



Nature's Beauty Secrets: Recipes for Beauty Treatments from the World's Best Spas

By Dawn Gallagher, Jody Raida

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Enjoy the most healthful and luxurious beauty treatments from the best spas worldwide, using ingredients from your own kitchen. The pursuit of beauty today is happily fused with a desire for inner health. Drawing from her extensive travels, fashion model Dawn Gallagher presents a natural, multicultural approach to beauty care. She has collected recipes from spas all over the world and translated them into simple treatments one can do at home. This book is a collection of ancient and modern beauty secrets, healing practices for mind and body, and lifestyle tips for health and vitality from exotic locations in Arabia, the Caribbean, the Far East, India, South Africa, and the Indian Ocean islands. Few of us have the time or money to drop everything and escape to the tropics, so here's a top-to-toe revitalizing program you can do in the comfort of your own home. And in a move away from costly, chemical-laden cosmetics and beauty products, the book offers natural alternatives using healthy ingredients from your own kitchen—such as avocado, banana, olive oil, and yogurt—at a fraction of the price. Brimming with gorgeous photographs, easy-to-follow recipes, and multicultural beauty tips, *Nature's Beauty Secrets* transports the reader to a world of beauty, pampering, and relaxation.

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Editorial Review

Review

“The fashion model turned television host Dawn Gallagher has collected recipes from far-flung spas (including the Bayan Tree Spa in the Maldives and the Overwater Spa at Kamalame Cay in the Bahamas) and adapted them using items you can buy at the grocery store, in *Nature's Beauty Secrets...*” ~*New York Times*

“Former fashion model Dawn Gallagher brings you ‘top to toe revitalization,’ world class treatments at grocery store prices... A virtual, visual feast for the eyes, gather your girlfriends for a staycation spa day and transport yourself to a land that will satiate the body, mind and soul.” ~Splendoria

“In addition to easy-to-follow recipes and tips, the book is brimming with beautiful photographs, making it a really lovely retail item.” ~American Spa

“...I loved this book and highly recommend.” ~Beauty Logic

“It’s full of some really great useful health and beauty tips, everything from getting rid of puffy eyes naturally to all kinds of masks you can make at home for every kind of skin type.” ~Champagne and Heels

“...in addition to beautiful pictures, *Nature's Beauty Secrets* is also chock full of do-it-yourself face and body treatments that sound exotic but are actually easy to whip up in your own kitchen.” ~*Daily Lounge*

About the Author

Dawn Gallagher is the author of *Naturally Beautiful: Earth's Secrets and Recipes for Skin, Body, and Spirit*. As a fashion model, she graced the covers of more than three hundred magazines, including *Vogue*, *Harper's Bazaar*, and *Cosmopolitan*. Her beauty recipes have been featured in countless magazines, newspapers, radio shows, and television shows, including *Good Morning America* and the *Today Show*. Dawn is a regular host on WebMD's *Spa Escapes*.

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