

25 DIY RECIPES FOR HEALTHY, GLOWING SKIN

FROM
GOLDEN
PATH
ALCHEMY



www.goldenpathalchemy.com

Ashley Beckman Murray and

25 DIY Recipes for Healthy, Glowing Skin: Natural Beauty from Golden Path Alchemy



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We've created this book to enable you to create your very own products to use in the comfort of your own home using simple ingredients that you could find at your local health food store as well as within your own kitchen! At the time we recognized that most of the personal care products we were utilizing were filled with toxic chemicals and few nutrition. We handcraft our organic beauty products with intention and treatment and bottle them in Miron Violet glass. In 2007 she and I started an organic skincare company, Golden Path Alchemy, because we wanted to create a product whose ingredients we trusted to be pure. I am a licensed acupuncturist and herbalist practicing in Beverly Hills. Today we formulate our unique products blending organic, high quality substances including Chinese and western herbs, flower essences, gem elixirs, and aromatherapy. My business partner, who shares my same credentials, computes of Santa Barbara. This DIY book enables you to create your own, simple natural skincare recipes for radiant, glowing skin. We hope you love creating these recipes for glowing skin. - Ashley & Minka Founders of Golden Route Alchemy Organic Skincare



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Great Little DIY Book I really like making my own 'natural' bath and body items. Although you can always find recipes on the internet you never know how safe they really are for your body. These recipes are not just natural, they're made up of things that I regularly stock in my kitchen. This little book is easy to learn and comprehend and they have eliminated all of the 'guess work'. Wow, now we are able to all have beautiful epidermis without actually going to a spa for a treatment. Who would have thought!). It feels so good to know that everything I'm using on my pores and skin is natural, especially because I breastfeed my 9 month aged baby. And how wonderful that they inspire me to have great pores and skin without spending lots of money and without needing chemicals. glowing pores and skin from fun, natural masks I really like the simplicity of these natural dishes for my combination/problem skin! I love that there are quite simple, simple dishes for when I don't possess a lot of more time. My skin is searching gorgeous now and unscrambling. After reading this ebook, I discovered so many natural remedies that I could use all the time. A really well written book filled with innovative, fun and accessible recipes that have currently made such a difference in my epidermis! They also let you know where you can order them. I love the explanations of how the herbs work in the preparations. Appears like a lot of fun to try! An excellent book with TONS of natural ways to help your skin stay refreshing and glowing! Nice. Tons of different EASY dishes for them to try in the home!!! I under no circumstances thought I possibly could make my own skincare items. It's nice to learn just what I am gaining my encounter. Avacado, honey, blended with an herbal mask for a moisturizing treatment? As an acupuncturist, that is an excellent tool for my patients! Affordable and easy methods to look after your skin What a smart way to naturally look after skin. NOW I AM always just a few minutes away from a refreshed face. Using fundamental ingredients to obtain a glowing face The recipes in this book have really helped my troubled epidermis! The recipes contained in this reserve are proven and developed by a licensed herbalist and you may rest understanding that you are putting pure, clean, nontoxic products on your body. I find myself looking after my skin more regularly because of how easy the reserve makes it to create a quick mask. Recommend. My skin is glowing because of Golden Path Alchemy. Fantastic book with awesome recipes. Love it! Avacado and Honey in a mask! clear, easy-to-follow directions The instructions have become clear and easy-to-follow and the ingredients are normal items that are easy to find. I'm an enormous fan of Golden Path Alchemy's products and overall approach to health/beauty. I cannot recommend this highly more than enough! Easy! A++++ Can't await more dishes from these talented women.



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