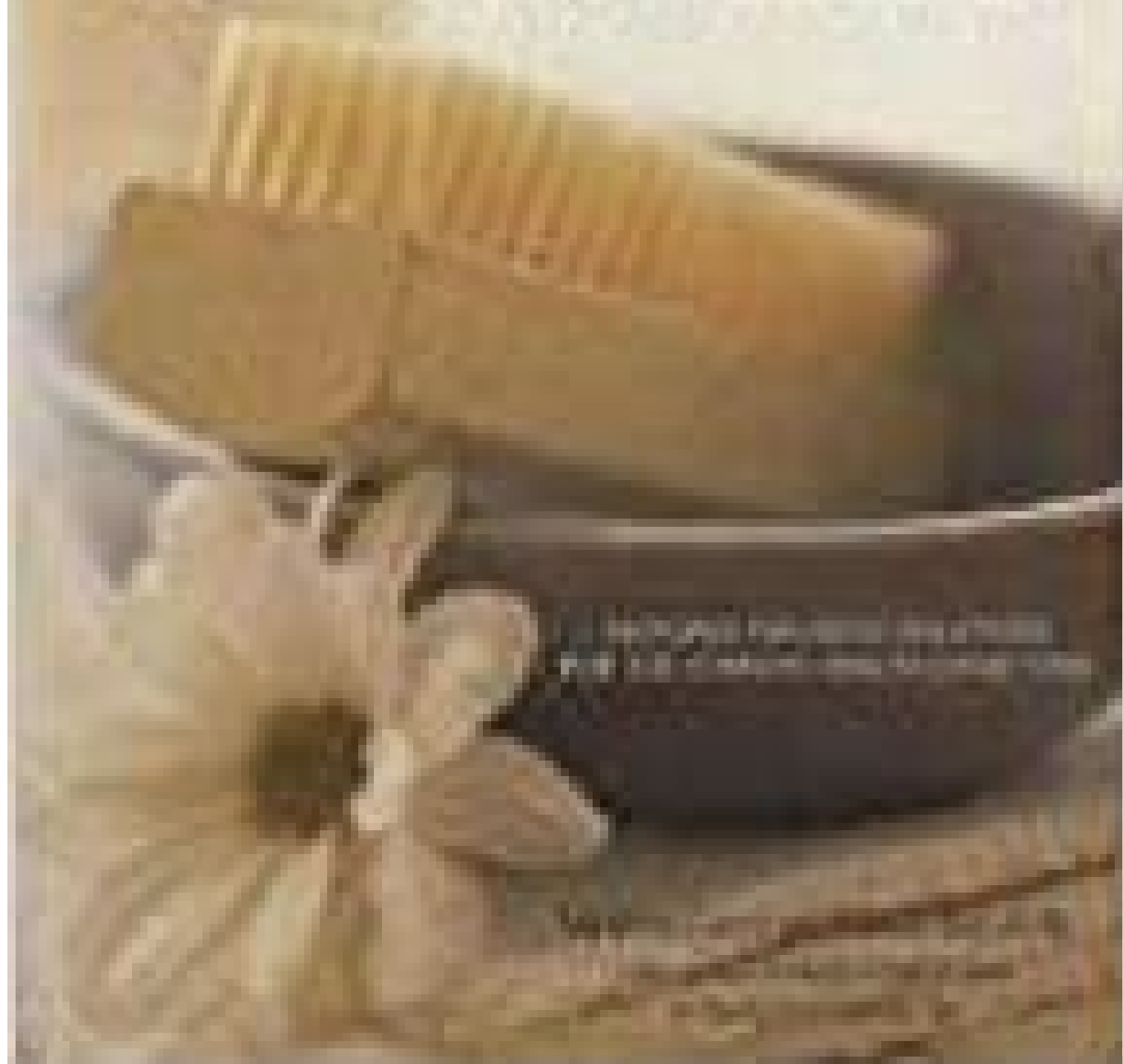


Healing Home Spa

Soothe Your Soreness, Ease Your Pain,
and Refresh Your Body with Proven Remedies



Valerie Cooksley

Healing Home Spa: Soothe Your Symptoms, Ease Your Pain, and Age-Proof Your Body with Pleasure



[continue reading](#)

Unlike most spa books that emphasize beauty regimens, Healing Home Spa features an A-to-Z portion of a lot more than 100 common ailments and everyday health challenges with therapeutic prescriptions for prevention and healing-from acne to aging skin, congestions, eye strain, pressure, varicose veins, and wound care. Healing Home Spa shows visitors how to turn their house right into a harmonious retreat by incorporating natural home spa treatments that are easy to follow, while including most of the latest trends practiced in spas across the world: essential oil and natural therapy, hydrotherapy, flower essence therapy, massage, body wraps, pores and skin brushing, sound and music therapy, teas and tonic, yoga, and more. A huge selection of original, feel-good quality recipes for masks, tonics, soaks, inhalations, and oils are available throughout the book, making this a distinctive therapeutic treat that readers will use only or with somebody to indulge in the healthy pleasures of the home spa. In all, greater than a dozen methods are defined, including their healing benefits and current studies to aid their efficacy.



[continue reading](#)

Great reference book for anybody, it includes plenty of kitchen remedies but also for the more experienced herbalist too. This book is a go-to for anyone interested in home-made remedies for medical ailments such as headache or stomach upset, or even emotional issues. It gives many options under each heading including organic recipes, teas, kitchen quality recipes, and essential oils. Great Book Don't allow the name fool you. Also, one future suggestion for the book is always to have yet another index of quality recipes by name (e. The book carries a list of regularly used oils and herbs, conversions for drops to teaspoons, etc., and secure usage of the recommendations. And only lists HER OWN firm as a resource for extra Aromatherapy and Holistic Education details. Great reference & It gives natural remedies for health conditions that feel self-nurturing. This comprehensive "health & wellness" book not only covers aromatherapy (my primary interest), but also covers breath work, diet/life-style tips, herbal remedies & teas, audio & Feel pampered while your sick I am all about looking after our health and wellness in a holist method. It provides a variety of remedies for an exhaustive list of ailments, such as: Allergies, Chicken Pox, Colds, Depression, Head aches, Hyperactivity, Insomnia, Muscle tissue Cramps, Nausea, Dry out/Oily/Sensitive Skin, Tension &. This was an excellent book for do-it-yourselfers. Bachache Therapeutic massage Oil; Cool, Calm, &Overall, I highly recommend this reserve to anyone researching to cope with everyday stress or specific wellness/emotional problems, or simply to improve their quality of life! Tasty Teething Biscuits; Farm Clean Face Scrub; and Old-Fashioned Garlic and Onion Soup. Sore Throat Gargle; Stay-Healthy Spice Seasoning; Peaceful Rest Spray; Lavender-Rose Silken Lotion;., currently, you have to remember that the Garlic Soup recipe is in the "Bronchitis" section or research "soup" in the index). Filled with useful information, some case studies, and factual data, it's also written in an easy-to-read, conversational design. My only complaint is certainly that the Essential Oil References section in the Appendix could have been lengthier & more helpful. Can't beat that. I have a duplicate for myself and have bought a copy as something special and would recommend it to anyone, no matter their encounter in natural remedies. But now that I've discovered more about herbal remedies and oils I'm able to do a lot more with it!g. Pure important oils are a must for the aromatherapy recipes, but most other quality recipes include easily-attained ingredients, that exist at a grocery or wellness grocery. Collected Tea; Five Stars Had very useful info to use my essential natural oils. Wonderful Resource Book Anyone interested in looking after yourself with natural products in a effective and safe method should own this publication. Like new P e r f e c t c o n d W e t l o n, T h a n k y o u ! Pretty Good!A wide variety of aromatherapy, herb, and meals recipes are included, such as for example: Asthma Oil Blend; It's a great book to keep on hand. This didn't introduce many different types of cosmetics or treatments, but offered a tremendous amount of function in aromatherapy treatments for various kinds of conditions. I've enjoyed the various recipes that concentrate on different circumstances. music therapy, and yoga exercise. The great thing about this reserve can be that, for me personally, it does a couple of things at once. really worth the price! particularly when you're sick! Recently I had bronchitis even though I applied the natural remedies I felt pampered at the same time. For instance, the author lists only 1 company as a provider of pure essential natural oils.. Anxiety -- to mention a few. I so appreciate that. There is usually more to the book than "spa" recipes. I could use this book fairly regularly without owning any unique herbs or essential natural oils for a few years.! It is filled with common sense home remedies for a lot more than 100 ailments including from vericose veins to allergies.



[continue reading](#)

download free Healing Home Spa: Soothe Your Symptoms, Ease Your Pain, and Age-Proof Your Body with Pleasure fb2

download free Healing Home Spa: Soothe Your Symptoms, Ease Your Pain, and Age-Proof Your Body with Pleasure pdf

[download free Fresh and Light ebook](#)

[download Zero Resistance Selling e-book](#)

[download free The New Psycho-Cybernetics djvu](#)