

THE HERBAL HOME SPA

NATURALLY REFRESHING WRAPS,
RUBS, LOTIONS, MASKS,
OILS, AND SCRUBS



GRETA BREEDLOVE

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**The Herbal Home Spa: Naturally Refreshing Wraps, Rubs, Lotions, Masks,
Oils, and Scrubs (Herbal Body)**



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Harness the properties of natural herbs to generate unique items that soothe your body, smell lovely, and so are clear of any harsh ingredients. Master herbalist Greta Breedlove presents easy-to-follow recipes for making your very own masks, rubs, and lotions that rival those bought at high-end spas and specialty shops. Create naturally sumptuous personal-care items to pamper all of your body.



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I was looking for something a bit more professional, and simple to use. Some of the quality recipes I had already developed on my own, but everything in this reserve is indeed wonderful. I liked several and fell deeply in love with none. Many of the recipes have been over complicated, listing a variety of ingredients (some of which are expensive and hard to find) when 2-3 simple and readily available ingredients could do the job. As an alternative, I really do recommend Babushka's Beauty Secrets: Old World Strategies for a Glamorous New You. This is a fun and easy DIY beauty publication and you may most likely have every one of the ingredients you will need in your kitchen pantry. If you are searching for something a bit more sophisticated I recommend Do It Gorgeously: Steps to make Less Toxic, LESS COSTLY, and More Beautiful Products. When you can borrow it from the library or a friend, that would be the ideal solution, as I would not purchase this book had I had the opportunity to actually look over it first. I can't find very much fault with some of them. Excellent book with great recipes This book is easy to follow, the directions and pictures are very clear and clear to see. I already had an identical book but the recipes were a lot more complicated. But that just means you have to educate yourself if you need to get more benefit. Individually, I'm extremely knowledgeable about herbs, so I loved it. So far as the massage tip in web page 112, I'm a massage therapist, too, and we didn't get the impression (in line with the picture) that they are suggestion you truly press the backbone itself, but rather across the sides.... But ideally a lot of people have enough good sense to know not to PUSH on the spine. Best nail treatment recipe!! I love the recipe on web page 150, "Fabulous Fingernails Essential oil". Most of the dishes for epidermis and bath in this book can be created from things already in the home. This is a great book for those looking into making their own natural products. Five Stars Love, love, like this book! The outcomes have already been amazing! My nails are actually long and healthy and I will never get back to fake nails. Even if I never make the other products this book was really worth the cost for me because of this one recipe. I love it! If you're sick and tired of paying big bucks for store-bought "natural" items, this reserve is for you! Borrow it initial.. but I can see where some people might misunderstand that. While I admire her creativeness, this book truly had not been what I was expecting. I am not a enthusiast of using my food as a "cosmetic spa treatment" - I make my very own soaps, lotions, body butters, etc and this book simply didn't impress me. You will invest some money making her products however the recipes well toned and effective. User friendly. Spa heaven I LOVE this publication. It has so very much information and recipes in it. My just (very minor) complaint is that many people may not get the complete benefit of just how much potential this book has once you learn enough about herbal remedies themselves, because it doesn't go into a whole lot of detail about the herbal products themselves. I got damaged my fingernails by repeatedly putting on glue-on fashion nails rather than correctly removing them. The Natural Home Spa provides web pages and pages of great choice bath and body lotions, lotions, masks, body scrubs, hair rinses, and far, much more. I produced over a dozen of the quality recipes. Anyone wanting to move away from chemical substances in soaps, lotions, shampoos, and etc. will fall in love with this book. So far it has allowed me to make gifts personalized for each person's unique taste. Quality recipes are easy to follow and all guidelines are explained. I didn't purchase this reserve for this purpose, but when I saw the recipe I thought I would test it out for. Thank you Greta! Others include herbal remedies and essential oils which are easy to obtain...While some recipes are fast and simple, some are more time consuming. Great Homemade Spa Recipes! All herbs, oils, items and equipment needed to make these creations are shown and explained to you clearly plus a resource guideline of places you can buy these items. That is a must have for anybody wanting to "go green" in the region of bath and body products. I like to give bottles of the oil to my friends as a gift too.!! Ideal for making personalized gifts I really enjoy this book. I know I have. Very happy Great book, lots of great information. Not really a great book There are very few things in this book that you cannot currently find online. It really is damaged down and can be an easy read, however, not the kind of info that I was hoping it would have. Take a complete if you are looking for fun and easy If you are searching for a publication that provides you something fun and

simple to do if you have minutes, this is not the book. Four Stars It is great Four Stars Has some excellent dishes in it. Wow! It really is a great choice if you are feeling crafty. Disappointing. I'm happy with this. Five Stars Loved it Got great suggestions and leads from this book Got great suggestions and leads out of this book. Most vegetation I already experienced in backyard or available at local nursery.



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