the while saving money on products and keeping your beauty routine chemical free.



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