

# A DIY Guide to Therapeutic Bath Enhancements

Homemade Recipes for Bath  
Salts, Melts, Bombs & Scrubs



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## A DIY Guide to Therapeutic Bath Enhancements: Homemade Recipes for Bath Salts, Melts, Bombs and Scrubs (The Art of the Bath) (Volume 2)



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Use important oils to turn your bath into an at-home spa with these simple homemade bath recipes for bath salts, melts, bombs and scrubs. Obtain your Free of charge BONUS The Artwork of Self-Massage. These therapeutic quality recipes will enhance your bath and help you gain the therapeutic great things about essential natural oils. Turning your bathroom right into a personal spa is simple when you fill it with luxurious scents and bath additives to improve your overall bath experience. The dishes found in this volume of The Artwork of the Bath Series, A DIY Instruction to Therapeutic Bath Enhancements: Homemade Recipes for Bath Salts, Melts, Bombs, and Scrubs, were developed help sore muscle tissue, comfort the troubled mind, and soothe a restless spirit. Not merely do these dishes beauty and aromatherapy recipes smell and feel great, tradition retains that they help the following problems: Anxiety, Depressive disorder, Arthritis, Fatigue, Head aches, Insomnia, Irritability, Memory Reduction, Muscle pains, Skin problems, Stress, Feelings of being Overwhelmed, and more. Scroll up and purchase your copy right now. Using mineral salts and important oils, these beauty recipes in this level of The Art of the Bath: A DIY Guideline to Therapeutic Bath Enhancements, are quick and easy recipes for bath salts, scrubs, melts, and fizzy bombs that can help your body to relax, as well as your psyche to be refocused on happiness and serenity. (Still under \$10.)



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Recipes at an excellent price This book is very simple and is primarily a recipe book. The recipes seem fine and contain instructions. You won't gain plenty of insight into understanding the elements or anything beyond following simple recipes. I'm offering these recipes a go. I did not find it ideal for my uses, but others may. I bought this reserve for my daughter who's heavily in to the DIY to avoid Cancer movement. Five Stars Was a very big assist in making my gifts this year. Five Stars I love this book Good Information Very interesting information. I bought this publication for my daughter who's heavily . "A Diy Instruction to Therapeutic Bath" is packed with ideas, tips, and strategies to help you to get healthier, and feel much better. I really like the section on Bath Bomb Recipes- Thanks! Great Resource! I'm really glad I found this book. I came across myself engaged in the contents of the book and will likely set out to try among the recipes with my daughter this weekend. Want me luck! Be blessed! Thanks! Nice publication with plenty of info! The cost is perfect for everything you receive, but usually do not anticipate anything beyond some recipes. Luxurious fun Anything DIY - I love!. I've by no means tried to make homemade bath item before so I'm looking towards trying some of the recipes. Three Stars Was thinner than I thought it would be. Wished for it to have more information. No pictures.. Four Stars Great book! dissapointed well, if you didn't have any kind of knolegde concerning this, it's ok, but if you curently have some, well, you almost certainly learn than this reserve could share with you. Two Stars That is definately a beginners guide. Most information is really as if was copy/paste from section to section.



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