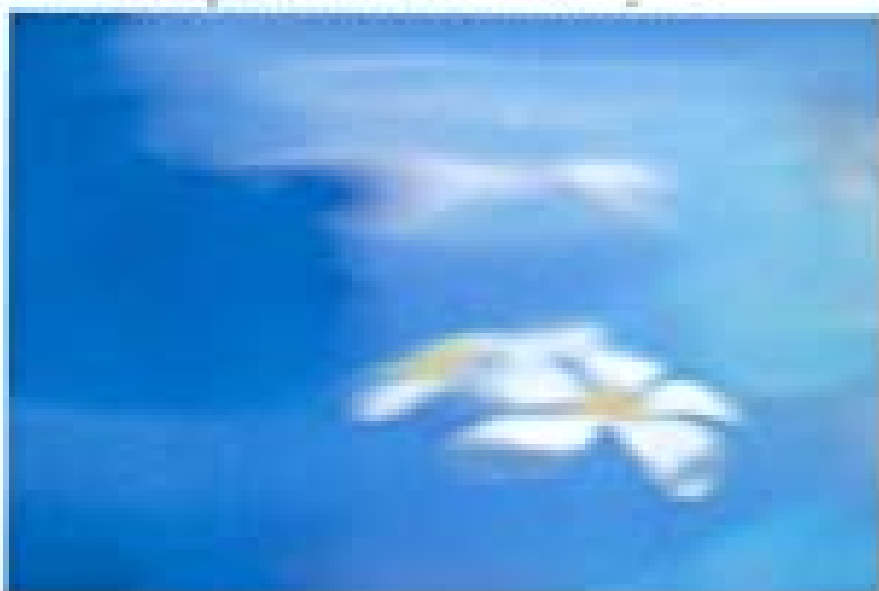


Country Living's
healthy living

purebeauty

simple recipes for a naturally beautiful body



Mike Hulbert

Country Living's Healthy Living Pure Beauty: Simple Recipes for a Naturally Beautiful Body



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Several hundred dishes for homemade beauty products free from chemicals explain how exactly to combine herbal remedies and essential natural oils to create face creams, body lotions, and lip balms, made out of readily available products such as for example aloe vera, ground spices, oatmeal, and even more.



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Five Stars Fast shipping and exceptional service. Excellent book with lovely quality recipes. Well written and easy to follow. Your skin, hair, and fingernails will thank you for getting this book. A great many other books with do-it-yourself recipes are complicated; However, procedures used are really time-consuming and require a lot of hands-on work. Great Book This book has a lot of guidelines on how to make different cosmetics for the hair, skin, and body. Pure Luxury, Simplified I'm quite baffled by the reviewer who indicated that this book is filled up with extremely hard and time-consuming industrial techniques. In the dishes, you have to be more comfortable with using solvents and thickeners. On the other hand, the recipes here are easy, available, and suitable for beginners of most ages and skill levels. Basically, they're industrial techniques adapted for home use. GREAT! I really like the book I took a course with Mike. this really is not one of these. book I ever read The book's clear instructions and color photographs are excellent. I must have a dozen books on creating natural splendor products at home, but I discover myself embracing this one again and again, not only for the range and simpleness of the quality recipes but for the gorgeous, pampering outcomes! The book is organized into groups of recipes for the facial skin (masks, toners, moisturizers), body (cleansers, scrubs), hands & feet (lotions, balms, nail conditioners), and hair (shampoos, conditioners, organic rinses). Apart from that, you won't look for a better consumer-level publication on this interesting subject. A chapter on getting started introduces ingredients, preparation techniques, and gets the reader comfortable with the highly addictive procedure for creating all-natural alternatives to chemical-laden and outrageously priced commercial lotions and potions. A few of my favorite treats include Almond & Most items have become easily bought at grocery or organic health stores (spices, herbal remedies, essential oils, oats, lovely almond oil, witchhazel, rose water, and so on). A glossary defines terms, and a listing of resources provides tips for where to purchase the items called for in the quality recipes, although this will not be a problem. Neutralizing and sequestering brokers too. Clove Mouthwash, Lovely Citrus Body Polish, Sandalwood & Lavender Hair Treatment Gel, Lemon & Rosewood Hand Oil, Rose Geranium Bubble Bath, Herbal Bath Sachets, and several, many more. Very pleased." The most "complicated" of all the recipes simply involves melting substances in a double-boiler or microwave. As an aromatherapy educator, a natural health and beauty item fanatic, and a make-your-own items junkie, I love this pretty publication filled with simple recipes and beautiful treatments. I love the book. In fact, the instructions for the vast majority of the recipes are along the lines of, "Combine the substances in a prepared container and mix well. Entirely not the same as making cold procedure bar soaps. Actually for experienced hot procedure soap manufacturers, at least 3-4 hours are needed to complete the initial phase. I think she may be reviewing a completely different reserve! Jojoba Lip Butter, Cinnamon & pH control and preservatives can be significant issues as well. The "encounter" section also features a wonderful assortment of fun and easy tooth powders, mouthwashes, and lip butters, too. GREAT reserve!



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