

# The Holistic Beauty Book

Over 100 natural recipes  
for gorgeous healthy skin

Star Khechara

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## **The Holistic Beauty Book: Over 100 Natural Recipes for Gorgeous, Healthy Skin**



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It also includes hair products, baby care products, and healthy recipe tips so you can feed your skin from the within. Then why not make your very own? Do you wish to use ethical and green cosmetics? Do you have sensitive skin and want very pure beauty products? DIY skin care is usually fun, easy, and empowering, and The Holistic Beauty Reserve is filled with safe, high-class, organic, affordable skin care potions you may make in the home. Do you like to use only the very best, chemical-free, hand-made holistic potions? Enjoy beautiful body butters and bath scrubs, and pamper yourself with face masks, moisturizers, and therapeutic massage bars. This book gives you all you want to create fantastic cosmetics that may help you treatment for your skin and the environment simultaneously.



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Skin & Beauty Rx I like that it is a comprehensive book. It not only gives great dishes but it also lets you know what each ingredient does. Which means you have options if you need to make substitutions or adjustments. And considering a lot of skin and beauty products use the same ingredients this really helps the pocketbook. I loved that she started the book by discussing a healthy diet and life style for good skin. Wonderful recipes This is a great resource that I will turn to again and again... I'm okay with this one... The author focuses primarily on the sourcing and use of fair trade and organic substances - with most if not all of the quality recipes developed to feed &... It had been filled with information about the elements in each recipe. It doesn't matter what you put on your skin in case you are damaging it from the within... She says it provides great recipes and its easy to adhere to. She actually is into natural products... At first glance, this reserve looked as though it was going to be just another collection of old-fashioned "kitchen" recipes - the same kind of stuff that explains steps to make a beeswax body cream using borax & lanolin. nourish the skin.. But this one was suprisingly a bit different. I've tried and enjoyed the massage therapy "Chocolate Orange Body Butter Bar" made out of pure natural cocoa powder (she has a seperate chapter dedicated to chocolate body potions). She even has a rhassoul mud hair treatment (ideal for softening & detoxing the locks) along with a simple hair shampoo using African Black Soap. Two Stars not that good Star put a whole lot into this composing this book.. Nicely illustrated and presented however the information is too medicine cabinet. Overall a good book for the reason that category. Good 4 stars bc I have yet to use it. I love the recipes and look forward to using them once my life slows down a bit and I could afford to make my kitchen actually messy. I purchased this for my child and she loved. She actually is into natural products I purchased this for my child and she loved... Nice book Love it Awesome The book came in quickly and offers a lot of good recipes for lotion producing. .I recommend this book for some one who wants to make 100 % pure lotions without chemicals. Overall, I recommend this book.. Good entry-level book I came across this book too simple.. Star put a lot into this composing this book. She provides an in-depth explanation of important oils and other elements before sharing recipes.



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