

American

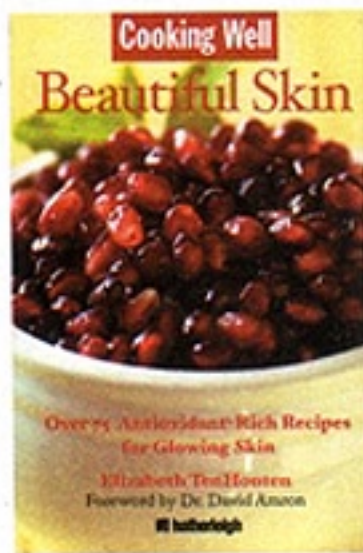
BEAUTY LIVES HERE

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Beauty Food

In *Cooking Well: Beautiful Skin* (Hatherleigh Press, 2009), beauty and skincare expert Elizabeth TenHouten provides



easy-to-follow recipes featuring free-radical fighting antioxidants to achieve beautiful and radiant skin. The book contains more than 120 antioxidant-rich recipes and “Beauty Bytes,” which are beauty remedies and topical treatments made from 100-percent natural ingredients found in most kitchens. elizabethtenhouten.com —N.P.

Waves

Pureology's Ruth Roche plays up texture and curls in her latest collection