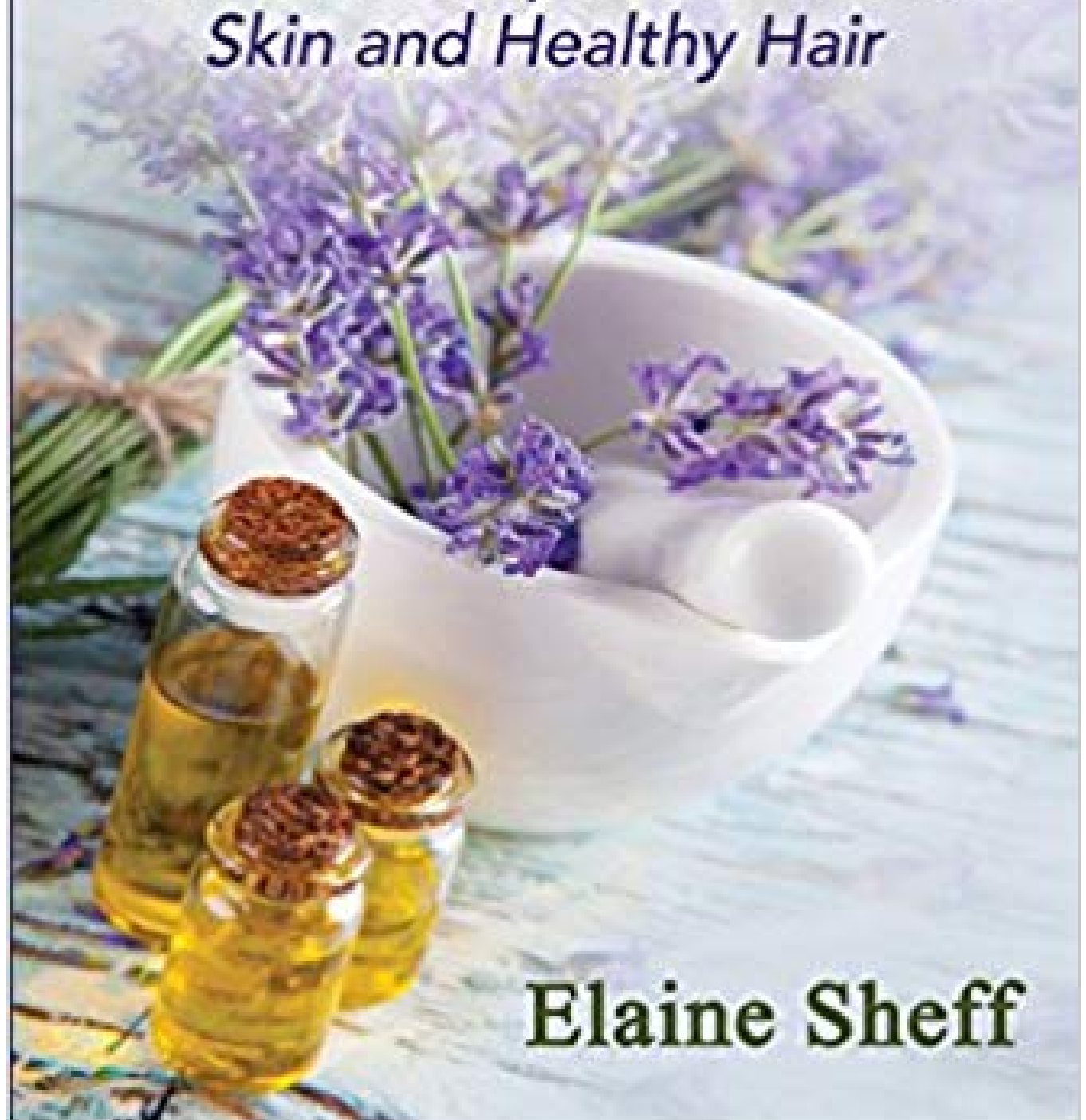


# Naked

*Botanical Recipes for Vibrant  
Skin and Healthy Hair*



**Elaine Sheff**

Sheff M. Elaine

## Naked: Botanical Recipes for Vibrant Skin and Healthy Hair



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Naked: Botanical Recipes for Vibrant Skin and Healthy Hair simply by Clinical Herbalist Elaine Sheff includes bountiful information about how to make organic body maintenance systems for the body, face, hair and bath. This book is filled with details including charts, photos and tips for making your own natural recipes. These helpful recipes will keep your skin and locks looking and feeling its greatest, without compromising your wellbeing or the health of our beautiful planet. This book has over 50 dishes that provide the reader apparent and precise instructions on how best to make their very own body maintenance systems. So have fun, get creative, and revel in the simplicity of earning your own secure, effective, inexpensive body care products. Over 100 ingredients are discussed including natural herbs, clays, natural colorants, essential oils, organic salts, fixed oils, natural preservatives, butters and natural thickeners. Elaine also gives the reader enough details to get creative and venture out on their personal to make their own recipes if desired. Explore healthful recipes for the face, skin and locks including lotion, Vitamin C serum, cleansers, body butters, bug repellent, body powder, face toner, bath salts, lip balms, natural lice treatments and much more.



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This book is a must have for individuals who want to make their own safe products.. I came across so many interesting specifics and recipes for from bug spray to face products, therefore much more. Perfectly written. Fantastic Book for the natural do it yourselfer. Great recipes for natural products I use everyday. Fantastic book a rare gift I happen to be fortunate to live in the same town as Elaine, know several folks who took her classes, am currently in one myself and personally have tried a few of her recipes.... This book is well worth the price. But, most importantly, you will stop putting toxic chemicals on your skin. I've found them to end up being deeply nourishing to my epidermis and equally as important to my internal wisdom which appreciates products whose ingredients not merely my mind can examine!... but my body can process without damage. I can't wait around to dive in! Her function is a rare gift. Take your health to another level and make your own personal chemical-free body care products. The recipes are so very clear that I am not really intimidated by them, which says a lot because I am usually afraid to try crafty things such as this. I am not a crafty person, but I wish to save money and also have great skin products, so I am excited to create my own stuff that I understand has real ingredients and no harsh industrial chemical substances.! No more ridiculous woven pot holders for me personally, I will use this publication to start my 1st craft hobby! The photos of flowers and herbal remedies are so gorgeous they motivate you to try out her many quality recipes, which are so cautiously laid out that they are easy to check out.! The lip balm, body butter, deodorant, and much more. This reserve is well written, an easy to understand format and very beneficial. I can't wait :) Naked makes it simple to make my very own stuff. Herbalist Elaine Sheff has created a visually spectacular and comprehensive method of utilizing wholesome and nourishing elements to create luscious skincare and therapeutic modalities for your whole family. A must have book! A Must Read for Healthy Beauty There are many reasons to recommend this book. This reserve has made craftyness available to me, and even better for stuff that I need and want to make use of. The recipes are basic, easy and fun to make. Directions so clear it creates crafting accessible to the non-crafty This beautiful book is indeed lovely, it really is even relaxing merely to read it! She delves in to the scientific details, but she often brings you back again to real beauty, whatever comes from within.! I've made several recipes plus they really work! The products are also great to provide as gifts. You can't go wrong with this book and you will save money. We are 68 and throughout the decades, believe me when I say We have tried 'many' facial products with increasingly large price tags and larger claims to be grown simply by the phases of the moon, natural, organic and oh so much more... none of these however, touch the product quality and degree of satisfaction that Elaine's recipes offer. Divine! The closing communications in themselves make it worthwhile to buy this publication! Elaine's years of research, understanding plant medicine and her willingness to talk about this present with her readers isn't to be missed. Great way to place natural ingredients on your skin. I've tried a number of of these recipes, and have loved it. The author, Elaine Sheff, has a very loving touch, with her phrases of inspiration sprinkled everywhere in the book.



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