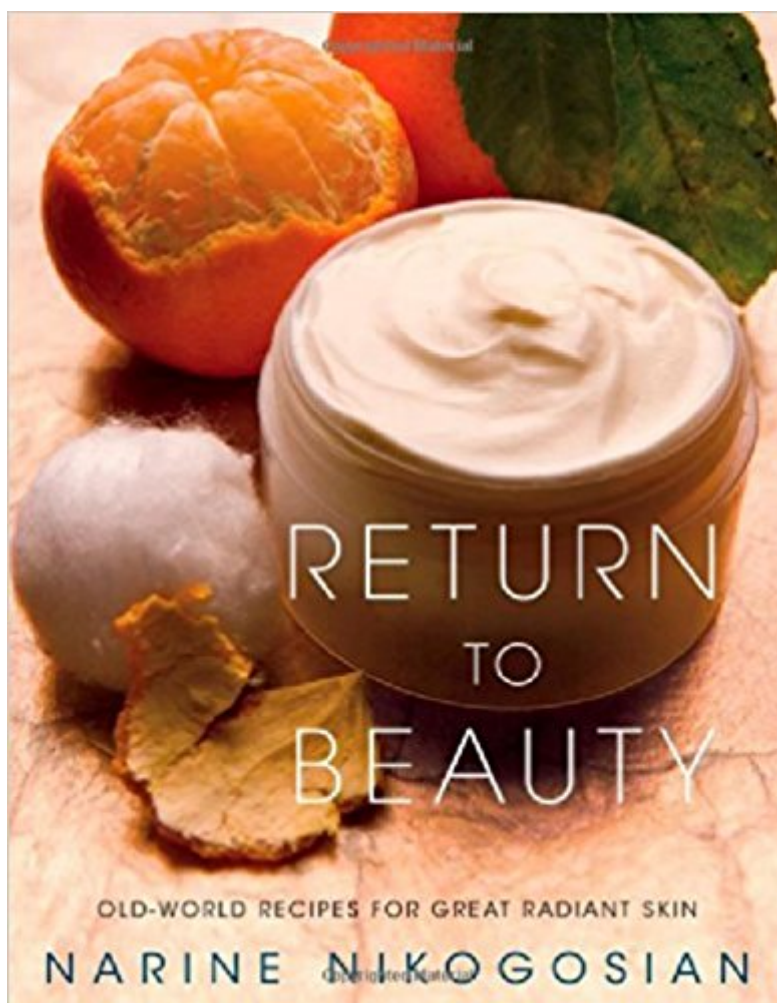


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# Return To Beauty: Old-World Recipes For Great Radiant Skin



## Synopsis

Return to Beauty offers regimens made from fresh ingredients that can be found right in your kitchen. With recipes for winter, spring, summer, and fall, you can look beautiful throughout the year. Narine Nikogosian's natural and inexpensive products can be whipped up in less than ten minutes. Have a jar of honey in your pantry? Mix it with a few crushed walnuts to create a sensual, aromatic scrub for oily skin. Use dabs of cottage cheese to lighten undereye circles, or almond oil to rehydrate cracked lips. Narine also provides recipes based on astrological signs, such as for Scorpio, a Gracious Grapefruit Mask made of grapefruit, egg yolk, and soothing honey to rejuvenate your skin even after a late night. Narine is from a long line of Armenian women who have been harnessing the powers of nature to create everlasting beauty. For the first time, she reveals her secrets so that you can have star-worthy skin.

## Book Information

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## Customer Reviews

"My wife brought this book home -- for herself. But I read it. Now I know why my wife is so beautiful! It was a great read." -- KIRK DOUGLAS, Academy Award-nominated actor  
"Narine's facials are like therapy. You lie on the table, and when you're finished, you look glamorous and younger than when you walked in." -- Anne Douglas  
"Narine is in a league of her own as an expert and purveyor of old world European skin care formulations. Each recipe featured in this inspirational book becomes a "gourmet feast" for every kind of complexion and best of all custom tailored to your astrological sign. No wonder this wiz of skin care has been a Superstar Facialist at my spa for close to two decades, with everyone clamouring for her magic touch." -- OLE HENRIKSEN, founder, Ole Henriksen

Face/Body spa and skin care line"Narine's Eastern European traditions land softly on my coca-kissed skin giving me a flawless fresh face. Her recipes for unforced beauty keep all skin types glowing from the inside out. -- Alfre Woodard, actress

NARINE NIKOGOSIAN trained in nursing with a concentration in dermatology in her native Armenia and Russia before coming to the United States. In the U.S., she ran the successful Starface salon in Glendale, California, and later built a well-respected reputation as a talented aesthetician at Ole Henriksen Face and Body on Sunset Boulevard in Los Angeles. Her clients include many of Hollywood's top stars.

I once read that you should never put anything on your skin that you wouldn't also put into your mouth. Well, this book is nothing but mouth-watering skin care recipes that are quick and easy (often only two or three ingredients), and many of the ingredients are already in your kitchen. They require a little more effort than store-bought beauty products, however, since they have to be kept refrigerated and made frequently. Personally, I find this a small price to pay for the benefit of natural skin care--chemical-free and nutrient-rich. And, although I can't state with scientific certainty that the recipes actually reduce lines or make my skin healthier, I can say that I feel so much better making and using my own beauty potions that my inner radiance comes through and this is what people notice. Yes, I understand that beauty is more than skin deep, but we women know that if we feel good, we look good. Return to Beauty is nicely presented and easy to use. It includes step-by-step directions for giving yourself a facial, as well as recipes specific to the seasons, skin types, and sun signs; simple solutions for skin, hair, and nail care; pregnancy skin care--there is even a short section on skin care for men. If you're ready to invest a few extra minutes of your time and energy into feeling and looking good, try some of the recipes and see the results for yourself. You're worth it.

Return To Beauty is an excellent book to create your own beauty recipes! The book is divided up into 6 parts. Part 1) Seasons Part 2) Sun Signs Part 3) Simple Solutions Part 4) Pregnancy Part 5) How To Give Yourself A Facial Part 6) No Frills For Men. Narine Nikogosian starts her book out with a wonderful although quick introduction, allowing the readers a peek into her philosophy about natural skin care. The photos in the book are just lovely! I have two other beauty recipe books (see bottom of review) and neither of those books have a single photo! The beautiful photographs are definitely a bonus treat, as well as the way the recipes are displayed, using larger print than the other two books

that I own (and love). The most important aspect that makes Return To Beauty an excellent book has to be how EASY the recipes are! I have had to buy sticky notes to add to so many of the recipes so I can find them again quickly. The recipes use everyday items you probably already have in your kitchen. Mayonnaise Lemons Yougurt Cottage cheese Honey Butter Milk Salt Tea bags Olive oil Eggs Flour Vinegar Juices To just name a few... and some of the ingredients I didn't have and had to purchase are: Vodka Cognac Almond oil Shredded coconut Sparkling mineral water Rose oil Cornstarch Cherries Heavy cream Figs There are so many recipes that just use two or three simple ingredients and not one of the recipes requires very much effort at all! The alcohol recipes center on facial toners and masks and require very little alcohol so I just bought the tiny travel bottles and they last a long time. It's a wonderful book that I have loved using and I highly recommend it to others of all ages!! The other two books that I own and love are: The Beauty Cookbook: 200 Recipes to Make Your Kitchen Your Spa -- for Your Face, Your Body and Your Hair And Babushka's Beauty Secrets

This is a great collection of food-based beauty treatments from moisturizers and masks to foot scrubs and hair rinses. Most of the ingredients can be found in my kitchen any night my daughter and I decide to pamper ourselves. We have liked most of what we have tried, and have been surprised by how great some of the recipes work. The problem is in the organization of the book. The only index is by ingredient. A few sections are purpose specific--Dry hair care, nail care, lip care (see the table of contents in the preview). But most of the book is divided into sections based on astrological signs and seasons. While this can be a fun way to find something you might not otherwise try, it makes it very hard to find something specific, such as a face mask, because you have to thumb through more than half the pages to check every recipe before deciding which one to make. If you like food-based beauty treatments this book can be a great addition to your library. Just know you will need to create a list of favorite recipes by topic in the front so you don't spend all your "spa night" time searching for the perfect treatment.

One of the best books I have ordered so far. I have ordered about 15 books about skin care and this is one of the best homemade skin care book I have. I would recommend buying it if you want to make homemade mask and other things. The recipes given have things you normal already have in your house.

I bought this book and tried many recipes. And....I mean, they work, but it's a little bit of a hassle, you need to have all this produce ingredients ready, have the time to mix them up, etcetera... The book is

beautiful and the pictures inside are gorgeous, but the recipes are a little impractical. It looks like it was written for women who have a lot of time on their hands. I'll give it three stars because some of the recipes actually work, and if you don't have money to buy a cream, and you happen to have the ingredients at home to do yourself a facial, it's good to go... But I don't have the time to make these recipes or treatments on a daily basis.

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The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age  
Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types  
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Coconut Oil and Apple Cider Vinegar Handbook: Use Coconut Oil and Apple Cider Vinegar for Healing, Curing, Beauty, and Glowing Radiant Skin  
Natural Beauty Recipes: 60 Best-Kept Secrets to Care for the Skin: Natural Skin Care Tips  
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