



EARTHLY BODIES

&
HEAVENLY HAIR

NATURAL AND HEALTHY PERSONAL CARE
FOR EVERY BODY

by DINA FALCONI

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Dina Falconi and

**Earthly Bodies & Heavenly Hair: Natural and Healthy
Bodycare for Every Body**



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Many dishes using healing natural herbs and aromatherapy. Unlike regular makeup-coverups, Dina's unique approach nurtures natural splendor and health. Chapters devoted solely to women, and to the bodycare requirements of men, teens, infants, and elders. Includes 450 innovative formulas for essential products for face, epidermis, hair, hands, feet, mouth area, and teeth -- more than a hundred of which can be made from basic household staples. Natural medical, too. A master herbalist's guide to natural personal care. 256 webpages, recycled paper/vegetable ink, illustrated, paperback.



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ok for just starting this book was good in the sense that i knew nothing of making my body products when i bought this and it got me really thinking about the topic and prompted me to do my own research. her queen of hungary toner is great, but not good for sensitive skin like mine, my face would turn scarlet. she gives recipes for body masks which is fine for once in a while, but i would like an everyday cleanser that doesn't involve soap. she mentions just the very basics like essential olive oil, apricot seed, avocado, jojoba ect she also doesn't clarify the carrier oils in depth. also, she provides basic formulas for making your own lotions, salves, ect that is great.2.10. in general it appears outdated.. Additionally, just because you can't see mold spores doesn't mean they aren't there. i found this out by reading one of rosemary gladstar's books.2. no genuine explanation of essential natural oils and what each one is great for. If you are a herbalist or experienced in dealing with whole vegetation and herbs then you may find this book useful on creating organic bath, body and skincare products. all her face washes are natural oils and essential oils, then says they're not usually best for acne prone epidermis (like mine). she provides 1 recipe for a cleansing cream, but it provides borax in it. borax has a hazard score of 6-7 (moderate) on the online cosmetic database. okay, it's just moderate, but i don't want to place that on my face...perform you?4.And I'll let you know all a little key too - the "Herbal Deluxe Hair Pomade" recipe in this publication isn't all that not the same as Carols Daughter Mimosa Hair Honey that people pay out over \$15 a jar for (but.5. Not for the novice This book is not for the novice.6. instead of witch hazel extract i use rose water and rather than lavender essential oil i use rose, which is much much better for sensitive skin.... and I don't like it for three reasons I bought this book a while ago, and I don't like it for three factors:1.7. no reference to many different types of carrier natural oils like argan, kukui, cranberry seed, camellia, rosehip seed, meadowfoam, red raspberry, black raspberry, blackberry, pomegranate, ect.8. i made her witchhazel and tea tree deoderant. One Star not interesting.it smelled DISGUSTING. you'd be better off not wearing any deoderant. significantly. Five Stars Good read, need to try some recipes Five Stars great natural recipes!.but here's my beef with this publication:1.3.. just one single example, she uses thuja gas in a few recipes, which other gas books i've read say never to use on the skin.. i feel such as a great deal of the info in the book you could easily find online. my plan is to find a good indepth reserve on essential oils, a publication on hydrosols, a publication on natural locks care, and maybe one which clarifies better on how to make face and body washes that avoid soap or perishable ingredients (like fruits, that is great, but i don't want to create face and body clean every time i shower, i don't possess that kind of time). my guidance: take the book right out of the library and try it out before you purchase it, that's what i wish i had carried out.none in the book. In

the 1st chapter regarding moisturizing creams is written, "Because lotions are manufactured from natural ingredients, they may at times develop a little bit of mold on the top. If this happens, you can basically scrape off the affected portion and use what continues to be." Why would you do this when the purpose would be to make healthier new creams with as few harmful ingredients as possible to nourish your skin?. Do you really need to smear mold, fungus, or various other unseen microbes on your epidermis?. if you are searching for just recipes this publication is ok. Informative This is actually the most informative book I've ever read! it's unclear if she is using liquid oz or excess weight oz11. The book is poorly organized. Since there is the right inspiration here, I do not recommend this reserve. her section on hair care is not impressive.3. If you're a newbie and feel known as to buy the book please be advised that there are some ingredients that definitely need to be used with caution in fact it is essential that the readers follow her recipes exactly as created. If you are looking for an excellent DIY book that's fun and uses elements you can find within your own kitchen I recommend Babushka's Beauty Secrets: Aged World Strategies for a Glamorous New You. If you are searching for something a bit more sophisticated I recommend Perform It Gorgeously: Steps to make Less Toxic, LESS COSTLY, and More Beautiful Products.. With few exceptions I cannot find much fault with any of them. Great natural Hair quality recipes for people of African descent. This book was written almost 10 years ago and I'm at the moment discovering it. no mention of how much grape seed extract to make use of to greatly help preserve your creams or how much vitamin a, c, or e you should add.. no wellness cautions about the fundamental oils. You will invest some cash making her products, however the recipes are well developed and effective..But, better later than NEVER!!I'm usually upon this never-ending quest to get products that will help me manage my afro, but usually I find yourself making my very own concoctions because the most commercial hair items are just so ineffective for me. But, I came across this book at a local flea market and flipped right to the chapter about locks. I wrote down the author's recommended guidelines on how to make an organic infused vinegar rinse, bought the substances from a wellness foods store, and afterwards went home to create it in my own kitchen. Later, We eventually tried the rinse on my hair and to my delight, this hand-made natural vinegar softened and detangled my locks better than any kind of so-called salon product. no mention of hydrosols. so overall, it had been an ok begin to learning about making my own products, but i've quickly grown past this book, and also have no interest in making any of the recipes anymore besides the modified queen of hungary toner. Unless you make very small amounts, which this book will not give recipes for, use sterile equipment and technique, and use them within a few days, you might be inviting problems. I really like all the informations.shhhh..you can't tell nobody)!.... Easy & As provides been

previously mentioned, the levels of essential oils necessary to involve some preservative effect would be costly and some can be toxic. In currently started to make a few of the recipes plus they are wonderful! Five Stars very good! I love the book I like the book.. I don't like, that the quantity of product you'll get, will be more than enough for my entire village. I'd appreciate a corresponding homepage with the recipes measured for just one or two jars. Even so a fantastic book in my opinion.9..



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