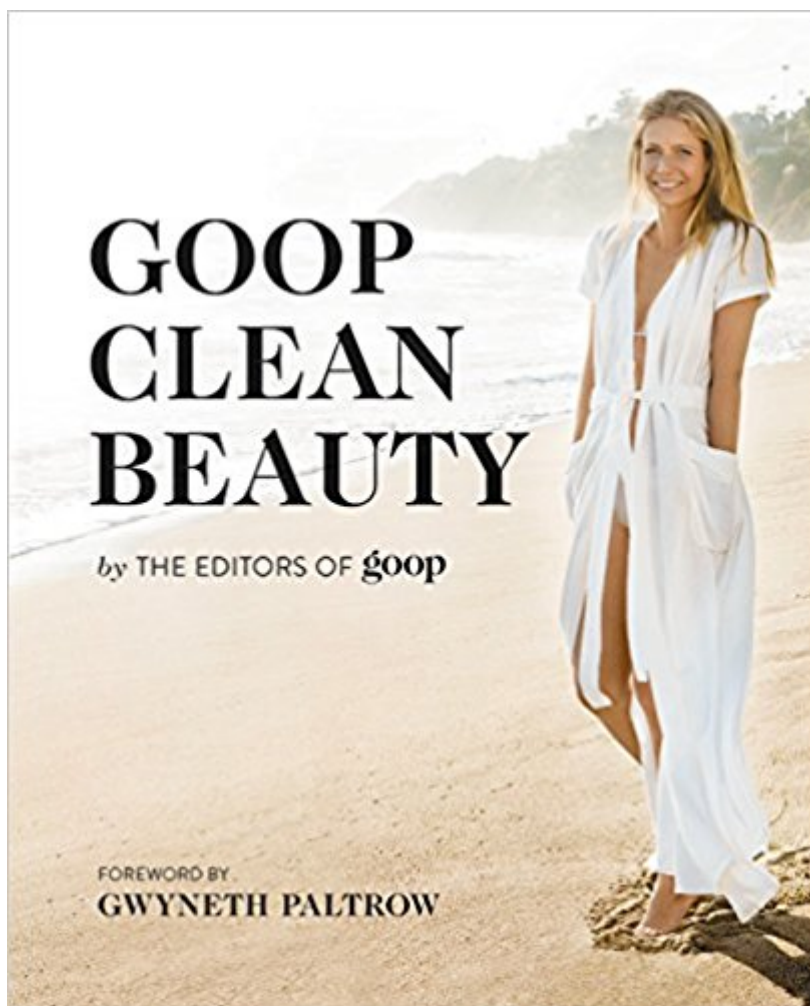




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# Goop Clean Beauty



## Synopsis

The ultimate beauty guide from the experts at GOOP--the trusted resource for healthy, mindful living, curated by Gwyneth Paltrow. Millions of women around the world turn to the clean-living team at GOOP for beauty advice. From nontoxic product recommendations, red carpet- (and everyday-) ready hair and makeup tutorials, to guidance on aging, acne, and antioxidants, GOOP has become the go-to resource for head-to-toe beauty. Finally, the editors of GOOP have shared their top tips and recommendations, favorite detox recipes, workout plans, and hair and makeup looks in one must-have guide. Featuring more than 100 gorgeous photos and extensive Q&As from GOOP's family of expert contributors, GOOP CLEAN BEAUTY will shed a definitive light on the importance of diet, sleep, exercise, and clean beauty products, while offering tactical advice for healthy, glowing skin and hair that starts from the inside out. The first book from the top name in clean-living, GOOP CLEAN BEAUTY is the one resource women need to feel, and look, their best every day.

## Book Information

Hardcover: 288 pages

Publisher: Grand Central Life & Style (December 27, 2016)

Language: English

ISBN-10: 1455541559

ISBN-13: 978-1455541553

Product Dimensions: 7.9 x 1 x 9.6 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 39 customer reviews

Best Sellers Rank: #78,064 in Books (See Top 100 in Books) #119 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #141 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#) #244 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

"A chorus of 'We hear you' and 'Let's be real' will have readers feeling right at home with a book from the brand they trust as a realistic voice for how to put health first while managing modern life's demands." [Booklist](#)

Launched in the fall of 2008 out of Gwyneth Paltrow's kitchen, GOOP has grown from a weekly e-mail newsletter into a modern lifestyle brand and an indispensable resource for the very best,

unbiased experiences, recipes, products, and advice. Lead by Paltrow, GOOP includes a collective of editors who collaborate with a varied group of experts to curate an open-minded, curious approach to health-centric living.

I ordered this guide because I refer to the Goop website for information regarding beauty, nutrition and fitness. I have found great tips and useful information there. Can I afford everything that Gwyneth and the staff recommend? Of course not (e.g. a \$200 sweatshirt??? I think I'll pass). But at the heart of the site there is a solid foundation of helpful information in a variety of areas. I read the book and was not disappointed. I loved the fact that there was an emphasis placed on beauty starting within with clean eating. I have already used several detox recipes (miso soup and chicken paillards) and found them to be nourishing and satisfying. I have NOT tackled the recommended detox but I think the guidelines are helpful even if you would like to tweak your diet. The book was well-researched and I enjoyed hearing from experts within the fields of everything from gut bacteria to foam rolling. I have ordered a foam roller and began to incorporate the moves into my routine and I can feel the difference in my body. To address those people who despise all things Gwyneth Paltrow I will say this: give it a try. I understand people who feel as if she's out of touch with the reality of daily life for most of us; however, you must also realize that her life does NOT mirror ours in socioeconomic status or privilege. As a result, she has access to the best of everything. I don't know about you, but when it comes to finding out about cutting edge beauty, health, travel and nutrition, I want to know what SHE knows. It's like having that cool friend that can get you into all of the best parties. Yes please!! I have found useful products, tips and health information that I have incorporated into my life from the site as well as the guide and I'm NOT wealthy (rich in blessings but not rich). Would I recommend using it as your beauty bible? Probably not, but I would never suggest using any ONE resource for knowledge about a subject (s). There is a wealth of information out there to be had. Do I recommend this as a solid addition to your existing library? Absolutely.

I love GP. This book is a compilation of articles, trends, tools of the GOOP website. Though I could live without this, I did enjoy this and it does highlight parts of the GOOP lifestyle. I will flip through this now and again for advice and how to's and even the recipes. If you enjoy GOOP you will enjoy this!

There is an incredible amount of info in this book. Lots of interviews with 'experts', research, and 'how to apply this in your life.' If you have read "The Honest Life" by Jessica Alba think of this as the

more in depth college textbook version. Some of the recipes are similar to what can be found in Gwyneth's cookbooks, but that is a positive for me since I really enjoy her recipes. If you are looking for a lot of information AND lots of things to try this is definitely worth purchasing.

A good read. I learned a few things that have been helpful to me.

So, this book can be pretty obnoxious by stating the obvious and including lots of filler in the form of recipes and photos. However, there is some really great stuff, too, just at the very very end of the book. CON: unappetizing and pointless recipes (and I eat pretty clean). Really? Does anyone need another salad or smoothie recipe? Usually I can find at least one thing I would actually cook or make, but not this time. Also, the diet is all about "detoxing," but a lot of the recipes have lots of sugar in the form of honey, dates, and coconut sugar. Hello, craving triggers? The same health advice you find everywhere turns up: eat clean, do yoga, exercise, stop smoking, drink less, meditate....nothing surprising here. Lots of 20-something super slim models right from the Free People campaign with flowy hair and puffy lips and floppy hats filling space in the book (in addition to all the useless space for recipes that are unappetizing (steamed fish? anchovies? Kimchee turkey burgers?) or sugary. PRO: I had almost given up on this book and was about to donate it to the library when, behold!!!! Some actually pretty damn good advice on natural makeup and sexy hair (if you don't have long hair though forget it). Somehow, basically every attractive makeup (non-trendy, sexy, natural) idea with fool-proof instructions is included. I also loved the hair looks and instructions. I would venture to say Chapters 11 and 12 make the book worth the money.

I am so happy with this book! Arrived as expected. Perfect for anyone learning about turning away from toxic products.

Great book - uplifting and informative - definitely recommended as a present for any female.

Lots of good information! Nice to keep going back to as a reference.

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