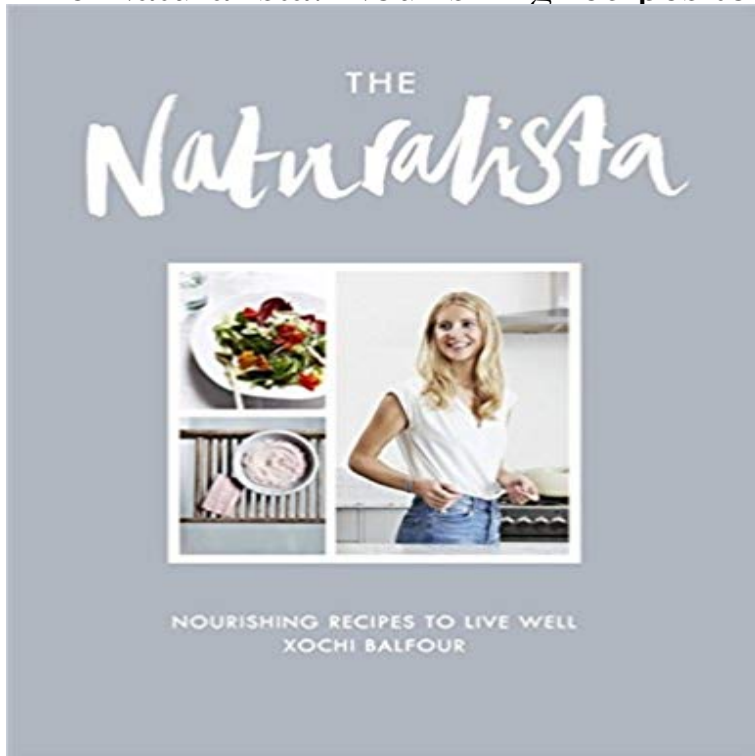


## The Naturalista: Nourishing recipes to live well



If you have ever felt the stress of 21st-century living wrap itself around your heart and turned to a double espresso and a faint hope that tomorrow will be better, then this book will show you how to slow down, listen to your body and find a more natural, holistic way of life. Xochi Balfour changed her life from her little London kitchen and, as The Naturalista, has been blogging about her experience of balancing and simplifying her life in harmony with the natural world. Without recourse to expensive ingredients, all-consuming cleanses or dramatic diets, Xochi has taken the principles of naturopathy and created a way of life, from a gentler way of eating to simple beauty recipes as well as bringing relaxation and mindfulness into your everyday routine. Her food is gluten- and dairy-free and predominantly plant based, but straightforward and delicious, her skincare recipes can also be made from kitchen ingredients and her techniques for everyday mindfulness can be fitted into the busiest of lives. Her recipes include power balls and energy bars, raw chocolate, sea salt and pistachio fudge, cornshop turmeric and coconut dahl and beetroot falafel as well as a gluten-free carrot and flax bread. For your body, there is a rosewater facial spray, passionfruit and papaya face mask and lavender and shea butter body lotion, while for your home, Xochi will show you the benefits of barefoot earthing and how to make your own incense. This is truly a bright and beautiful guide to natural living in the modern age.

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