

indie beauty and wellness

Indie Beauty and Wellness: Discover Your Authentic Self-Care Ritual

Are you tired of the same old beauty and wellness routines? Do you crave something more authentic, more personal, more... you? Then dive into the vibrant world of indie beauty and wellness! This isn't just about products; it's about a mindful approach to self-care, supporting small businesses, and discovering unique solutions tailored to your individual needs. This comprehensive guide will explore the fascinating landscape of indie beauty and wellness, helping you navigate this exciting niche and build a self-care regimen that truly resonates with you. We'll delve into what makes indie brands special, explore different product categories, discuss the ethical and environmental considerations, and offer tips on finding the perfect indie brands for your unique needs.

What is Indie Beauty and Wellness?

Indie beauty and wellness encompasses smaller, independent brands that often prioritize natural ingredients, sustainable practices, and unique formulations. Unlike mass-produced products from large corporations, indie brands typically offer a more personal touch, with founders who are passionate about their craft and deeply involved in every stage of the process. This often translates to higher-quality ingredients, innovative formulas, and a stronger connection between the brand and the consumer. Think handcrafted soaps infused with essential oils, ethically sourced skincare serums, and uniquely blended aromatherapy oils – all reflecting a dedication to quality and individuality.

Why Choose Indie Beauty and Wellness?

Choosing indie beauty and wellness products isn't just a trend; it's a conscious decision with numerous benefits:

Support Small Businesses: You directly support passionate entrepreneurs and their vision, fostering creativity and innovation within the industry.

Unique Formulations: Indie brands often experiment with unique ingredient combinations and formulations you won't find anywhere else, allowing you to discover truly personalized products.

Higher-Quality Ingredients: Many indie brands focus on sourcing high-quality, natural, and often organic ingredients, minimizing harsh chemicals and prioritizing your skin's and body's health.

Ethical and Sustainable Practices: Many indie brands prioritize ethical sourcing, sustainable packaging, and environmentally friendly manufacturing processes, aligning with conscious consumerism.

Personal Connection: You often develop a stronger connection with the brand and its founders, fostering a sense of community and transparency.

Exploring Different Indie Beauty and Wellness Categories:

The world of indie beauty and wellness is vast and diverse, encompassing numerous product categories. Here are some key areas to explore:

Skincare: From handcrafted soaps and luxurious face oils to innovative serums and masks, indie skincare brands offer a wide array of options for every skin type and concern.

Haircare: Discover unique shampoos, conditioners, and styling products crafted with natural ingredients and designed to promote healthy hair growth and shine.

Body Care: Indulge in luxurious bath bombs, body lotions, and scrubs made with nourishing ingredients and delightful scents.

Makeup: Find unique eyeshadow palettes, lipsticks, and other makeup products with vibrant colors and natural formulas.

Aromatherapy and Essential Oils: Explore the therapeutic benefits of essential oils and blends, perfect for relaxation, stress relief, and promoting overall well-being.

Finding the Perfect Indie Beauty and Wellness Brands:

Navigating the world of indie brands can be exciting but also a little overwhelming. Here are some tips to help you find the perfect brands for you:

Read Reviews: Pay attention to customer reviews on websites and social media platforms to gauge product quality and customer satisfaction.

Check Ingredients: Carefully review the ingredient list to ensure the product aligns with your personal preferences and any sensitivities you may have.

Support Ethical Brands: Research brands that prioritize ethical sourcing, sustainable practices, and transparent manufacturing processes.

Explore Online Marketplaces: Utilize online marketplaces specifically dedicated to indie beauty and wellness brands to discover a wide variety of options.

Follow Indie Beauty Influencers: Connect with influencers who showcase and review indie beauty products to expand your knowledge and discover new brands.

The Environmental Impact of Choosing Indie Beauty

Choosing indie beauty isn't just about personal well-being; it's also about environmental consciousness. Many indie brands prioritize sustainable packaging, reducing waste, and using eco-friendly ingredients. This contrasts sharply with large corporations where sustainability is often secondary to profit. By supporting these brands, you actively contribute to a more environmentally responsible beauty industry.

Conclusion: Embrace Your Authentic Self-Care Journey

Embracing indie beauty and wellness is more than just using different products; it's about cultivating a mindful approach to self-care and supporting a community of passionate creators. By choosing these unique brands, you prioritize your health, well-being, and the planet. Take the time to explore, experiment, and discover the brands and products that

truly resonate with you. Your authentic self-care journey awaits!

FAQs

1. Are indie beauty products more expensive than mainstream brands? Not always. While some indie brands offer premium products at a higher price point, many offer competitive pricing for high-quality, ethically sourced alternatives.
1. Where can I find indie beauty and wellness brands? You can find them on dedicated online marketplaces, Etsy, and even through social media platforms like Instagram.
1. Are indie beauty products safe? Most indie brands adhere to strict safety regulations, but it's always important to carefully review ingredients and patch test new products before widespread use, especially if you have sensitive skin.
1. How can I support indie brands beyond purchasing their products? Engage with them on social media, leave reviews, and spread the word about your favorite brands. Word-of-mouth marketing is incredibly valuable for small businesses.
1. What if I have a reaction to an indie beauty product? Contact the brand directly and carefully follow the instructions on the product packaging. If the reaction is severe, consult a doctor.

indie beauty and wellness: Plant-Powered Beauty, Updated Edition Amy Galper, Christina Daigneault, 2020-07-14 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.

indie beauty and wellness: *Gorgeous for Good* Sophie Uliano, 2015-04-07 Do you ever look at yourself in the mirror and see someone you barely recognize? Do you delete nearly every selfie you take because . . . well . . . you're not glowing as you should be these days? Have you tried and failed to change something about your physical appearance? Do you sometimes feel as if you are fighting a losing battle in your quest to look more radiant? If you've answered yes to at least one of these questions, then join the club! Clean beauty guru and New York Times best-selling author, Sophie Uliano offers a solution to a never-ending beauty dilemma: how can you look rested and radiant without hours of painful and expensive surgery? How can your skin glow throughout your life, without using harmful chemicals or spending more than you can afford in the dermatologist's office? In her new book, *Gorgeous for Good*, Sophie puts forth a revolutionary, holistic program that covers everything from nutrition to self-care to spiritual connection. She reveals which beauty options work the best, and provides well-researched, myth-busting information about commercial and natural beauty products. In her fun, girl-next-door voice, Sophie brings all of this together in an innovative 30-day *Gorgeous for Good* program, offering readers tools for a body-and-soul beauty regimen that will help them stay gorgeous - not for six months or a year - but for good! *Gorgeous for Good* also features: • Simple guidelines for buying the best skin care products • Easy beauty treatments you can make at home - for a fraction of the cost! • Healthy, delicious recipes to kick start the new you • Different forms of exercise to get spiritually connected *Gorgeous for Good* doesn't just look at the outside - it takes you inside - where true beauty begins.

indie beauty and wellness: *Face Values* Navaz Batliwalla, 2021-08-31 *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.

indie beauty and wellness: *Bobbi Brown Beauty from the Inside Out* Bobbi Brown, 2017-04-25 Bestselling author and world-famous makeup artist Bobbi Brown reveals her secrets to radiant beauty in this gorgeous lifestyle guide. Featuring the best beauty food recipes, fitness tailoring, recommendations on nutrients, and restorative yoga and mindfulness, Bobbi lays the foundation for beauty from within. Building on her lifelong philosophies, she provides essential skincare routines, cool makeup techniques, the latest cutting-edge beauty treatments, and stunning makeovers to complement that inner glow. Full of inspiring photographs and illuminating contributions from experts in a range of wellness fields, *Beauty from the Inside Out* is the go-to manual for beautiful confidence for life.

indie beauty and wellness: *Clean* James Hamblin, 2020-07-21 Named a Best Book of 2020 by NPR and Vanity Fair One of Smithsonian's Ten Best Science Books of 2020 "A searching and vital explication of germ theory, social norms, and what the modern era is really doing to our bodies and

our psyches.” —Vanity Fair A preventative medicine physician and staff writer for The Atlantic explains the surprising and unintended effects of our hygiene practices in this informative and entertaining introduction to the new science of skin microbes and probiotics. Keeping skin healthy is a booming industry, and yet it seems like almost no one agrees on what actually works. Confusing messages from health authorities and ineffective treatments have left many people desperate for reliable solutions. An enormous alternative industry is filling the void, selling products that are often of questionable safety and totally unknown effectiveness. In *Clean*, doctor and journalist James Hamblin explores how we got here, examining the science and culture of how we care for our skin today. He talks to dermatologists, microbiologists, allergists, immunologists, aestheticians, bar-soap enthusiasts, venture capitalists, Amish people, theologians, and straight-up scam artists, trying to figure out what it really means to be clean. He even experiments with giving up showers entirely, and discovers that he is not alone. Along the way, he realizes that most of our standards of cleanliness are less related to health than most people think. A major part of the picture has been missing: a little-known ecosystem known as the skin microbiome—the trillions of microbes that live on our skin and in our pores. These microbes are not dangerous; they’re more like an outer layer of skin that no one knew we had, and they influence everything from acne, eczema, and dry skin, to how we smell. The new goal of skin care will be to cultivate a healthy biome—and to embrace the meaning of “clean” in the natural sense. This can mean doing much less, saving time, money, energy, water, and plastic bottles in the process. Lucid, accessible, and deeply researched, *Clean* explores the ongoing, radical change in the way we think about our skin, introducing readers to the emerging science that will be at the forefront of health and wellness conversations in coming years.

indie beauty and wellness: Recipes for Your Perfectly Imperfect Life Kimberly Snyder, C.N., 2019-02-19 The New York Times bestselling author of the *Beauty Detox* series, nutritionist, and personal development expert Kimberly Snyder offers us a powerful new guide to help us feel good, eat well, dispel insecurities, and increase our love of life. Feeling good is not about having a picture-perfect life with a flawless body, job, and family. We can have those things and still feel deeply unhappy. Joy and true confidence come by finding a level of inner peace in our messy, perfectly imperfect lives. In this beautiful, inspirational, and highly anticipated new book, Kimberly Snyder shares not only her amazing new food recipes but also practical tips for living a happy and fulfilling life. As Snyder teaches, the key is to live beyond labels, heal body shame, and move past self-judgment. By embracing life's ups and downs and learning to tune into our intuition, we can ultimately claim our right to feel good, just as we are. With dozens of life lessons and more than 100 plant-based recipes for smoothies, soups, snacks, and entrées, *Recipes for Your Perfectly Imperfect Life* invites us to find inner peace and acceptance, and teaches us how a healthier mind and body can give us strength to thrive in all parts of our lives.

indie beauty and wellness: Skincare for Your Soul Jude Chao, 2021-03-16 Take Your Skin to the Next Level with This Guide to Korean Skin Care “This book feels like talking with a trusted friend, one so generous with practical advice and wisdom. I wish our Dermatology textbooks had chapters like these!” —Dr. Erin Tababa-Santos, creator of *The Nerdy Derma* #1 New Release in *Massage and Skin Ailments* Have you always longed for that fresh, glowing, no-makeup look? With this step-by-step guide to Korean skincare routines, anyone can attain healthy skin. But *Skincare for Your Soul* takes it one step further—it guides you to a place where skincare is also self-care. The Korean skin care journey. As much as we’d like, glowing, clear skin doesn’t happen overnight. But there is beauty in the process—not just the results. Author Jude Chao links skincare to self-care culture, giving readers a practical guide to developing an ideal skincare routine and using it to help manage stress, anxiety, and depression. The Korean skincare routine invites us to look at our skincare not only as a way to reduce lines and wrinkles or clear up breakouts, but as a tool for developing our self-care habits. Steady improvement is the goal. Photoshopped perfection is neither realistic nor a healthy goal. What matters is caring for our mental health and building our self-esteem by intentionally taking time each day to give our skin some love. But it starts with changing how we view skincare and developing a routine that fits our personal needs and goals, and

Chao helps you do that. Dive into Chao's book on K-beauty and discover: An easy-to-follow, step-by-step guide to skincare A clear breakdown of skincare products (not brands), and pros and cons to help customize your routine How Korean skin care can be a reliable and effective mental health management tool Tips for avoiding common types of exploitative and manipulative beauty marketing If you enjoyed books like *The Little Book of Skin Care*, *The Skincare Bible*, or *Glow from Within*, you'll love *Skincare for Your Soul*.

indie beauty and wellness: *Decolonizing Wellness* Dalia Kinsey, 2022-02-08 The author offers an empowering perspective for people whose identities are often marginalized in the health and wellness industry. —Manhattan Book Review Become the healthiest and happiest version of yourself using wellness tools designed specifically for BIPOC and LGBTQ folks. The lack of BIPOC and LGBTQ representation in the fields of health and nutrition has led to repeated racist and unscientific biases that negatively impact the very people they purport to help. Many representatives of the increasingly popular body positivity movement actually add to the body image concerns of queer people of color by emphasizing cisgender, heteronormative, and Eurocentric standards of beauty. Few mainstream body positivity resources address the intersectional challenges of anti-Blackness, colorism, homophobia, transphobia, and generational trauma that are at the root of our struggles with wellness and self-care. In *Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation*, registered dietitian and nutritionist Dalia Kinsey will help readers to improve their health without restriction, eliminate stress around food and eating, and turn food into a source of pleasure instead of shame. A road map to body acceptance and self-care for queer people of color, *Decolonizing Wellness* is filled with practical eating practices, journal prompts, affirmations, and mindfulness tools. Ultimately, decolonizing nutrition is essential not only to our personal well-being but to our community's well-being and to the possibility of greater social transformation. This is a body positivity and food freedom book for marginalized folks. It's a guide to throwing out food rules in exchange for internal cues and adopting a self-love-based approach to eating. It's about learning to trust our bodies and turning mealtime into a time for celebration and healing. It's also a love letter to those of us who struggle with our bodies and a gentle plea for us to do the work it takes to accept, trust, and love ourselves.

indie beauty and wellness: *My Asian Kitchen* Jennifer Joyce, 2018-07-25 Jennifer Joyce: Jennifer Joyce is a successful American food writer, stylist and chef living in London. Her ten cookbooks, written for the US and UK markets, create mouth-watering dishes that are brought to life in stunning photographs. Jennifer is a regular contributor to UK publications including *Olive*, *BBC Good Food*, *The Guardian* newspaper and *Waitrose Kitchen* magazine. She runs cooking classes at London's *Divertimenti* as well as Leith's School of Food and Wine and has appeared in TV shows such as *Good Morning America* and *Good Food Live*. A modern Asian cookbook: Now, Jennifer Joyce shows how easy it is to create zingy, fresh, healthy Asian flavours at home. From grilled sticky skewers and steak tacos, salads, rice bowls and dumplings, to prawn katsu bao and miso-glazed ribs, *My Asian Kitchen* is an adventure in the dazzling diversity of modern Asian cooking. Bao buns, pho, sushi, poke bowls, gyoza, ramen and kimchi: Jennifer's exquisitely simple recipes, no-nonsense explanation of ingredients, hand-drawn diagrams and beautiful photographs are all you need to start cooking in your very own Asian Kitchen. If you are a fan of Asian cookbooks such as *Asian After Work*, *Complete Asian Cookbook*, *Thai Street Food*, *Lucky Peach* or David Chang's *Momofuku* you will love creating your own mouth-watering Asian dishes with Jennifer Joyce's *My Asian Kitchen*.

indie beauty and wellness: *The Ultimate Guide to Aromatherapy* Jade Shutes, Amy Galper, 2020-11-10 Written by two of the leading voices in aromatherapy, Amy Galper and Jade Shutes, *The Ultimate Guide to Aromatherapy* is a progressive, comprehensive approach to using aromatherapy and essential oils for healing and wellness. Essential oils have been used across all world cultures for thousands of years. While the popularity of aromatherapy has endured, the methods and applications of the craft have evolved. *The Ultimate Guide to Aromatherapy* is the modern practitioner's guide to working with aromatherapy and essential oils. Using techniques developed over decades of teaching, you will learn the science of aromatherapy and how essential oils interact

with our sense of smell, brain pathways, and skin. The guide also includes over 50 plant profiles, plus recipes and blends for health and beauty. Included are remedies for digestive health, immunity, women's health concerns, and more, such as Hand & Body Wash for Flu Recovery, Self-Love Botanical Perfume, and Tummy Massage Oil for Indigestion. Drawing on the authors' unique methodology and expertise as aromatherapists, herbalists, and healers, you will learn the art of blending formulations with great skill and discernment. The Ultimate Guide to... series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, crystal grids, numerology, witchcraft, chakras, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

indie beauty and wellness: *High Vibrational Beauty* Kerrilynn Pamer, Cindy DiPrima Morisse, 2018-04-03 Beauty is Wellness. Wellness is Beauty. Kerrilynn Pamer and Cindy DiPrima Morisse, founders of CAP Beauty, the all-natural beauty site and store, 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 more than 100 plant-based recipes to help you achieve radical radiance. This is the only guidebook you need to create true and lasting beauty for the mind, body, and soul.

indie beauty and wellness: *Physical Disobedience* Sarah Hays Coomer, 2018-08-21 A manual for activism that begins with our most powerful asset -- our bodies Even as a wave of renewed feminism swells, too many women continue to starve, stuff, overwork, or neglect our bodies in pursuit of paper-thin ideals. Fitness has been co-opted by the beauty industry. We associate it with appearance when we should associate it with power. Grounded in advocacy with a rowdy, accessible spirit, *Physical Disobedience* asserts that denigrating our bodies is, in practice, an act of submission to inequality. But when we strengthen ourselves -- taking broad command of our individual physicality -- we reclaim our authority and build stamina for the literal work of activism: the protests, community service, and emotional resilience it takes to face the news and stay engaged. *Physical Disobedience* introduces a breathtaking new perspective on wellness by encouraging nonviolence toward our bodies, revitalizing them through diet and exercise, fashion and social media, alternative therapies, music, and motherhood. The goal is no longer to keep our bodies in check. The goal is to ignite them, to set them free, and have a mighty fine time doing it.

indie beauty and wellness: *Norma Kamali: I Am Invincible* Norma Kamali, 2021-02-02 Wit and wisdom from the innovative, influential, and empowering wellness guru and designer Norma Kamali In her first book, fashion legend Norma Kamali offers readers a stylish, inspiring, and heartfelt handbook for gliding boldly through each of life's decades with purpose and power. Manifesto, memoir, and essential guide, its pages are informed by 50 years of Kamali's twists, turns, triumphs, and failures experienced while finding the courage and conviction to race after her dreams and never look back. At 75, Kamali looks—and acts—nearly half her age. The secret, she writes, is learning to age with power: Embracing a healthy lifestyle and looking forward to every milestone and the changes they bring, with the realization that reaching one's potential has no date. With wisdom and wit, Kamali imparts her lessons on authentic beauty, timeless style, career-building, fitness, and health through personal stories, worldly insight, and actionable advice designed to help women of every age create their happiest, healthiest, most successful and fulfilling lives.

indie beauty and wellness: *Goop Clean Beauty* The Editors of GOOP, 2016-12-27 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.

indie beauty and wellness: *A New Way to Age* Suzanne Somers, 2020-08-04 #1 New York Times bestselling author and health guru Suzanne Somers established herself as a leading voice on antiaging. With *A New Way to Age*, she “is at the forefront again, bringing seminal information to people, written in a way that all can understand” (Ray Kurzweil, author of *How to Create a Mind*) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you’ve just had the best checkup ever. There is a new way to age. I’m doing it and it’s the best decision I’ve ever made. I love this stage of my life: I have ‘juice,’ joy, wisdom, and perspective; I have energy, vitality, clearheadedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and “the big three”: heart disease, cancer, and Alzheimer’s disease. But you don’t have to accept this fate. Now there’s a new way to grow older—with vibrancy, freedom, confidence, and a rockin’ libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth.

indie beauty and wellness: *Balancing in Heels* Kristin Cavallari, 2016-03-15 For the first time ever, entrepreneur, designer, and TV star Kristin Cavallari shares how she juggles all facets of her busy life with style and grace. From outlining health and wellness, food, fitness, fashion, and her success as a businesswoman to more private matters of family, motherhood, and her relationship with her husband, NFL quarterback Jay Cutler, Kristin leaves no stone unturned to give fans of Laguna Beach and The Hills all of the answers they’ve been looking for. Tracing her journey from reality stardom to real life—the good, the bad, and the ugly—Kristin digs down to the most personal of relationships in her life and discusses how they made her who she is today. She also talks about the amazing effects of her healthy diet and exercise, which have made Kristin and her family the happiest and healthiest they’ve ever been. Kristin shares the family’s favorite recipes and even reveals how her food philosophy has drastically improved Jay’s type 1 diabetes. *Balancing in Heels* is a behind-the-scenes, in-depth look at who the real Kristin Cavallari is—unscripted.

indie beauty and wellness: *The Skinny Confidential* Lauryn Evarts, 2014-03-04 A comprehensive collection of lifestyle information, including tips on eating, exercising, and fashion.

indie beauty and wellness: *My Hair is a Garden* Cozbi A. Cabrera, 2018-04-01 NEA’S READ ACROSS AMERICA 2019-2020 CALENDAR Like every good garden, my hair must be cared for and nourished, tilled, and weeded. After a day of being taunted by classmates about her unruly hair, Mackenzie can’t take any more and she seeks guidance from her wise and comforting neighbor, Miss Tillie. Using the beautiful garden in the backyard as a metaphor, Miss Tillie shows Mackenzie that maintaining healthy hair is not a chore nor is it something to fear. Most importantly, Mackenzie learns that natural black hair is beautiful.

indie beauty and wellness: *Redhead Beauty* Brian Dowling, 2017-08-03

indie beauty and wellness: *Eat Pretty* Jolene Hart, 2014-02-25 Nutrition is the fastest-rising beauty trend around the world. *Eat Pretty* simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. *Eat Pretty* offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful ebook—in the kitchen, at the grocer, and on the go.

indie beauty and wellness: *Cosmetics Marketing* Lindsay Karchin, Delphine Horvath, 2023-06-29 Discover the tools required to pursue your career in cosmetics marketing. Through an in-depth analysis of this fast-growing and complex industry, *Cosmetics Marketing: Strategy and Innovation in the Beauty Industry* provides thought-provoking, industry-led exercises and case studies to demonstrate the role of aesthetics, authentic communication, emerging technologies, cultural trends, and the measurement of marketing efforts. There are also practical, beautifully illustrated resources for entering the field, exercises for boosting creativity, preparations for interviews, as well as an overview of the beauty products and theory used by makeup artists and product developers. With a focus on the evolution of the industry and its social responsibilities in terms of inclusivity and sustainability, this is a core text for cosmetics courses in marketing and business at the undergraduate and graduate levels. *Cosmetics Marketing* is the ultimate guide to this powerful, multi-billion dollar global industry and will influence and support the next generation of leaders in beauty.

indie beauty and wellness: *Wellness Manual* Leona Sokolova, 2021-10-21 Once you have started seeing the beauty of life, ugliness starts disappearing. If you start looking at life with joy, sadness starts disappearing. You cannot have heaven and hell together, you can have only one. It is your choice. *Osho Wellness Manual* examines health and wellness from a holistic perspective. Everyone has a story of finding themselves. *Wellness Manual* can contribute to your story, your wellness, your success, your well-being, and your balance. It is a step-by-step process of introspection in order to achieve radiant health and maintain it. During the process you get to explore your life from a new and unique perspective. It is all about getting to know yourself better in terms of positivity, gratitude, happiness, simplicity, nutrition, exercise, and more. Also, it is a friendly reminder about the simple and useful tools within our reach. These tools are not new. They are rooted in ancient healing philosophies from the East and the West. *Wellness Manual* simplifies timeless methods of mind-body balance. It provides you with conscientious remarks. They can help facilitate healthy lifestyle changes. Leona Sokolova is a health counsellor, wellness expert, author, and founder of www.wellnessnewyork.com. She helps people find the food and lifestyle choices that work best for them. Leona was trained at The Institute for Integrative Nutrition. She is a Certified Holistic Health Counselor and a member of the American Association of Drugless Practitioners.

indie beauty and wellness: *Kintsugi Wellness* Candice Kumai, 2018-04-17 The classically trained chef and wellness author shares favorite Japanese rituals & recipes in a common-sense guide to finding balance, joy & good health. Where we come from is who we are. And Candice Kumai's Japanese heritage has informed her journey back to health at every turn. Now, in *Kintsugi Wellness*, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. Interwoven with dozens of recipes for healthy, Japanese-inspired cuisine, *Kintsugi Wellness* provides the tools we all need to reclaim the art of living well. "Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, *Kintsugi Wellness* truly stands out." —Sophia Amoruso, Founder and CEO, *Girlboss* "All aspects of our well-being are connected. And with *Kintsugi Wellness*, Candice Kumai uses her own journey to show how Japanese traditions can enhance not just our bodies, but our minds, our hearts and our spirits. Candice Kumai is a true new role model, showing how ancient practices can help us thrive in the modern world." —Arianna Huffington, Founder of *Thrive Global* and CEO and Co-founder, *Huffington Post*

indie beauty and wellness: The Art of Skin Health Restoration and Rejuvenation, Second Edition Zein E. Obagi, 2014-12-18 The Art of Skin Health Restoration and Rejuvenation, Second Edition presents a comprehensive review of Dr. Zein Obagi's renowned skin care regimens and his techniques for revitalizing skin. Fully demonstrated and explained are Dr. Obagi's skin peels and his approach to correcting sun damage, control of the pigmentary system, the stimulation of skin collagen, and how to restore skin elasticity. With more than 200 illustrations, a presentation of Dr. Obagi's skin classification system, and a special section on combining laser skin resurfacing with other techniques, this volume is a valuable resource for the plastic surgeon, dermatologist, and cosmetic facial surgeon.

indie beauty and wellness: Let Your Fears Make You Fierce Koya Webb, 2019-06-11 An inspiring, practical guide to release the fears that are holding you back and achieve your ideal life. Everyone experiences fear in life--fear of failure, fear of ridicule, fear of the unknown. These fears hold us back from living our truth and achieving our full potential. They prevent us from growing and moving forward after a minor setback or major disappointment. But if we can transform those fears, anything is possible. We can connect with our authentic self, listen to our soul's desires, and start living our dreams. In this book, celebrity holistic health coach and yoga instructor Koya Webb shares the ways she has lived in fear and the tools she's used to get herself to a more confident and fierce place, moving through life in alignment with everything she believes in. Koya's own personal story of triumph over a career-halting injury, depression, self-sabotage, and other limiting beliefs will inspire readers to meet their challenges head on, and transform their greatest fears and obstacles into positive energy that can launch them forward. If you are tired of feeling overwhelmed, unappreciated, and burned out, this is the book for you. Using breathing techniques, yoga, meditation, journaling, mantras, prayer, and more, Koya shows how you can shift from fear-based living to fierce living! No matter who you are, or where you are at, or what you have been through, these are universal tools that help every human being get un-stuck and be able to live the most fulfilling life possible!

indie beauty and wellness: Whole Beauty Shiva Rose, 2018-04-03 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.

indie beauty and wellness: DIY Beauty Ina De Clercq, 2019-06-04 Treat yourself to a DIY spa day with these simple, natural, and affordable recipes to replicate your favorite beauty products—from bath bombs to face masks!—from Lush, the Body Shop, and more. Do you love indulging in self-care with fun beauty products, but want to save some money? Or maybe you take comfort in knowing exactly what you're using on your skin. Or maybe you just love do-it-yourself projects! With DIY Beauty, you can learn to make your favorite beauty products from some of today's most popular brands. Try making face scrubs inspired by Sephora, a homage to The Body Shop's Body Butter, or a homemade version of Burt's Bees ever-popular lip balm. From bath bombs to rival Lush to skin care products like e.l.f.'s blemish treatments, these inexpensive imitation recipes include easy step-by-step instructions to help you customize your beauty product routine. Find products that suit your unique skincare needs, modify your favorites for best results, and choose

which organic or all-natural ingredients you prefer. Make your favorite must-have beauty products even better—by making them yourself!—with DIY Beauty.

indie beauty and wellness: Wellmania Brigid Delaney, 2023-03-02 NOW A MAJOR NETFLIX SERIES STARRING CELESTE BARBER MISADVENTURES IN THE SEARCH FOR WELLNESS When journalist and human tornado Brigid wakes up to yet another hangover, chronic anxiety and the reality that she is fast approaching 40, she is forced to rethink her 'live fast die young' attitude. Cold-pressed juices, hot yoga, veganism, Paleo, mindfulness ... if you embrace these things you will be happy, you will be well - just ask Instagram, right?. But what does wellness even mean? Does any of this stuff actually work? Throwing herself body-first into a wellness journey, Brigid decides to find out. Starting with a brutal 101-day fast, Brigid tests the things that are meant to make us well - detoxes, colonics, meditation, Balinese healing, silent retreats and group psychotherapy, and sorts through what works and what is just expensive hype. She asks: what does this obsession say about us? Is wellness possible, or even desirable? Where's the fun in it all? And why do you smell so bad when you haven't eaten in seven days? Trying everything from the benign to the bizarre in an attempt to reclaim her old life, Brigid discovers that perhaps if we could only look beyond ourselves we might just find the answer.

indie beauty and wellness: Science of Yoga Ann Swanson, 2019-03-15 Explore the physiology of 30 key yoga poses, in-depth and from every angle, and master each asana with confidence and control. Did you know that yoga practice can help lower your blood pressure, decrease inflammation and prevent age-related brain changes? Recent scientific research now backs up what were once anecdotal claims about the benefits of yoga to every system in the body. Science of Yoga reveals the facts, with annotated artworks that show the mechanics, the angles, how your blood flow and respiration are affected, the key muscle and joint actions working below the surface of each pose, safe alignment and much more. With insight into variations on the poses and a Q&A section that explores the science behind every aspect of yoga, this easy-to-understand, comprehensive book is an invaluable resource to achieve technical excellence in your practice and optimize the benefits of yoga for your body and mind.

indie beauty and wellness: Make Money While You Sleep Lucy Griffiths, 2021-12-30 What if you could earn money doing what you love? What if you could live more and work less? What if you could Make Money While You Sleep? You can! Forget the old ways of unhealthy working hours and pressing pause on your life until retirement - especially in uncertain economic times. In Make Money While You Sleep, Lucy Griffiths, passive income strategist and coach, will share how you can create a course-based business that works 24 hours a day for you while you get on with the business of living your life. Packed with advice, knowledge and refreshing honesty, Lucy will take you through the process of course creation: from inspiration to getting it done, to actually selling it! * Learn how to stand out in an increasingly content-saturated world by using a proven system that turns your ideas into a bestselling brand. * Package up your expertise and sell your courses on repeat. * Learn how to position yourself as an expert in your industry and harness the power of social media and YouTube to upscale your business. Now is the time to take your digital course idea and turn it into a money-making machine!

indie beauty and wellness: Well+Good Cookbook Alexia Brue, Melisse Gelula, 2019-04-16 RECIPES TO IMPROVE YOUR SKIN, SLEEP, MOOD, ENERGY, FOCUS, DIGESTION, AND SEX From the trusted, influential, and famously trend-setting website comes the first ever Well+Good cookbook. Founders Alexia Brue and Melisse Gelula have curated a collection of 100 easy and delicious recipes from the luminaries across their community to help you eat for wellness. These dishes don't require a million ingredients or crazy long prep times. They are what the buzziest and busiest people in every facet of the wellness world—fitness, beauty, spirituality, women's health, and more—cook for themselves. Enjoy Venus Williams' Jalapeno Vegan Burrito, Kelly LeVeque's Chia + Flax Chicken Tenders, Drew Ramsey's Kale Salad with Chickpea Croutons, and Gabrielle Bernstein's Tahini Fudge, among many other recipes for every meal and snack time. Whether you want to totally transform your eating habits, clear up your skin, add more nutrient-rich dishes to your repertoire, or

sleep more soundly, you'll find what you need in this book. Along with go-deep guides on specific wellness topics contributed by experts, this gorgeous cookbook delivers a little more wellness in every bite.

indie beauty and wellness: Love Your Age Barbara Hannah Grufferman, 2018-02-13 Filled with healthy habits to help you take charge of your life with wit, energy, and confidence, this inspiring guide will show you how to look, feel, and be your best in a busy, fast-paced world. Warm, engaging, and user-friendly, this powerful, practical guide to aging gracefully will be an indispensable resource for anyone looking to live their best life. Featuring more than a hundred easy-to-adopt small steps -- the foundation for ingrained habits that will yield longer, happier, and healthier years - this book will help enrich your life, from health and fitness to style, work and relationships. From checking in with your doctors to changing your fitness routine, cooling hot flashes, tackling social media and updating your wardrobe, transformation really does begin with one step - and Grufferman provides an easy formula for making and breaking the right habits. Packed with expert tips, myth busters, checklists, real-life anecdotes, and sage wisdom, this book offers a new approach to life after 40 that will inspire, rejuvenate, and energize. Winner of the Excel Book Award for General Excellence by the Association of Media & Publishing

indie beauty and wellness: No Bad Parts Richard Schwartz, Ph.D., 2021-07-06 Discover an empowering new way of understanding your multifaceted mind—and healing the many parts that make you who you are. Is there just one “you”? We’ve been taught to believe we have a single identity, and to feel fear or shame when we can’t control the inner voices that don’t match the ideal of who we think we should be. Yet Dr. Richard Schwartz’s research now challenges this “mono-mind” theory. “All of us are born with many sub-minds—or parts,” says Dr. Schwartz. “These parts are not imaginary or symbolic. They are individuals who exist as an internal family within us—and the key to health and happiness is to honor, understand, and love every part.” Dr. Schwartz’s Internal Family Systems (IFS) model has been transforming psychology for decades. With No Bad Parts, you’ll learn why IFS has been so effective in areas such as trauma recovery, addiction therapy, and depression treatment—and how this new understanding of consciousness has the potential to radically change our lives. Here you’ll explore:

- The IFS revolution—how honoring and communicating with our parts changes our approach to mental wellness
- Overturning the cultural, scientific, and spiritual assumptions that reinforce an outdated mono-mind model
- The ego, the inner critic, the saboteur—making these often-maligned parts into powerful allies
- Burdens—why our parts become distorted and stuck in childhood traumas and cultural beliefs
- How IFS demonstrates human goodness by revealing that there are no bad parts
- The Self—discover your wise, compassionate essence of goodness that is the source of healing and harmony
- Exercises for mapping your parts, accessing the Self, working with a challenging protector, identifying each part’s triggers, and more

IFS is a paradigm-changing model because it gives us a powerful approach for healing ourselves, our culture, and our planet. As Dr. Schwartz teaches, “Our parts can sometimes be disruptive or harmful, but once they’re unburdened, they return to their essential goodness. When we learn to love all our parts, we can learn to love all people—and that will contribute to healing the world.”

indie beauty and wellness: Root & Nourish Abbey Rodriguez, Jennifer Kurdyla, 2021-04-06 Embrace the ancient healing power of plants with more than 100 whole-food, plant-based, gluten-free herbal recipes, designed around the most common health concerns of modern women.

indie beauty and wellness: Pretty Boys David Yi, 2021-06-22 In this inclusive, illustrated history and guide to skin care and beauty, journalist and founder of Very Good Light David Yi teaches us that self-care, wellness, and feeling beautiful transcends time, boundaries, and binaries—and that pretty boys can change the world Chanel and Goop might have seemed ahead of the curve when they launched their men’s beauty and wellness lines, but pharaohs were exfoliating, moisturizing, and masking eons earlier. Thousands of years before Harry Styles strutted down the red carpet with multicolored fingernails, Babylonian army officials had their own personal manicure sets. And BTS might have become an international sensation for their smoky eyes and perfect pouts,

but the Korean Hwarang warriors who put on a full face before battle preceded them by centuries. Pretty Boys unearths diverse and surprising beauty icons who have redefined what masculinity and gender expression look like throughout history, to empower us to live and look our truths. Whether you're brand new to beauty, or you already have a ten-step routine, Pretty Boys will inspire and teach you how to find your best self through tutorials, beauty secrets, and advice from the biggest names in the beauty industry, Hollywood, and social media. From Frank Ocean's skin-care routine to Clark Gable's perfectly styled hair, Rami Malek's subtle eyeliner to a face beat to the gods à la Boy George or Kimchi the drag queen, K-Beauty to clean beauty, Pretty Boys will completely change the way we all see gender expression and identity.

indie beauty and wellness: Renegade Beauty Nadine Artemis, 2017-11-14 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.

indie beauty and wellness: I'm Not Really a Waitress Suzi Weiss-Fischmann, 2019-03-12 Inspiring women to pursue their own colorful dreams, I'm Not Really a Waitress tells the story of how Suzi Weiss-Fischmann transformed a small dental supply company into a #1 beauty brand around the world Today, OPI is known as a global beauty brand, famous for its trend-setting colors, unforgettable shade names, and celebrity collaborations with the biggest stars from film, television, music, and sports. But behind all the glamour is the little-known tale of OPI's unlikely origins—an intimate and inspiring story of a timid schoolgirl who arrives in this country with little money and no English and becomes the business leader and industry game-changer known worldwide as Suzi, the First Lady of Nails. In I'm Not Really a Waitress—titled after OPI's top-selling nail color—Suzi reveals the events that led her family to flee Communist Hungary and eventually come to New York City in pursuit of the American dream. She shares how those early experiences gave rise to OPI's revolutionary vision of freedom and empowerment, and how Suzi transformed an industry by celebrating the power of color—and of women themselves.

indie beauty and wellness: The Sky and Earth Touched Me Joseph Bharat Cornell, 2014 Wild seashores and woodlands calm and refresh our spirits. Contact with nature enhances our wholeness and well-being. The powerful, compelling exercises in this book can help readers become immersed in nature's joyful and healing presence. Read The Sky and Earth Touched Me in a garden, backyard, or park. Part One is designed for personal practice; Part Two can be shared with a friend or a group. Practice these exercises, and discover invaluable nature awareness principles.

indie beauty and wellness: Sacred & Delicious Lisa Joy Mitchell, 2018-10-16 Sacred & Delicious is an award-winning vegetarian cookbook, a primer on Ayurveda (India's ancient wellness system), and a gorgeous food memoir that celebrates the healing power of food. Author Lisa Mitchell writes inspiring and clear prose about the power of the Ayurvedic system to sustain good health and reverse chronic health problems, recounting her own recovery. The book includes 108 recipes and more than 60 full-page color photos. Most of the dishes include vegan options, and all but two are gluten-free. Only ten of the recipes reflect traditional Indian cooking. The rest demonstrate how to apply the balancing principles of Ayurveda and the creative (yet subtle) use of spices to modern Western cuisines that many Westerners prefer. Mitchell shares the Vedic perspective on why food is sacred and how cooks can bring a sacred intention to their kitchen labors to approach food preparation as spiritual practice. Traditional blessings for food from various cultures are sprinkled throughout the book. In April 2019, Sacred & Delicious won silver medals in two prestigious book industry awards competitions: the IBPA Benjamin Franklin Awards (in the Body, Mind, Spirit category) and the Nautilus Awards (in the Food, Cooking, and Healthy Eating category). It also won

the cookbook category in the Body, Mind, Spirit Book Awards and is a finalist in the Foreword INDIES Book of the Year Awards (to be announced in June).

indie beauty and wellness: Beauty Water Tori Holmes, 2019-05-28 At the basis of all health, wellness, and beauty regiments from West to East is one simple yet crucial element--hydration. This collection of 50 recipes teaches readers how to use herbs, spices, adaptogens, oils, crystals, and other supplements to turn hydration into a self-care ritual, and water into a remedy.

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