



# ECOBEAUTY

Scrubs, Rubs, Masks, and Bath Bombs  
for You and Your Friends



Lauren Cox with Janice Cox

Lauren Cox

## EcoBeauty: Scrubs, Rubs, Masks, Rinses, and Bath Bombs for You and Your Friends



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EcoBeauty has a money-saving, planet-loving, skin-pleasing creation for you. Crafty types will love the gift suggestions, and even those of us who can barely make toast will be able to handle these recipes.--Rona Berg, editor in chief of Organic Beauty magazine and writer of Fast BeautyLotions and Toners and Soaps, Oh My! --Beth Mayall-Traglia, editor in chief of TotalBeauty.comFun, fresh bath and body dishes that are great for gifts, ladies' nights, or everyday make use of!--Jill and Megan Carle, coauthors of Teens Make and University CookingAttention DIYers!What's the hippest method to end up being green? A must-possess for anyone who would like to be healthy, save money, and make the world a more eco-beautiful place. filled with deliciously easy, eco-friendly recipes for getting gorgeous with fresh ingredients from the kitchen.cookbook" Making cosmetics at home is a superb way to save money and help the environment, and these recipes will do all that plus offer you gorgeous epidermis and hair. Finally, the best natural-beauty " When you whip up a batch of Avocado Locks Conditioner, not merely will your locks be green (for about twenty minutes) however your lifestyle will, as well. Natural beauty maven Lauren Cox is normally bringing bath and body in to the eco-friendly future with 100 easy and economical tasks, offering au courant ingredients--hemp essential oil, green tea extract, soy milk, powdered kelp, goat's milk, and more--that are increasingly easy to find. Recycled bottling and green gift-giving ideas circular out this fashionable how-to manual for the DIY era. So whether you certainly are a crafty chica revitalizing your skin with an Espresso Yourself Face Mask, a penny-pinching diva rocking some basic GREEN TEA EXTRACT Toner, or a chocoholic with a craving for Chocolate Brownie Lip Gloss, EcoBeauty offers something for everybody.From the Trade Paperback edition.



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Excellent book, would definitely recommend it. Hm, where to start? The recipes were unusual and primarily food centered. While I'm no expert on the subject, I'm also not brand new to it or to the globe of food and the benefits it can provide. It was fast and simple and I've got no trouble locating the ingredients. My mom would take weekly milk baths, use egg masks daily, new orange peels on her hands and other such things as her beauty regimen. That being said, I still found this reserve to be very useful and have a nice variety of dishes. Don't let that turn you from this publication though! It's just about straight to the point, very easy to understand rather than confusing in anyway. All of the dishes to try is usually nice and easy enough that even my 7 year old has made a few! I really like this book! e. more sleep, regular exercise, drink a lot of water) but there have been other tips that were quite useful and interesting (my favourites had been the tips about the bath salts and the ones in the gift giving section). Great Book! A Must Buy Offers great information. The best thing is brushing your teeth. I really like all the strategies and the photos are simply beautiful! I suggested doubling the recipe, in the event it was necessary! I own many old books on the subject that are just "simple", and I find that one to be the best because it in fact has big color photos throughout the book. Not necessarily my idea of being conveniently or easily available since I'd need to actually purchase EO as I do not necessarily keep it around the house. I actually like having the ability to use issues that I already have, especially if I have a good amount of fruit inside your home. I watch meals and cooking displays and my favourite types are the ones that give you the more scientific side. So I will need to do some research and see when there is another choice or if I can just miss the Borax all together. Like I said before, I currently knew a little, so a few of the stuff wasn't not used to me but I still think that is a great publication, especially for beginners. In fact, parsley actually makes it smell even worse! 2) The end for 'Natural Breath Freshners' list Mint Leaves and Parsley Sprigs. I really only found three particular things about the book that I did not like: 1) I can't stand the idea of using Borax powder. Will attempt doing my own, so the recipe will come in handy. I think there were only two quality recipes in the complete book that needed it and I'm sure that it can be substituted for some reason or remaining out. I think this would be a fantastic publication to give a pre-adolescent young lady and the guidelines in the publication that seemed obvious to me, can be extremely beneficial to a young gal who is just starting her trip into the overwhelming world of womanhood and cosmetics. Nearly ideal for storing more than a few hours, much less for developing a gift. 3) There were a few recipes that needed liquid soap but there isn't a liquid soap recipe in the book. She does say initially that you could take left scraps of bar soap and mix it with water to create liquid soap or even to just buy all-natural obvious liquid soap. That isn't really my notion of 'eco-friendly' but I have ordered a reserve on liquid soap producing so I will just use one of those recipes instead. I did so like the notion of keeping the resort soaps and making liquid soap this way if you wish, since they do just get thrown out after every guest leaves, so I liked that she place that little info within. Really, the things that I didn't like aren't that big of a deal, which is why I'm not going to give this book a minimal rating. Overall, I believe this book is a wonderful book since it's full of really easy, basic recipes and I think this would be an especially big hit for girls to try them out at a slumber party! I'd recommend this reserve to anyone who would like to have a shot at making their own natural beauty and bath products at home. The recipes are simple, easy, fast and fun! I adore this book and it's ease of use! You can find therefore many books out there that claim to have "all-organic, organic" dishes but than turn out to be simply a couple of essential oils blended with something like essential olive oil. :) Eh It was ok nonetheless it seemed to be a little bit "extra". Glucose scrubs are quite a special treat for your face & body, which is why they are so well-known on Etsy. I viewed one where they do testing on the things

that most people use/do to freshen their breath after eating and come to find out that, contrary to public opinion, mint and parsley actually do not really make your breath smell better. Strange food based recipes I didn't look after this book. This is actually the first book that I have actually purchased on producing your own all-natural, eco-friendly bath products. Many recipes make use of things such as canned purees, sour cream, yogurt, avocado, etc. I have a tendency to just sugar-free gum or mini travel size toothbrush and toothpaste. Not worth the money for what I wanted While this is an excellent book; the majority of the quality recipes are only best for a week IF refrigerated.) Enjoy! I'd not buy it again. This book is full of fun activities and ways to pamper yourself This book is full of fun activities and methods to pamper yourself! I really like the way it really is organized, and the recipes are very versatile. Ingredients could be very easily subbed for other elements in your home. Very easy to check out. Even before reading up on the back flap in who the authors were(I've never heard about Lauren or Janice Cox just before I purchased this book), I could tell that it was written by someone that was pretty young. I've just had this book for weekly, but I've attempted three dishes so far- and they are amazing! I'm going to make a few of the dishes for Christmas presents this year. My daughter is 6 and she loved rendering the scented bath salts! My mom is Asian, therefore I've developed with similar recipes and knowledge of how all natural food items from your own fridge and/or pantry is good for the body, inside and out. I do like this the recipes are items that most people do have in their kitchen; This will make for many fun mother/daughter projects! Ecobeautey can help you on the way to feeling fabulous! It is filled with natural and organic elements which will help you in attaining new and rejuvenating health through scrubs and other spa remedies you would normally have to spend an arm and a leg for (pun intended! We had seen this publication before and loved it each and every time We picked it up. Desire there have been more recipes for things you can keep in the bathroom where you utilize them. Sybil Blazej-Yee Author/Artist/Illustrator/Dog Walker/ Librarian Simple to use, and oh so useful! Nice DIY book on natural beauty This is among the better books on DIY natural beauty stuff, with an increase of of a brand new perspective and modern flair. Half of the dishes, my close friends and I wish to eat.... I have the vast majority of the ingredients I need to try out practically every recipe in this book right this second! We especially like the information on sugar scrubs, which of my aged books in DIY beauty doesn't have. I picked out some ideas occasionally though. Love it! A few of the beauty 'suggestions' were a bit obvious(i. I have produced two of the toners so far and can't wait around to try out the bath bomb recipes. I also love that the reserve has photos of lovely methods to package gifts to friends! Very satisfied! Five Stars This is an extremely neat book - first got it for my daughter and she actually is really enjoying it! There is nothing poor about the book or anything specific, nonetheless it gave me a feeling as if it had been written for teens but that isn't necessarily a bad factor. Very Happy with purchase and a must for newbies making their very own products. Five Stars great book Spa day book I love this book. The dishes are awesome and I can't wait to try them from my friends. I wish to use them to accomplish a spa time for us



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