

*Amy Waldow*

# 55 FUN & FABULOUS DIY BEAUTY RECIPES



*Natural Homemade Skin, Hair, & Nail Care  
Recipes Using Aromatherapy Essential Oils*

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55 Fun & Fabulous DIY Beauty Recipes: Natural Homemade Skin, Hair, & Nail Care Recipes Using Aromatherapy Essential Oils (Holistic Tips, Recipes & Remedies Series Book 2)



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99 CENT SALE!! ~Are You Looking For a Safe, Organic, Earth-Friendly Option to Chemical-Laden Skin, Locks, and Nail MAINTENANCE SYSTEMS?!Best Essential & Carrier Oils to Use for Specific Skin Types ! ? You will find all you need in this comprehensive resource guide to create 55 natural, organic dishes for skin, hair and nail remedies that not only smell divine, but are great for your health and well-being.Making your own natural pores and skin, hair, and nail care products isn't only fun, but is innovative and cost-effective. In This Book YOU WILL DISCOVER:55 Easy-To-Make Customizable Quality recipes with Step-By-Step Instructions for Making Normal Cleansers, Toners, Serums, Masks, Scrubs, Body Butters, Moisturizers, Lotions, Body Wraps, Bath Salts, Body Natural oils, and More!THE COUNTLESS Health and Healing Great things about the Natural Ingredients Found in the Dishes Popular Essential Natural oils and Their Pores and skin, Hair, and Nail Care Benefits Popular Types of Carrier Natural oils and Their Skin, Hair, and Nail Treatment Benefits ~ SAVE \$2!Best Essential Natural oils to Use for Specific Skin Conditions & Problems Aromatherapy Essential Natural oils Tips & Safety Precautions So, if you're looking for a holistic option to skin, hair, and nail care products which help to market overall health and well-being, grab a copy of 55 Fun & Fabulous DIY Beauty Recipes today!



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Amazing, just amazing!:) This book is a great source of information and includes all you need to learn including precautions, preparation, EO, base oils, natural ingredients and their properties, blends, recipes and much more secrets that Amy Waldow shares (predicated on her a long time experience as a natural spa therapist- that's clear to me, I am a massage therapist and aromatherapist myself and I could say straight away if a book/author is real- and this one is real 200%). I've been thinking about creating my very own natural skincare items for awhile and I finally have found a book that's basic and straightforward to help me.. I also fell like hrabbing some geranium EO once again, didn't know that it can help for broken capillaries, really useful details for me personally. Everything is spelled out for you, making it very simple to follow the quality recipes and create your own cosmetics - made of all natural ingredients, produced specifically for your skin type - and she even tells you how to amount that out. She did an amazing job throughout the whole book, but for additional information I also suggest you google: aromatology, phytoaromatherapy and "Pranarom"- they instruct how to safely use EO internally /sorry for my rant in your review section Amy- I simply like it when people can learn more about different settings of software). To sum up- I would recommend this book without doubt:) Great job Amy!. Fabulous DIY Beauty Quality recipes: There's nothing such as a girls day out at the spa - as yet. Thanks to "55 Fun & Additionally, there are hair treatments - for things like hair thinning, losing hair, treating dandruff. Nail Care Recipes Using Aromatherapy Essential Oils (Holistic Tips, Recipes, and Remedies Series)" you can now pamper and indulge yourself anytime you need a little lift... I love making my own products, this way I know just what is normally in them. The women in my family gather once a month, and this book is at the top of our list now to be able to enjoy a spa day minus the expensive sticker shock. A few of the goodies you will discover in this book add a very comprehensive list of essential natural oils and their properties, in addition recipes for making and using them..... Then she switches into a list of natural beauty recipes - and she addresses it all - face creams, cleansers, masks. This is a comprehensive resource guide to generate 55 easy, step-by-step natural, organic quality recipes for skin, locks and nail treatments that not only smell divine, but are excellent for your wellbeing and well-getting. When I get time, I'm going to proceed through and make some of the recipes. Browse the Rose Geranium toner.:) Pamper Yourself with 55 Fun & My fave recipe is the natural face wash with tea tree essential oil and olive oil, I have somewhat oily complexion and also have found tea tree essential oil really helpful and have never considered such a blend. Sun damage? Acne complications She's got recipes for that. Just one single thing- the author says that the EO are not to be ingested (like strictly verboten) which is true as far as spa approach can be involved rather than all EO can be ingested, however, very few people know that additionally there is The French school of aromatherapy also called aromatology- this approach is widely practised here in Europe, especially in France (actually by medical doctors) and it teaches you how exactly to safely ingest EO (I use tea tree essential oil internally to avoid colds), but that is a science and another topic (also connected to reliable brands) That is why I must disagree here as We am a big fan of clinical aromatherapy, nevertheless, I also trust this writer in a way that such a precaution mainly because she provided is crucial for aromatherapy newbies and the ones who are new to it, better keep on the safe side- for this reason my review continues to be a good 5 stars. Fabulous DIY Beauty Recipes: Natural Homemade Skin, Locks, &. Have only tried a handful of the recipes so far and am quite pleased with the outcomes and the easiness of the recipes. Even treatments that will help you remove the buildup from commercial hair products. Five Stars Have not utilized it yet, but looking towards making my own item. This book should be on every woman's reference shelf. It will likely be on my gift list for all my gal pals, since it really is a present that keeps on

providing! Good book There are some good recipes in this book: cleansers, toners, masks, scrubs etc I am looking forward to making many of them.. I would recommend! Easy and fun DIY beauty recipes I enjoyed reviewing this book. Fine lines? Most of the recipe substances I do have within my house, make sure you have Essential oils ready to be able to make a few of the aromatherapy recipes. The book also undergoes and gives a background of natural oils and what they are used for. I believe this one is more for oily pores and skin though. I believe my favorite so far may be the "Jasmine Facial Serum". Who doesn't like Jasmine? My second preferred is the "Avocado Mud Mask".Included are some DIY quality recipes for face cleansers and serums.Next are some scrubs. The "Citrus Body Scrub" noises scrumptious and I have all ingredients for it as well.Overall, there are some really good and easy quality recipes for beauty.. DIY Beauty Recipes By no means Felt SO EXCELLENT!There is something for everyone in Amy's book where making your own natural skin products is a safe, natural, cost-effective alternative to chemical-laden, skincare products. I just experienced Amy Waldow's new reserve, 55 Fun & Fabulous DIY Beauty Recipes that incorporates natural homemade recipes for your skin, hair and nails. I state experienced for it is more than words on a full page, but natures things that heal, restore and make your skin radiant. I understand, for I just experienced the Maple Oatmeal Face Scrub that's not only all natural, but soothing and ideal for my dry skin. The oats in this soothing facial mask are organic cleansers that lightly scrub away dirt and excess oil, while the antioxidant-wealthy maple syrup restores organic moisture. Do you want to feel like a million, or even better look like it.Got lines and wrinkles? After reading Amy's first publication, 77 Outrageously Effective Anti-Aging Suggestions & Secrets I understood I was in good hands; from a previous Holistic Esthetician, who spent some time working in the skin care industry for a number of years and is dedicated in the fields of health, wellness and anti-aging. Great for beginners I must say i enjoyed reading the DIY recipes. Great book Recipes were informative and an easy task to follow,looking forward to trying most of them! If you need to look great and feel good pick this publication up and begin now. Great recipes Great quality recipes and ideas. She tells you which products give your hair natural vitality, bounce and volume, without spending a fortune! Great helpful book I love this book and want to buy a paperback Great read! Her enthusiasm and dedication for this issue is actually infectious. Thanks! I recommend this one. The ones I have made I've liked! I'm new to essential natural oils, and the break down of suggested uses for the natural oils were very useful. and at a fraction of the price!. Thank you



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