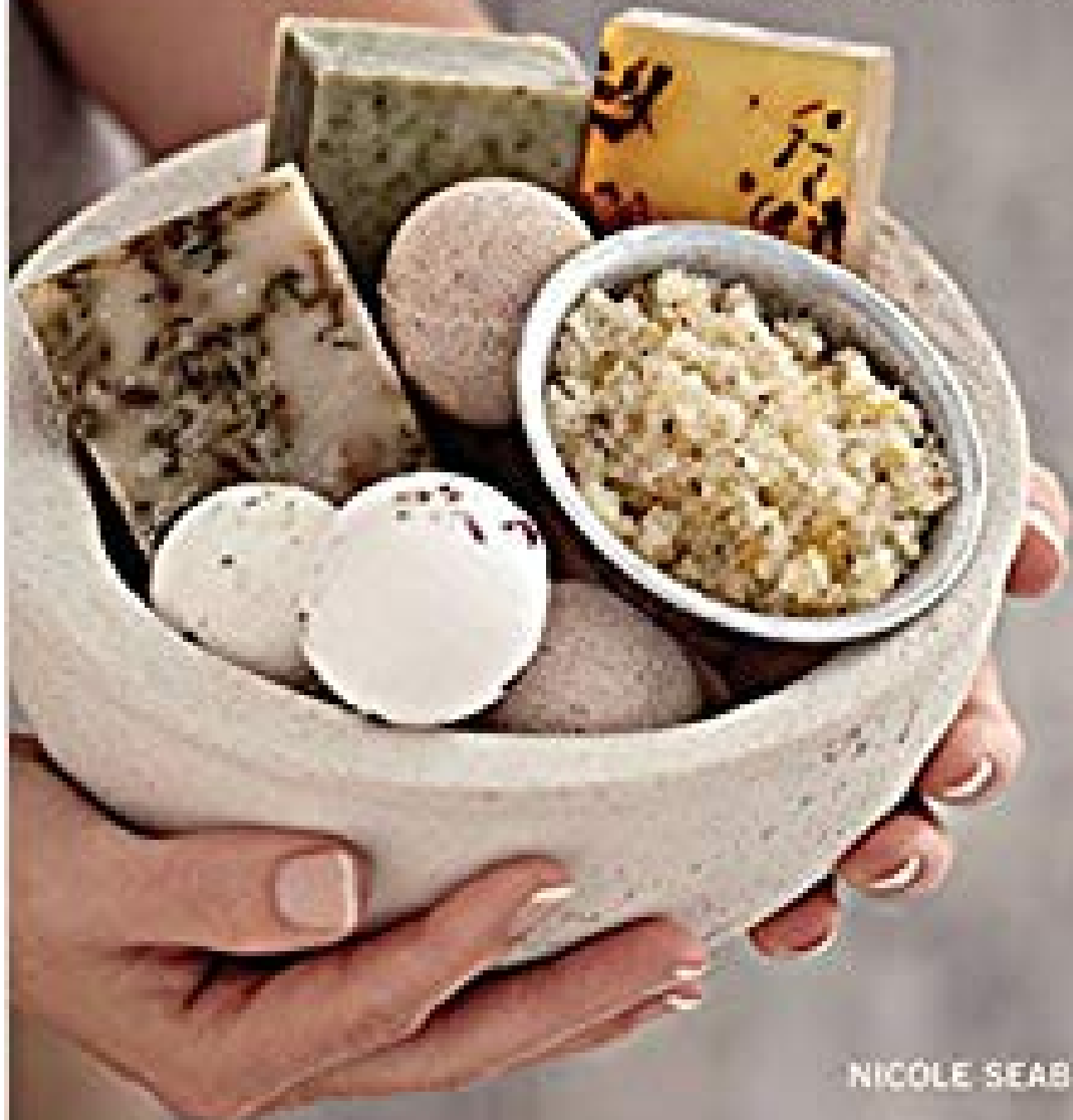


Soaps, bubbles & SCRUBS

NATURAL PRODUCTS TO MAKE FOR YOUR BODY AND HOME



NICOLE SEABROOK

Nicole Seabrook

Soaps, Bubbles & Scrubs: Natural products to make for your body and home



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After attending a natural item workshop during her time as an aromatherapy student, Nicole Seabrook became interested in creating her own, personalized natural basic products. However, as consumers become more alert to the toxic chemicals within everyday household cleaning agents and cosmetics, and are keen to 'move green', these ingredients are now readily available at specialty health shops and pharmacies. Her mission to discontinue using chemical substance products in her home and only 'all things organic' proved a hardcore challenge at first since it was challenging to source certain ingredients in South Africa. Nicole also noticed the need for a reserve on how to make these products at home in a useful, affordable and easy method. Soaps, Bubbles & Scrubs comprises a lot more than 100 simple, easy-to-follow dishes that Nicole has developed for use on your own body and in your home. There are also products that can be used safely during being pregnant and for infants and children. QR (quick response) codes have been included to provide links to videos on the web demonstrating how to make some of the products. She also demonstrates how to create glycerin and cold-procedure soaps, and discusses the various essential oils and their uses. Contents: Introduction, About natural skin care, The origin of natural cosmetics and the history of soap building, Aromatherapy essential oils, Carrier oils, Equipment, Items for the body, Items for hands and feet, Products for hair, Bath products, Facial items, Products for being pregnant and childbirth, Items for babies, Items for kids, Soap, Products for the house, First-aid and medicinal products, References, Index. 100+ quality recipes for a wide range of products, from soaps, body scrubs, shampoos and foot soaks to wound cleansers, mouthwash, dishwashing liquids and air-fresheners. Only natural ingredients and essential oils are used. There are chapters on facial items, hair products, treatments for hands and feet, and also products for infants and children, and for use during being pregnant. QR codes will connect to videos on YouTube, with distinct clips for quality recipes that require more detail.



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I really like the recipes This book is comprehensive and covers a wide range of products. This publication makes fun activities to make products for your home use or for exotic presents for friends. Five Stars Good book. terrific for teens and YOU SOAPS, BUBBLES, AND SCRUBS BY NICOLE SEABROOK: is a lovely publication that any teen or female would love to use for creative ways of building and using natural beauty products. You can learn a lot. Five Stars Like this books. The book details the tools and methods used to produce these economical, healthful beauty and comfort helps from soaps to hand creams, body natural oils and lotions, massage natural oils, body and feet softeners, baby caution, and child maintenance systems. Fabulous Book, Very Informative I love this book. Even though you have never considered making the products for yourself and think it will be labor intensive, reconsider! Love the annals of soap making as well as the explanations of different ingredients and what they can perform for you. The tools are simple and the substances are easy to purchase, and some are even currently in your kitchen. I love the recipes! She also gives great ways to package these home-made items exquisitely! A fun activity for any teen young lady party! and a way to save lots of money and improve your skin and general health. Great book!. The dishes presented seem basic and so are well-explained (haven't attempted making them, but shortly I will). Nicole makes it so basic, and she ought to know because she turned her studies into a professional line of products used in spas and wellness centers for skin care.



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