



EPSOM SALT

HOLISTIC EPSOM SALT RECIPES & USES
FOR
HEALTH, BEAUTY, RELAXATION, HOME & GARDEN



CASSIA ALBINSON

Cassia Albinson

Epsom Salt: Holistic Epsom Salt Recipes & Uses for Health, Beauty, Relaxation,
Home & Garden (Epsom Salt, Essential Oils, Natural Remedies, DIY, Gardening
Book 2)



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Rejuvenate Your Body, Brain and Soul with Holistic Epsom Salt Tested recipes! Why Spend Hundreds of Dollars about Overpriced, Commercial Beauty Products WHEN YOU CAN Create Your Own by firmly taking Advantage of Astonishing Great things about Epsom Salt? You will learn how to care for your wellbeing, wellness and home in a holistic way to avoid toxic chemical substances that are detrimental to your health. The purpose of this book is to provide you with cost-effective, natural and creative alternatives to the everyday commercially produced cosmetics that people are very much accustomed to using, but don't necessarily have to. The Epsom salt quality recipes within this book offers you a number of choices for mind and body relaxation, natural splendor products, treatments to reduce pain and swelling and DIY cleaning items. All natural, no chemical substances! s What You Will Learn with " :Stress-Relieving Bath Salt Blend Organic Insecticide Spray Lovely and Sensual Hair Volumizer WASHER Refresher Energizing Pedicure Soak Lovely Lavender Scrub Mind-Clearing Bath Bombs One Super Ingredient= Abundance of Organic, DIY Recipes! Poison Ivy Alleviation Compress Post-Natal Bath Bombs Discover simple, effective and inexpensive ways of taking care of your wellness, beauty and home with refreshing Epsom salt treatments! Sunburn-Relieving Spray Epsom Salt Bath for Tension Headaches Chapped Lip Reliever Epsom Salt Soak for Bug Bites Health insurance and Medical Epsom Salt Recipes Detoxifying Bath Bombs Sore Muscle tissue Soother + various other useful ideas! Green Garden Epsom Salt Treatment Epsom Salt- Holistic Epsom Salt Uses & Recipes" Here'Post-Workout Ice Plunge Sleepy Period Epsom Salt Soak Smell and Fungus-Busting Feet Soak Home and Garden Epsom Salt Recipes Toilet-Washing Bombs Easy Solutions and Uses to Take Care of YOUR WELLBEING, Beauty, Home & Garden! Grime-Busting Salt Scrub Big Blooming Rose Treatment Inflammation-Busting Salt Soak Simple Tile Scrubber Splinter Removal Paste Raccoon Repellant Skin-Softening Hand Clean Bee Sting Compress Deodorizing Kitchen Sink Rinse Easy Refrigerator Cleaner Coffee Pot Cleaner Cutting Table Scrubber Artificial Flower Arranger This book will highlight how exactly to do it within an easy and fast way! Grab your duplicate now for more information and produce your holistic health spa with Epsom salt!



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My second favorite may be the "Lavender Scrub".The next section are some health and medical uses.I purchased for the cloud reader and I can review it anytime that I want. Enjoyed reading this very much. If you didn't know all the benefits, it is worth reading through.If you are looking for information regarding Epsom salt, this is your publication. I hardly ever knew it could be used in such methods, I thought it had been simply for soaking sore muscles in. I make my own recipes to use in the home therefore i couldn't wait to find what this had to offer. I believe the "Floral coconut scrub" recipe is my all period favorite. I have the ingredients already, so this was my first recipe in fact it is divine!Love this reserve with Epsom salt concepts and recipes I like this book!Then, you will discover recipes for your house and garden.I also received a second free book - thank you for that! Three Stars An ok book, nothing at all new here, just plenty of recipes to handle this and that. And, they include some really good recipes. Useful guide for using epsom salt This is a good practical guide for using Epsom salts in your home. I tried many of the recipies, the espresso pot cleaner and the facial skin scrub. They were easy to make and worked well well. Well written, easy to follow. Just about any item requires the use of these oils., normally I would recommend this book.I received a free of charge copy of the book for review. Where do you get the different essential oils from? Gave me several concepts on various ways to use Epsom salts. Then you have house, beauty, and spa..I'd highly recommend this reserve if you would like to learn approximately Epsom salt uses. Nice This book has a nice overview about Epsom salts. Can't wait around to try them out, especially the comforting bath bombs. I'm going as well be making many of them. Good solutions, just not what I was This will really be classified as a book on essential oils. I took one star off for typos, etc. Good solutions, just not what I was expecting OK Ok Five Stars Great service! Great Item! Great! Informative! Love the dishes too Awesome read Great recipes. The beginning walks you through the benefits of Epsom salt. It is full of great sounding recipes. Be aware that many recipies demand essential oils as elements. Interesting and easy browse but it would be fine if it added . Short, but still lots of info.. Interesting and easy go through but it would be fine if it added places to get the natural oils i've struggled with that



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