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# High Vibrational Beauty Recipes And Rituals For R

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Good Morning Intentions

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The Violet Bakery Cookbook

The Oily Crystal

Vibrational Nutrition

The Kosmic Kitchen Cookbook

Upstate

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Plant-Powered Beauty, Updated Edition

The Essential Oils Complete Reference Guide

High Vibrational Beauty  
Renegade Beauty  
The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded  
Ignite Your Light  
Vibration Cooking  
The Moon Juice Cookbook  
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WitchCraft Cocktails  
My Soul Looks Back  
Eating Out Loud  
The Physics of Heaven

*High Vibrational Beauty  
Recipes And Rituals For  
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## **DUNCAN HICKS**

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*Rainbow Stew* Clarkson Potter

The founder of L.A.'s hottest wellness boutique, Amanda Chantal Bacon offers the ultimate resource for foodies looking to restore their health the natural way, using functional foods to create seriously healing drinks, snacks, and sweet treats. Since Amanda Chantal Bacon founded Moon Juice in 2011, it has evolved into one

of the nation's fastest growing wellness brands, and in *The Moon Juice Cookbook*, she artfully distills her powerful approach to healthy living, sharing over 75 recipes for the brand's most popular healing beverages and provisions. Amanda's recipes harness the healing properties of adaptogenic herbs, raw foods, and alkalizing ingredients to create potent drinks, snacks, and sweets that deliver a multitude of benefits, including sparked libido, glowing skin, and boosted immunity. She begins by guiding readers through the fundamentals of the Moon

Juice kitchen, teaching them how to stock the larder with milks, juices, cultured foods, and "unbakery" doughs and crèmes—all of which can be mixed and matched to create nutritionally turbo-charged meals with minimal effort—and the essential time- and money-saving strategies they'll need to make their new kitchen practices stick. With recipes for healthful, delectable indulgences like Strawberry Rose Geranium Bars, Hot Sex Milk, Savory Tart with Cheese and Tomato Filling, Pulp Brownies with Salted Caramel Sauce, Yam Julius Milk, and Chocolate

Chaga Donuts, The Moon Juice Cookbook is the stylish yet pragmatic roadmap readers need to achieve optimal wellness in a natural and delicious way.

**Superherbs** Lee & Low Books

Imagine you are in a bright, breezy kitchen. There are large bowls on the counter full of lush, colorful produce and a cake stand stacked with pretty whole-grain muffins. On the shelves live rows of glass jars, all shapes and sizes, containing grains, seeds, beans, nuts, and spices. You open the fridge and therein you find a bottle of fresh almond milk, cooked beans, soaking grains, dressings, ferments, and seasonal produce. This is Amy Chaplin's kitchen. It is a heavenly place, and it is this book that will make it your kitchen too. With her love of whole food and knowledge as a chef, Amy Chaplin has written a book that will inspire you to eat well at every meal, every day, year round. Part One lays the foundation for stocking the pantry. This is not just a list of ingredients and equipment; it's real working information—how and why to use ingredients—and an arsenal of simple recipes for daily nourishment. Also included throughout the book is

information on living a whole-food lifestyle: planning weekly menus, why organic is important, composting, plastics versus glass, filtered water, drinking tea, doing a whole-food cleanse, and much more. Part Two is a collection of recipes (most of which are gluten-free) celebrating vegetarian cuisine in its brightest, whole, sophisticated form. Black rice breakfast pudding with coconut and banana? Yes, please. Beet tartlets with poppy seed crust and white bean fennel filling? I'll take two. Fragrant eggplant curry with cardamom basmati rice, apricot chutney, and cucumber lime raita? Invite company. Roasted fig raspberry tart with toasted almond crust? There is always room for this kind of dessert. If you are an omnivore, you will delight in this book for its playful use of produce and know-how in balancing food groups. If you are a vegetarian, this book will become your best friend, always there for you when you're on your own, and ready to lend a hand when you're sharing food with family and friends. If you are a vegan, you can cook nearly every recipe in this book and feed your body well in the truest sense. This is whole food for everyone.

*Lost Nowhere* Rodale

Rethink conventional notions of beauty and wellness, abandon established regimes and commercial products, and embrace your "renegade" beauty In this essential full-color guide, Nadine Artemis introduces readers to the concept of "renegade" beauty—a practice of doing less and allowing the elements and the life force of nature to revive the body, skin, and soul so our natural radiance can shine through. Anyone stuck in perpetual loops of new products, facials, and dermatologist appointments will find answers as Artemis illuminates the energizing elements of sun, fresh air, water, the earth, and plants. This book is a comprehensive resource for anyone who wants to simplify their self-care routine, take their health into their own hands, and discover their own radiant beauty.

**The Mindful Mom-to-Be** Penguin

Some of the most influential and prophetic voices of the Spirit-empowered movement have joined together to help you start hearing the sounds of heaven and discover how natural elements—sound, light, energy, vibration and even quantum physics—are supernaturally bringing

Heaven to Earth. Featuring contributions from Bill and Beni Johnson, Larry Randolph, Jonathan Welton, Bob Jones, Cal Pierce, David Van Koevering, and Ray Hughes, *The Physics of Heaven* features revelatory segments such as: · Recovering Spiritual Inheritance · Sound of Heaven · Angelic Encounters · Quantum Mysticism · Authentic versus Counterfeit Unlock Heaven's healing energy, tap into the frequency of God's Kingdom, and access a new realm of divine encounters today! "If you are tired of being a settler, existing on the shores of tradition and riskless living, this book is for you. But beware, because once you get a taste of these authors' insights into light, sound, vibration and quantum physics and you discover how God has written His personal story into creation, you are destined to see the Almighty all around you." - from the foreword by Kris Vallotton  
*Slow Beauty* Shambhala Publications  
 A stunning collection of 70 witchcraft-inspired drink recipes with inspiration for creating your very own spirited cocktails to benefit your practice. For centuries, witches have been using spirits of all forms during rituals and celebrations. Now,

today's modern witch can learn how to make the perfect powerful witchcraft cocktail. All you need is a delicious and easy recipe, a bottle of your favorite booze, and a desire to get witchy. In *WitchCraft Cocktails*, you will find 70 recipes for alcohol-based beverages that are sure to help you in your craft. Designed for healing, spells, offerings, and just plain fun, there's nothing these boozy drinks can't do! Need a love potion to help woo your lover? Maybe a tincture to heal a cold? Or perhaps you're looking for the perfect witch-themed signature cocktail to serve at your next gathering. Regardless of what you're looking for, this book has you covered and includes tips on how to use your witch's brew to further your practice—and have fun!  
[The Beauty Detox Power](#) Ten Speed Press  
 A decade ago, after suffering from life-threatening autoimmune disorders, Hollywood actress Shiva Rose set out to discover a more holistic way to natural health and beauty. Growing her own organic herbs and flowers; mixing creams, lotions, and tonics; and following Ayurvedic practices and creating mindful rituals, she has not only healed her life but

has also become a leader and entrepreneur in the world of all-natural beauty and lifestyle. *Whole Beauty* is her radiant next step, a practical, inspiring, stunningly beautiful guide to following a whole beauty practice at home. Here is the recipe for Rose's iconic rose hip facial serum, as well as 40 other recipes for masks and exfoliants, hair-care products and detoxes, and even DIY deodorant and toothpaste. She explains Ayurvedic practices, such as dry brushing and oil pulling, and home-cleansing rituals, such as smudging with burning sage; shares a dozen tonics, including Celestial Nog and Summer Lover; and offers an entire chapter on the use of essential oils, both on the body and in the home. From natural beauty solutions like a Blushing Bride Chickpea Face Mask to showing how to tap into the full force of female energy, *Whole Beauty* is a complete guide to revitalizing your life.  
**Kale & Caramel** Shambhala Publications  
*Face Values* is packed with insights and inspiration on skincare, make-up, haircare, fragrance and wellness. Delve inside the bathroom cabinets and make-up bags of fashion designers, beauty writers, make-

up artists, perfumers and eco-entrepreneurs, and discover their skincare secrets, beauty philosophies and essential daily rituals - including the hero products they can't do without. It also features a global directory of the best beauty resources. Embracing modern values of understated style, sustainability and anti-perfectionism, this book reveals the benefits of a positive and mindful approach to beauty, wellness and self-care.

Becoming Sugar-Free North Atlantic Books  
'This is the herbal guide book for modern life - with easy recipes, practical tips and pearls of wisdom - it's the perfect companion to help you use powerful herbs in a modern way.' Anabel Kindersley, co-founder of Neal's Yard Remedies Turmeric, matcha, bee pollen, ashwagandha, astragalus. Often called 'nature's miracles', superherbs, or adaptogens, help the body adapt to the stresses of life, whether emotional, environmental or immune related. We've all been informed about superfoods and the nutrients they pack, but superherbs do more than deliver vitamins and nutrition - they help to improve overall health to bring the body

back to equilibrium. Featuring twenty of the most easy-to-source and use adaptogens, Superherbs will teach you the history of these ancient herbs, how each can help us in mind, body, beauty and spirit, and ten ways that we can incorporate them into our lives including recipes, teas, tonics, and DIY beauty regimes. Superherbs will help you find the best ways to de-stress, relieve anxiety, reduce inflammation and so much more, all in a healthy, natural way.

Essential Oils in Spiritual Practice Rodale Books

Lily doesn't like change although it seems to follow her everywhere she goes. She does a pretty good job at rejecting it every chance she gets, but when she stumbles upon an enchanted world everything moves faster than she can even perceive possible. She has two choices-stay in misery on her own, or learn how to surrender.

Good Morning Intentions Piatkus

A practical and delicious field guide to cooking and healing with adaptogens from wellness expert and former chef Amanda Chantal Bacon, founder of Moon Juice and author of The Moon Juice Cookbook In The

Moon Juice Manual, Amanda Chantal Bacon lays out the blueprint for the next level of mind-body health. This is the quintessential guide to adaptogens, the stress-busting super-herbs and -mushrooms that Bacon introduced to the wellness world with her cult-followed Moon Dust collection. As the name suggests, adaptogens are plants that can help us adapt to and protect ourselves from the daily stress of modern life. From cordyceps (a mushroom to elevate energy and libido) to ashwagandha (a shrub to tame anxiety and reduce inflammation), adaptogens are a powerful, edible antidote to today's stressed-out, high-speed world. A plant-fueled survival guide to modern life, The Moon Juice Manual explains the way chronic stress impacts the mind and body and provides simple and delicious ways to incorporate adaptogens into daily life. The book offers prescriptive recommendations and functional recipes for optimizing beauty, brain, spirit, sex, sleep, or mood. Readers will understand how to make grain-free and practical recipes with adaptogens along with easy, decadent treats like Horny Goat Weed Brownies and Schisandra Sleeping Beauty Balls. The

Moon Juice Manual makes cooking and healing with adaptogens fun, approachable, and truly transformative. [The Moon Juice Manual](#) The Monacelli Press, LLC

"Designed to enrich social, emotional, intellectual, and spiritual living, Good Morning Intentions is a practical book about the natural health care benefits of daily rituals." —Foreword Reviews What can you do each morning to raise your vibration and jumpstart your bliss? Spoiler alert: The answer isn't coffee. If you want to feel more grounded, energized, and connected to your goals, you should try what famous and highly successful people—from Benjamin Franklin and Jane Austen to Steve Jobs and Oprah Winfrey—have been doing throughout history: adopt a morning ritual, and stick to it! But where do you start? In Good Morning Intentions, two yoga and meditation teachers and entrepreneurs reveal 21 rituals to help you make each morning really matter, setting you up for daily success. In this easy-to-use and accessible guide, you'll find a powerful blend of energy-boosting exercises, breathwork, simple meditations, and

intention-setting practices—rather than complex yoga postures—to help you start your day with a deep sense of joy, vitality, and radiance. If you're ready to align your life with a higher purpose, increase your motivation, and reach your highest goals, make this book a part of your daily ritual. Coffee is optional.

[At Home in the Whole Food Kitchen](#) Hay House, Inc

Every life form is made up of vibrations that coincide with the harmonic frequency to which all life is attuned. The vibrations of the body easily go out of tune when a person is exposed to physical or emotional stress. *Vibrational Healing Through the Chakras* provides the most up-to-date information on the use of vibrational tools such as crystals, aromas, sounds, bodywork, and homeopathy to help the body remember its own healthy harmonic resonance. Author Joy Gardner offers this in-depth look at vibrational healing for people interested in improving their own health and well-being, as well as those who want to become practitioners of this gentle art. Explore how to use vibrations to release old dysfunctional patterns in the body-mind and replace them with new

patterns that resonate with the body's own healthy frequencies. • An in-depth resource guide to using vibrational tools at the chakra points to heal the body and mind. • Includes a detailed explanation of chakras and the human energy field and how to heal with a variety of tools including colors, crystals, aromatherapy, and light.

*Lunar Alchemy* Workman Publishing

Born out of the popular blog Kale & Caramel, this sumptuously photographed and beautifully written cookbook presents eighty recipes for delicious vegan and vegetarian dishes featuring herbs and flowers, as well as luxurious do-it-yourself beauty products. Plant-whisperer, writer, and photographer Lily Diamond believes that herbs and flowers have the power to nourish inside and out. "Lily's deep connection to nature is beautifully woven throughout this personal collection of recipes," says award-winning vegetarian chef Amy Chaplin. Each chapter celebrates an aromatic herb or flower, including basil, cilantro, fennel, mint, oregano, rosemary, sage, thyme, lavender, jasmine, rose, and orange blossom. Mollie Katzen, author of the beloved *Moosewood Cookbook*, calls

the book “a gift, articulated through a poetic voice, original and bold.” The recipes tell a coming-of-age story through Lily’s kinship with plants, from a sun-drenched Maui childhood to healing from heartbreak and her mother’s death. With bright flavors, gorgeous scents, evocative stories, and more than one hundred photographs, Kale & Caramel creates a lush garden of experience open to harvest year round.

**High-Vibe Feng Shui** University of Georgia Press

Beauty is Wellness. Wellness is Beauty. Kerrilynn Pamer and Cindy DiPrima Morisse, founders of CAP Beauty, the all natural beauty site and store with a cult following, want to share their deep knowledge of the benefits of natural beauty, foods, and mindfulness techniques with you. Natural beauty is about making choices that create true radiance from the foods we eat to the way we move to how we care for ourselves and our planet. You’ve already purified your meals, workouts, and bodies by returning to clean naturals. Now it’s time to align your beauty routine with the other wellness practices you follow. What we put on our

skin is easily as important as what we put in our mouths. But natural beauty is about much more than just products. Through routines, recipes, and rituals, High Vibrational Beauty addresses beauty from the inside out and vibrancy from the outside in. Divided into seasons and focused on self-care and rejuvenation, High Vibrational Beauty combines mantras, meditations, natural skin care regimens, and over 100 plant-based recipes to help everyone achieve radical radiance. This is the only guidebook you need to create true and lasting beauty for the mind, body, and soul.

The Law of Positivism National Geographic Books

SpaRitual founder Shel Pink's Slow Beauty is all about carving a few moments out of each day to practice the kind of mindful self-care and wellness that makes us glow. Slow Beauty works because it's a lifestyle, not a quick fix. It provides inspiration, support, and tools for working from within toward looking and feeling healthier and more joyful than ever. In this book you'll find: - Ideas on beauty with substance from around the world; - Rituals such as finding and designing your own sanctuary,

breathing exercises, meditation, and deepening relationships (and inner strength) through women's gatherings; - Recipes for teas, soups, juices, smoothies, scrubs, body oils, and even how to create your own mantra; - How to incorporate these practices into daily life in the best way for you. Filled with inspirational images and a message that's sustainable for a lifetime, Slow Beauty will harness the power within every woman to physically, mentally, and spiritually nourish their bodies from the inside out.

*Whole Beauty* Rodale Books

Organized like a cookbook, Books that Cook: The Making of a Literary Meal is a collection of American literature written on the theme of food: from an invocation to a final toast, from starters to desserts. All food literatures are indebted to the form and purpose of cookbooks, and each section begins with an excerpt from an influential American cookbook, progressing chronologically from the late 1700s through the present day, including such favorites as American Cookery, the Joy of Cooking, and Mastering the Art of French Cooking. The literary works within each section are an extension of these

cookbooks, while the cookbook excerpts in turn become pieces of literature--forms of storytelling and memory-making all their own. Each section offers a delectable assortment of poetry, prose, and essays, and the selections all include at least one tempting recipe to entice readers to cook this book. Including writing from such notables as Maya Angelou, James Beard, Alice B. Toklas, Sherman Alexie, Nora Ephron, M.F.K. Fisher, and Alice Waters, among many others, *Books that Cook* reveals the range of ways authors incorporate recipes--whether the recipe flavors the story or the story serves to add spice to the recipe. *Books that Cook* is a collection to serve students and teachers of food studies as well as any epicure who enjoys a good meal alongside a good book.

**Radiant** New World Library

Turn your pantry into a storehouse of beauty fuel -- and you'll begin to radiate health from the inside out. From adaptogens and algae to sweet potatoes and turmeric, discover the exquisite flavors and healing magic of whole foods. In this A to Z guide and cookbook of the world's most nutrient-dense foods, chef

and nutritionist Mafalda Pinto Leite will illuminate how nature provides everything you need to achieve radiant health. *Radiant* is about falling in love with pure food and receiving the dynamic life-force fuel these superfoods naturally provide. With the healing potency of raw vegetables, fruits, petals, herbs, roots, nuts, seaweeds, and more, you can age gracefully, ease stress, sleep better, and even feel more confident and creative. The (mostly) raw, vegan recipes highlight these powerhouse foods in unexpected ways, such as with the Rose Quartz Latte, Zen Chia Pudding with Matcha Whip, Moroccan Spiced Salad with Chickpea Popcorn, Into the Sea Salad Bowl, and Chocolate Maca Doughnuts. As you follow Mafalda's joyful "inside out" approach, you'll experience bountiful energy, acute brainpower, balanced hormones, luminous skin, elevated moods, and restored digestion. These transformative recipes are your guide to choosing foods with the potential to change your life.

**The Violet Bakery Cookbook** Penguin

You know your diet should be rich in plants for optimal health. So shouldn't the products you apply to your skin, which are

absorbed into your body, also be filled with plants? If you've ever looked at the back of your so-called "natural" facial moisturizer or body cream and seen a list of complicated additives you couldn't recognize or pronounce, then you know firsthand that mass-produced synthetic beauty products can be something of a mystery. With *Plant-Powered Beauty: The Essential Guide to Using Natural Ingredients for Health, Wellness, and Personal Skincare* (with 50-plus Recipes), harness the power of plant-based energy to maintain your natural beauty and let your skin glow like never before. Natural beauty experts Amy Galper and Christina Daigneault show readers how to deconstruct beauty labels, parse ingredients lists, make informed choices about the products they use—and, most important, better understand how their skin works. At the heart of *Plant-Powered Beauty*, you will find more than 50 easy-to-follow recipes to make your own plant-based skincare and beauty products, such as:

- Almond Milk Facial Cleanser
- Anti-aging Facial Scrub
- Blemish Gel
- Choc-o-Mint Lip Balm
- Coconut Whip Makeup Remover
- Vitamin-Rich Hair Health Serum



• Quick and Fresh Cucumber-Thyme Body Scrub • Moisturizing Body Oil for Super-Dry Skin • Natural Mouthwash Plus, in this updated edition of Plant-Powered Beauty, meet the hottest wellness and beauty ingredient: cannabidiol, a very unique molecule within the Cannabis sativa plant. Research shows that CBD has a remarkable effect on the skin, including supporting tissue repair, evening skin tone, and promoting a youthful glow. New CBD recipes—for men and women!—include a salve to reduce pain, bath soak to address inflammation, facial serum for balancing, roll-on for stress relief, body butter, and more. Plant-Powered Beauty unlocks sought-after wisdom for all aspects of plant-based personal skincare and celebrates the shift in beauty trends, bringing us back to

natural beauty and reconnecting us with plants and healthy choices.

The Oily Crystal Crossing Press

Completely updated, the best book on the topic available anywhere has just gotten better! A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this new edition contains more than 800 easy-to-follow recipes for essential oil treatments. No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than Valerie Ann Worwood. In her clear and positive voice, Worwood provides tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors. Other sections cover self-defense against microbes and contaminants, emotional challenges, care for the home and workplace, and

applications for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more. Since the publication of the first edition of this book 25 years ago, the positive impact of essential oil use has become increasingly recognized, as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses.

Vibrational Nutrition Storey Publishing, LLC

"On a rainy summer day, three children and their grandpa pick vegetables in his garden and then cook and share a delicious meal of his famous Rainbow Stew. Includes recipe"--

Best Sellers - Books :

• [Happy Place](#)

• [The Going To Bed Book By Sandra Boynton](#)

• [The Wager: A Tale Of Shipwreck, Mutiny And Murder](#)

• [Heart Bones: A Novel](#)

• [Never Lie: An Addictive Psychological Thriller](#)

• [Dark Future: Uncovering The Great Reset's Terrifying Next Phase \(the Great Reset Series\) By Glenn Beck](#)

- [Remarkably Bright Creatures: A Read With Jenna Pick](#)
- [Lessons In Chemistry: A Novel](#)
- [Haunting Adeline \(cat And Mouse Duet\)](#)
- [Are You There God? It's Me, Margaret. By Judy Blume](#)