

Pure Skin Care

by Stephanie Tourles

Start the new year off with a new approach to your skin care! Our staff here at Christopher Publications and The School of Natural Healing are in love with a new skin care book by bestselling author Stephanie L. Tourles called *Pure Skin Care*. Stephanie is a licensed holistic esthetician, certified aromatherapist, reflexologist, herbalist, and author.

The photographs in the book *Pure Skin Care* are absolutely beautiful, clean, and rich. She has both simple and more advanced techniques for making your own beauty products. What we love most about Stephanie is her approach to skin care. In her book she discusses seven keys to vibrant skin which are:

1. Cleanse your Skin Daily
2. Maximize your Nutrition
3. Drink Water-the Elixir of Youth and Health
4. Detoxify Inside and Out
5. Keep Moving to Look and Feel your Best
6. Give Yourself Some Exposure: A Little Sun is a Good Thing
7. Seek Deep, Restful Sleep

The little habits we keep to support our body's health can have the greatest impact. Dr. Christopher emphasized over and over again the importance of a wholesome diet, deep breathing, a little sun exposure, restful sufficient sleep, drinking lots of clean water, and cleanliness inside out. This new book of Stephanie's is just the ticket for helping increase health and happiness from the inside out.

Stephanie discusses the purposes of skin care, choosing the appropriate tools, containers and methods for making skin care products. She has recipes for cleansers, astringents, toners, masks, steams, scrubs, moisturizers, elixirs, skin conditioners, sun care and recipes for your hands and feet. At the end of her book is an ingredient dictionary that gives wonderful and thorough descriptions of the ingredients used, their properties and purposes. *Pure Skin Care* is a wonderful way to begin this new year looking and feeling your best! It is on sale now through Christopher Publications for \$13.50, regularly priced \$19.95, for a limited time. Cheers to a new year of increased health, happiness, and *Pure Skin Care*!

Stephanie Tourles is a licensed holistic esthetician, certified aromatherapist, reflexologist, herbalist, and the author of *Organic Body Care Recipes* and *Hands-On Healing Remedies*, which are also available through Christopher Publications.

