



200

TIPS, TECHNIQUES
& RECIPES FOR

NATURAL BEAUTY

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200 Tips, Techniques, and Recipes for Natural Beauty



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Many of today's cosmetics contain harmful chemicals and additional additives that a lot of of us don't even understand about - and if we did, we wouldn't use them--no more. With step-by-step photographs, obvious instructions, and expert suggestions, each recipe is easy to follow. Create delightful lotions and potions in your own kitchen, using all-natural, holistic ingredients like herbs and flowers. Also, make use of some of the recipes for your overall health, including curative organic extracts and therapeutically effective essential oils. Discover conditioning carrier oils, sumptuous butters, and aromatic floral extracts that may nourish you check out toe. With 200 Guidelines, Techniques, and Quality recipes for Natural Beauty you'll learn all that you need to know to make your own organic beauty products. Give them as gifts or maintain them for yourself. Regardless, you may never want to buy cosmetics from the drug shop again!



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Excellent, comprehensive and fun! Best publication of most my "crunchy" books. Highly recommended Love this book! I've several books in my gas, natural and crunchy beauty library. This is by far, probably the most comprehensive reserve of these all. The book switches into detail, for every aspect of your body; from the locks to the toes. She covers herbs, oils, butters and essential natural oils, so you understand what each item is good for. She covers everything you could possibly have to make for your body. From hair products; Feet scrubs, soaks, butters and lotions. To the facial skin; cleansers, scrubs, masks, oils and moisturizers. Natural infusions, and salves. masks, vinegar rinses, cleansers and conditioners. In order to produce your own, this is the book! A must purchase if you like to make your own cosmetics. What it generally does not cover is producing these for offering to others. While the recipes were a bit more involved than I wanted, the overview of ingredients is ideal! Shannon did an extremely nice job with tabled to review possible ingredients. This is a publication that I continue back to over and over to review elements. It really is filled with tons of valuable info and recipes for from head to toe. Great book to have fore homemade beauty products. I purchased this book because I wanted to learn more about creating my very own homemade cosmetics. I am glad I did. Thank you for the great info! I believe this was listed among the recommended books on the Mountain Rose Herbal products website (although I could be mixing this up with a different resource). It would have been better if it acquired more quality recipes as each category only includes a few "best dishes". I have referenced it multiple occasions both for gathering dishes and for studying different guidelines such as what base butters work best for different pores and skin needs, etc. Unfortunately usually the five recipes in each category don't work for my type of skin :-(As someone who has been producing my very own beauty products from scratch for many years today I felt the necessity to buy a reserve like this to get some new ideas. Detailed explanation of essential oils, butters, hydrosols etc. since it helps me to find things easier. It really is divided up in such a logical way that it is simple to use as a reference Wow! This book is chock full of information. There is definitely plenty of research that proceeded to go into this book. It is divided up in that logical way that it is easy to use as a reference. And yet, with the info, it is therefore visually appealing. It could also be good as a reserve for deeper research and research. Well done, Shannon Buck. I am looking into more of what you supply. You name it, this book covers it. No matter whether you certainly are a beginner or more advance when making do-it-yourself products. Great reference book! I would recommend this publication to anyone who want to make their own handmade lotions, salves, and lotions. All the formulations are for little batches. Keep this on hand as a reference guide for ingredients Love this reserve. For every category it supplied basic knowledge of the category and the basic recipe.. There's something for everyone in it. Lots of recipes to make your own skin creams, hair products and perfume blends using important oils and other natural ingredients. Love this book Love this book! More recipes preferred The opening section was good and informative. The section on healing salves widened my solution to make better formulated salves. I really enjoyed scanning this book! I found this publication useful and helpful to make my own formulations for lotions and cremes. for the reason that you are not taught about how exactly to keep the formulation from getting moldy. I made plenty of notes and highlights therefore i can make a quick reference to the materials when I need to. Pictures are great aswell! Knowledge is wisdom. Helpful Absolutely fantastic Therefore many customizable recipes, i'll need more test subjects. Extremely educational and in easy to understand format. Excellent book! Love, love, like this book. Tons of useful information plus some recipes too Necessary resource book for anyone wanting to help to make their very own skincare. I like that this book is broken down into section like hair, face, etc... Lots of good dishes that I've tried and love. It's due to this book that I really got into producing my very own lotions and body butters. Great addition to my dictionaries and encyclopedias collection. Excellent book to have. A whole lot of information about all what connect with beauty and treatment of self. I like it Nice 5-star review Thank you by H&B OILS Middle Co. Also provides safety tips and buying information.. Regardless, that is definitely an advisable purchase. Good Book for Beginners and the MORE CAPABLE This book has some

great recipients in it.



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