



the
**NATURAL
BEAUTY
SOLUTION**

Break Free from
Commercial Beauty Products
Using Simple Recipes and
Natural Ingredients

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The Natural Beauty Solution: Break Free from Commerical Beauty Products Using Simple Recipes and Natural Ingredients



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You've stocked your kitchen with entire foods, and cleansed your cabinets of processed snacks, microwavemeals, and sugary desserts. By breaking the routine with a natural beauty routine, it is possible to give your body a true beauty reset. You are what you eat, and your epidermis can absorb chemicals and additives simply as conveniently as your tummy. The ingredients and recipes not only provide a healthy alternative to mass-produced items, they make your skin and locks look their finest, naturally. The beautiful color pictures, the insightful and inspiring editorial, and the easy to generate natural recipes could have you re-examining -- and re-directing -- your complete beauty routine to a natural beauty solution. The Natural Beauty Solution features two-dozen easy-to-follow, customizable recipes for natural skincare. With just a little extra effort, you can work handmade, natural splendor into your day to day routine. Common epidermis disorders, such as for example eczema, psoriasis, and acne are often frustrated by the chemical substances contained within industrial cosmetics. Chemical-based hair care can cause frizz, breakage, and scalp discomfort. And, frequently, it's the over the counter "treatments" that are the thing that cause common skin and hair caution problems. After putting all of that work into your natural, healthful way of life, it doesn't make a whole lot of feeling to slather your body in chemical-laden commercially created beauty products. The NATURAL SPLENDOR Solution will help you totally overhaul your medicine cabinet, show you how exactly to create simple natural recipes which are quick and affordable, and troubleshoot natural splendor methods to in shape your unique skin and locks type. The Natural Beauty Solution is a step-by-step guide to replacing commercial beauty products with a 100% natural routine.



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The majority of the recipes include Borax. I have made several quality recipes out of this book. I also like the the excess information on various important oils which you can use to adjust most of the quality recipes for different skin types. There's something for everybody in it. The toner and the lip balm, especially, are wonderful. The book however is easy to follow (you can read it in a sitting) There is one recipe per category. Like the Lip Balm! Borax! Come on now, really? Wonderful book!.. then you will enjoy this book. I personally won't use Borax. It is used to make homemade laundry detergent. Also utilized to keep bugs away. some a little more challenging but all . That's when consumer access to ingredients was very limited. I made enough notes and highlights so I can make a quick reference to the material when I need to. I really enjoyed reading this book! No matter whether you certainly are a beginner or more advance when making do-it-yourself products. These dishes create gentle products that don't irritate my skin. Great reference book! Some easy recipes & Some easy dishes & Many old college skin care recipes demand Borax however ... Pictures are excellent as well! Five Stars great gift. Starting with the easy stuff to find the methods down and so considerably each recipe has turned out great Three Stars Has some good recipes, but nothing over the top about the book. Comprehensive and readable. Very nice, Readable and informative. Great quality recipes. I also really love the photography. Important ideas beautifully presented! The reserve however is easy to follow (you can read it in a seated), informative has good content and when you are ok with Borax. Important concepts beautifully presented. Must have Great book filled up with awesome recipes. A lot more comprehensive than other things I've seen about them. Great for anything into natural beauty. Great content Viewed at library first, very happy with it:) Five Stars I love everything concerning this book!merely wonderful.. From the easy-to-follow recipes, the substances information, right down to the photography. some a bit more complicated but all explained obviously in simple actions. well used by recipient and I am the lucky recipient of her creations! May not go to the difficulty of cooking food up the stuff in right here. Disappointed. Disappointed Nothing particularly special or useful for me.



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