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# THE HERBAL BATH & BODY BOOK

**Create Custom Natural  
Products for Hair and Skin**

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## The Herbal Bath & Body Book: Create Custom Natural Products for Hair and Skin



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Today, more and more people prefer to bypass commercially available body-care products—and their chemical additives— Best of all, you can tailor the dishes to fit your own particular needs and hair and skin type. Ranging from soaps and shampoos to soothing lotions and lip balms, the 50+ tasks include such easy-to-find ingredients as beeswax, peppermint, chamomile, lavender, supplement E, honey, and shea butter. These high-quality natural bath and beauty products fill the costs. or provide them with as gifts! Enjoy these herbal delights yourself . .and only more natural, homemade products. You'll find helpful details on the advantages of various bouquets and herbs, and a synopsis of essential natural oils that information their therapeutic properties and scents.



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Good for beginners. Those who have already been studying herbal products for awhile will find it redundant. If you have been studying herbalism for very long or are already acquainted with making your personal herbal products, you'll probably find this reserve a bit redundant and unnecessary (not adding very much to the conversation, so to speak). When it comes to the recipes, for the most part, they are quite traditional recipes. The book itself is quite pretty and includes a nice, appealing, easy to follow layout.. It does include a couple of Rosemary Gladstar's traditional recipes. =) As an aromatherapist, I found the safety info a bit without the section about important oils. Introductory-level but nice This book isn't bad, but it isn't the very best. It serves as a good introduction to producing tinctures and using herbal remedies for other useful products and gives information on herbal products' properties, however the focus is only on 20 of the author's favorite herbal products. I was personally hoping for more soap suggestions in the publication because I am a cold process soapmaker, so the book was a letdown in the respect. Great for chemical-free living Excellent book to make organic bath and body products in the home. This book has been one of the biggest purchases I've made This book has been one of the greatest purchases I have made. It gives a lot of information about the crystals and their healing power.sorta such as a beginners mini reference. Great diy book for creating body maintenance systems... I love this book!.-) The dishes are very easy to check out.Great recipes and beautiful presentations. Love this beautiful publication!! I have recommended this publication to numerous of my friends/ Lovely book. Normally, it's a nice book to have readily available. Simple to follow instructions and an excellent variety of recipes. perfect the perfect book very useful It has great images and recipes for items you want to try .!. Bought this reserve for my daughter so she could come back the library duplicate she kept rechecking. Pictures are nice ; We prefer to buy natural bath and body items at Lush, and now we want to make our very own.PASS It is Ok. Five Stars Great book! Meh.. If you're simply beginning, though, you will find it a valuable resource.If you know something or two... This is actually the best book we've found to make natural locks and body items... Its not nearly as informative as I acquired hoped... What I also like about the book may be the pictures and they are in color. Certainly not all inclusive, some recipe (not many) and the majority of the info can be acquired online with relative convenience. It has great images and recipes for items we want to try to make, like soap and scrubs. Its among my go-tos for making my own body maintenance systems.



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