



101 Easy Homemade Products



FOR YOUR SKIN,
HEALTH
& HOME



Jan Berry

FOUNDER OF THE BUGS THE NERDY FARM WIFE

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101 Easy Homemade Products for Your Skin, Health & Home: A Nerdy Farm Wife's All-Natural DIY Projects Using Commonly Found Herbs, Flowers & Other Plants



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If you don't have a certain ingredient readily available, Jan provides tips on how to alternative and what works best. In this incredible resource, Jan Berry explains the basics of making your own skin care and hair maintenance systems, health remedies and home cleaners?then how to customize them into really unique and personalized items!All of the projects are an easy task to make and make use of commonly found herbs, blooms, oils and other natural ingredients. You'll figure out how to make:- Honey, Rose & Oat Face Cleanser- Cool Mint Body Wash- Basic Calendula Lotion- Floral Salt Foot Scrub Pubs- Basil & Lime Lip Balm- Lavender Oatmeal Soap- Violet Flower Sore Throat Syrup- Thyme Counter Cleaner- Lavender Laundry Detergent- And so a lot more! No fancy equipment or previous encounter required!Go Green atlanta divorce attorneys Part of Your Life with These Easy, All-Natural Herbal ProductsKick toxic, synthetic skin care products and cleaners out the door and bring the recovery joy of character into your life with the easy, versatile projects in 101 Easy Homemade Items for Your Skin, Health & Home. Becoming enviromentally friendly has never been easier or even more affordable. With this publication, you may use local, natural ingredients to make something gorgeous, effective and good for you and your family.



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Great dishes for all skill levels I am a long time follower of Jan's blog The Nerdy Farm Wife so I was quick to preorder this focusing on how great her dishes are. I'm guessing she browse the one superstar review slamming her for not using preservatives, and decided to make use of criticism constructively, I'm fairly impressed, as preserving her recipes was something I was worried about aswell. I am cautious in trying new things and her straightforward approach got me making some salves and lotion bars. I'm excited to try some new things in this publication. Containers could be your biggest want, but health food shops like Wholefoods carry several containers in their health and beauty section today. The spine of the book is exclusive, a combined mix of glue and string bound that allows for it to open wide and stay open from any spot in the book - which I think is such an attention to fine detail for a cookbook. What's inside: Skin care, salves & This reserve is a great investment. The artist is indeed helpful about the DIY task that you will find in this publication. lotions, soaks & salts, bath melts & scrubs, lip care, hair care, handmade soaps, home remedies, household solutions, and pet care. There's a great intro to the products you'll be using as well as a thorough index. Any skill level will see something to take pleasure from in this book. An absolute must have for the Naturalist or herbal newbie- The NEW Organic Soap Queen and Organic Author- Easy, educational, USEFUL, FUN I really like this book! This book is packed with many recipes. Many recipes require just a few ingredients, elements easy to find at suppliers who sell oils and herbs like Mountain Rose Herbal remedies, & most you can pick right from your lawn like dandelion and sunflowers. I bought one on Amazon for approximately \$11. I never wrote them down, so I am pleased to have Jan's book as a reference right now. What I didn't like was when it found adding a preservative to a recipe which has water, they didn't give you any part size to add! I love that she gives a customizable recipe for the lotions, balms and salves so you have a simple recipe to follow. There's even a section to making organic soaps and basic instructions- and unlike Anne-Marie Faiola who wrote Pure Soapmaking (a tale about natural by the way)- Jan Berry's quality recipes ARE Natural and effective. (This girl is focused on Natural). I made a decision to browse the authors blog page (Jan Berry, thenerdyfarmwife) , and was happy to see she acquired lots of details on preservatives (some natural ones) , and had even done an test out microbial testing to discover which preservatives are most effective on her behalf homemade products. Not detailed enough for serious crafters. All natural dishes with beautiful images! Normally, I am a notorious recipe fail-er, however the information is presented so clearly, so neatly, that it's really hard to mess up. I really like that she included a little family pet section and I am wanting to try the dried out shampoo on my short haired terrier once the snow stops blowing. I highly recommend it as a reference reserve for your apothecary. It is possible to always double up her

dishes to make larger batches. The beginning of the reserve explains about oils, butters and additional additives, and even recommends tools you may need. Many of it we've or can buy at second hand shops. About the book itself: The photos are gorgeous. I've reviewed this book after looking through every single recipe, but have only had a chance to produce a few of the recipes, which proved great. There is a section for homecare and some great natural dishes. She actually is bright, respectful and incredibly useful in her field. Awesome book and great recipes! I grow all of my own herbal remedies organically, and make some of my bath and skincare products myself. I am 29 years old and have been doing this for the last a decade. I mainly steam clean precisely what can be, but I have also just started making my very own cleaning products too, I have a one year old and prevent chemicals at all cost, but some stuff you need a cleaner, and all organic is a great choice. I purchased this book so I could have some new recipes/inspiration. The pictures are certainly amazing, and the dishes are excellent! As soon as I opened this book, I couldn't pull myself away, I read through every recipe, bathing in all the great info. The only qualm that I have, and just why I gave this book 4 stars rather than 5, is basically because I absolutely sure do wish she would have gone into details with her preservation methods and what natural preservatives are best with each recipe, although she does review natural preservatives in the very beginning of the book. The writer obviously will need to have bees, and uses a lot of bee produced products in her recipes. This is actually the perfect book for the purist or naturalist who's just getting into the field of herbalism, and I enjoyed the book from cover to cover. I'll return to update my review when I have made several more of the products from this publication. At this point I would recommend this publication to anyone who is looking for some inspiration/dishes for homemade products. The author has provided dishes for homemade soap, bath items, cleaning products, pet care, and the list goes on.. Update: I've made some more products and all are great, I'm happy with the quality recipes in this book. By far Jan may be the Soap Queen of organic soaps and I have had way better achievement using Jan's natural soap recipes. She actually is a concise writer of recipes, with easy to follow instructions. Amazing, lovely book I've really enjoyed this book! I have produced seven of the recipes in the book up to now (and some variations as well) and each you have turned out astoundingly well. Her FB web page is one of the best organizations- informational supportive and filled with great insight. I am truly grateful to the writer, because it is just so very much fun to create something and have it turn out well! In fact, it's now become my mini-obsession... I am buying substances and making constantly. I suppose that's one hazard of the reserve! Awesome DIY book for soaps, lotions etc. After thumbing thru it, it's my 2nd preferred. I do extremely recommend having an electronic level handy, as I believe it has been key to my achievement because I couldn't mess

up the measurements. I know a lot of these recipes work because over the years I myself made virtually identical versions and had great results. Very informative LOVE THIS Reserve. Easy recipes and easy to understand. P. the very first is her soap making book . You simply cannot fail with this publication whether you are a newbie, or advanced at making homemade products... Wow what a beautiful, well put together reserve. Jan Berry's books are full of great information, very educated using herbs in soaps and additional diy beauty care? Homemade products Want to DIY. Great idead Great Awesome book To much to write down ..thumbs up n up Got jan's reserve today &S..one of these .. This book has a great deal of do-able quality recipes . ingred are accessable which colendula whipped coconut butter recipe tells you steps to make the infused coconut essential oil needed gonna do that one first . very happy with my purchase.. Amazing Book Another great book from Jan Berry- The Nerdy Farm Wife. If your into DIY natural basic products at home this publication is for you. If you need to eliminate the use of harsh chemicals in your life, this is actually the right reserve for you. lotion bars, creams & balm, body butters & I have made many of the soap quality recipes and bath salts, washing and laundry products. Very good directions. Extremely good so far! There is absolutely no concealed agenda in this publication either- she's not really selling her company just like the additional Queen- Jan is a very knowledgeable in her field and wants to share her passion. I like the recipes and information in the publication. The pictures are spectacular, the recipes readable and uncomplicated. Just a foot notice like; optional to add preservative like Phenonip.



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