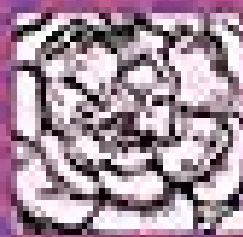
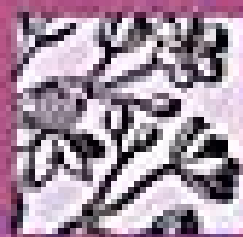


Jeanne Rose Herbal Body Book

The Herbal Way to
Natural Beauty & Health
for Men & Women



Jeanne Rose

Jeanne Rose: Herbal Body Book: The Herbal Way to Natural Beauty & Health for Men & Women



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Jeanne Rose's Herbal Body Book pairs a wide variety of ailments with possible plant remedies. Jeanne Rose encourages the reader to create your own mixture of herbs to target specific conditions and not only follow a limited number of recipes. It also carries a glossary of specialized terms, herbs, and quality recipes. This book includes dishes for the newcomer and expert. All you need from locks products to tummy salve for a pregnant girl is usually inside this most readily useful companion. Each plant suggested is referred to in anecdotal detail.



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While I generally, found this to be a very great reference with many extremely interesting recipes to address an array of interests, my purpose on paper this review is primarily as a caution to those who shun magic, sorcery, witchcraft and all the rest, in fact I had to subtract a celebrity from the rating. I am disappointed that she would republish the very same book. I've used those dishes for all these years and besides conserving a ton of money on costly cosmetics, I look 10 years more youthful than I am (therefore everyone informs me). It is also fun to make and use your own body care products. Therefore for that I eliminated a star. I purchased that one because I thought there would be new dishes and updates of old ones, and also updates on elements and new elements. The writer provides recipes for making different ointments and mixtures for beauty and health issues but she also provides in her publication enough info for the reader to really mix up her personal ingredients and create a genuine perfume, or mask or lotion. it even gets the same thanks to/acknowledgement at the front end (which shows you that nothing at all has changed because at the time she was pregnant and a child is obviously in his 30's right now) plus some of the same drawings. For you older back-to-the-earth herbalist types like me personally, you might remember Jeanne Rose's first edition of the same name in 1976. For the reserve itself and the information it contains, I would absolutely give it 5 stars. Aromatherapy from a master Excellent. delightful i found all this details highly useful. Without doubt, if anyone were to ask me for an all natural beauty and wellness recipe book suggestion, this would be one of the first 3 on my list. Excellent. Does she need the money, or what? I've since tried other people recipes with fancy (costly) carrier natural oils, etc. Within a time of opening the publication, I was so mounted on it, I required it with me almost everywhere - and examine it two times through... I'd encourage one to proceed with caution and become ready and ready to black out any info or beliefs you highly disagree with. Awesome book but that is just the initial with a new cover First I have to say that I was torn about whether to provide the book four or five 5 celebrities. I am so happy to have discovered it once again and since I am luckily enough to function in the same city she lives in (SF) I am hoping to attend among her amazing classes 1 day! I ripped the section out from the book (thankfully is was only 20 pages or much less) and blacked out all references to any matter dealing with the occult. My heart sank to find the section, and for this reason alone, while I discover the book useful, I will not look for any of the author's other work, nor do I treatment to know any longer about her than I already do. Timeless Details, a Reference Reserve Every Woman Should Own We was loaned this publication by way of a friend, and he nearly had to pry it out of my chilly, dead hands to obtain it back. You don't need to be a witch to develop an interest in herbs. This book, while hook bit dated, combined REALLY old world recipes with newer concepts and is, in my opinion, an absolute necessity for anyone who's thinking about creating their own skincare and health products. Its foundation will provide you with the ability to understand what you're carrying out, why you're carrying it out, and exactly how to start adjusting recipes to create them do the job. Moreover, you can seriously feel the heart that went into this publication - the love of natural herbs and character. It's infectious and refreshing. i have already been making stuff and love using all organic stuff. Amazing book for the herb lover, and your body lover I'm 14 years old, and am just discovering the world of herbs, and of cosmetics. From her publication I had developed my very own recipes which friends liked. But, alas, I lost those as well at the same time. Herbal studies from a get better at. but always get back to Jeanne Rose'down to earth, "think it is in your kitchen", recipes! I found the last chapter of the reserve to be extremely disturbing and unexpected as it was (no longer in my own book) a chapter on using herbs in magic. The Natural Beauty Book All Women ought to Keep Indeed Jeanne Rose knows her herbal stuff from experience, gathered over more than thirty

years as a specialist herbalist. The 2000 edition that I acquired (the main one described upon this page) rocks !: there is a glossary of herbs, of pharmacology conditions, of health issues that can be contributed to herbal products. I was disappointed to get that it's almost a similar publication; She knows how exactly to impart her understanding with generosity. It's a reference book and fun to learn as well. The One and Only Many years back i lost my copy of Jeanne Rose' 1976 Herbal Body book! I came across this book very helpful in both areas, due to the wonderful descriptions, and the useful, basic recipes. Oh, also, the edition I go through was the 1976 edition (from the library of course) so I imagine that this newly updated duplicate is even better!



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