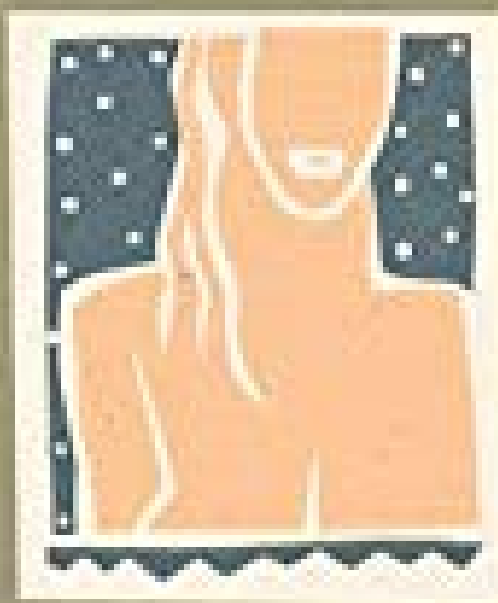


THE HERBAL BODY BOOK

A NATURAL APPROACH
TO HEALTHIER HAIR,
SKIN, AND NAILS



STEPHANIE TOURLES

Stephanie L. Tourles

**The Herbal Body Book: A Natural Approach to Healthier
Hair, Skin, and Nails**



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This is actually the book that began Storey's best-selling series! Contains more than 100 dishes for facial scrubs, shampoos, lip balms, moisturizers, and more! Readers will discover how to transform common herbal products, fruits, and grains into safe, economical, and natural personal care items.



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Recipes have way too many ingredients Similar to her additional books the component lists will get a little out of control. An example of one recipe "cleansing and rejuvenating oil recipe"- 2 tablespoons EACH : melted coconut oil, apricot kernel essential oil, avocado or sunflower essential oil, grapeseed, jojoba, nice almond and virgin olive oil -- Supplement E essential oil --- 5 drops of carrot seed , sandalwood, lavender or rosemary gas. I had a copy 15 years ago and lost it along the way, therefore i was excited to find there were still copies of the out of print publication around and have recently gotten another duplicate. As a fellow esthetician, I could narrow this down to one carrier oil that's good for every skin type, Jojoba. I love this book I love this book. Babushka's Beauty Secrets: Old World Ideas for a Glamorous New You. If you are looking for something a little more advanced I recommend Do It Gorgeously: How to Make Less Toxic, LESS COSTLY, and More Beautiful Products. Five Stars Great reference book for natural homemade products! Five Stars Gift lotions We have made several of the recipes. Great for anyone attempting to start tinkering with natural body products I would recommend this book for anyone who is interested in tinkering with do-it-yourself natural body products. This is going to price a small fortune to make in fact it is unneeded. I was searching for a publication that had dishes for natural skincare. Smart way to get wonderful products without all of the chemicals, that I understand are just ideal for me. so very much to try, what to produce with my essential oils and herbs. Natural method of herbals extremely knowledgeable and well crafted. It covers carrier natural oils and essential natural oils and the countless ways you can use them from head to toe. With few exceptions I cannot find much fault with some of them. We are experimenting with the different organic scents a nd important oils to have the correct scent for differing people. Great ideas. Four Stars Great! You will invest some cash making her products however the recipes are well toned and effective. If you are looking for a book that's fun and uses ingredients you can find within your own kitchen I recommend The recipies are easy to check out and once you stock up on the basic ingredients, you can make yourself a simple inexpensive facial cleanser up to a extravagance body lotion, all for the fraction of the purchase price you would pay for brand or botique products. I in fact checked this book out from the library and love it so much I purchased it.



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