

C O M P L E T E

B O D Y C A R E

Beauty by Nature

Brigitte Mars



AROMATHERAPY ESSENTIAL OILS HERBS MASSAGE DIET

Brigitte Mars

Beauty by Nature: Complete Body Care



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Also includes advice on body care for men, babies, and elders. This is a comprehensive system for attaining radiance and vitality using organic techniques. Beauty by Nature is the complete guideline to unlocking your beauty potential. Contains directions and recipes to make scrubs, toners, moisturizers, facial sprays, and locks rinses, very easy to prepare they can be made in your kitchen. The trip to long lasting beauty involves attention to both outer appearance and inner health.



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Must have for herbalists. Such an excellent resource to have. Five Stars Great book filled up with real beauty dishes and goodness for healthful lifestyle. I especially like Mars's cleaning grains recipe! There's also stuff for men, children, and babies, so no-one gets left out. good reference book Great to make use of. It really is nice to get away from chemical substances. It allows one to possess a choice. Additionally it is much cheaper A Real Find What a wonderful book to greatly help me bring out the very best of my natural splendor to the fore, without concern for poisoning my system with man-made chemicals. Really pleased with the book up to now Really pleased with the book up to now. Have only skimmed through it but like what I observe. Bought one for my girl too. There exists a wealth of information, and plenty of quality recipes to keep you busy. I like that Brigitte hints often at the significance of adding more natural foods in the dietary plan for overall health and beauty (because diet plays a *huge* part in how we look, experience, and act). I picked this book up by curiosity once and found all sorts of things I liked, so needless to say I had to have it. There are multiple chapters for making all kinds of natural splendor and body care products that are clean, basic and personalized. Included is normally recipes for lotions, bath salts and soaks, weight loss aids, hair care, eye health and so much more!! Wonderful book! Would have liked more dishes. I'd definitely recommend this one. Four Stars Great publication. Overall this reserve is an excellent resource for individuals who want to live even more clean and green, or for people who have sensitivities to most products. Four Stars Lovely read :)



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