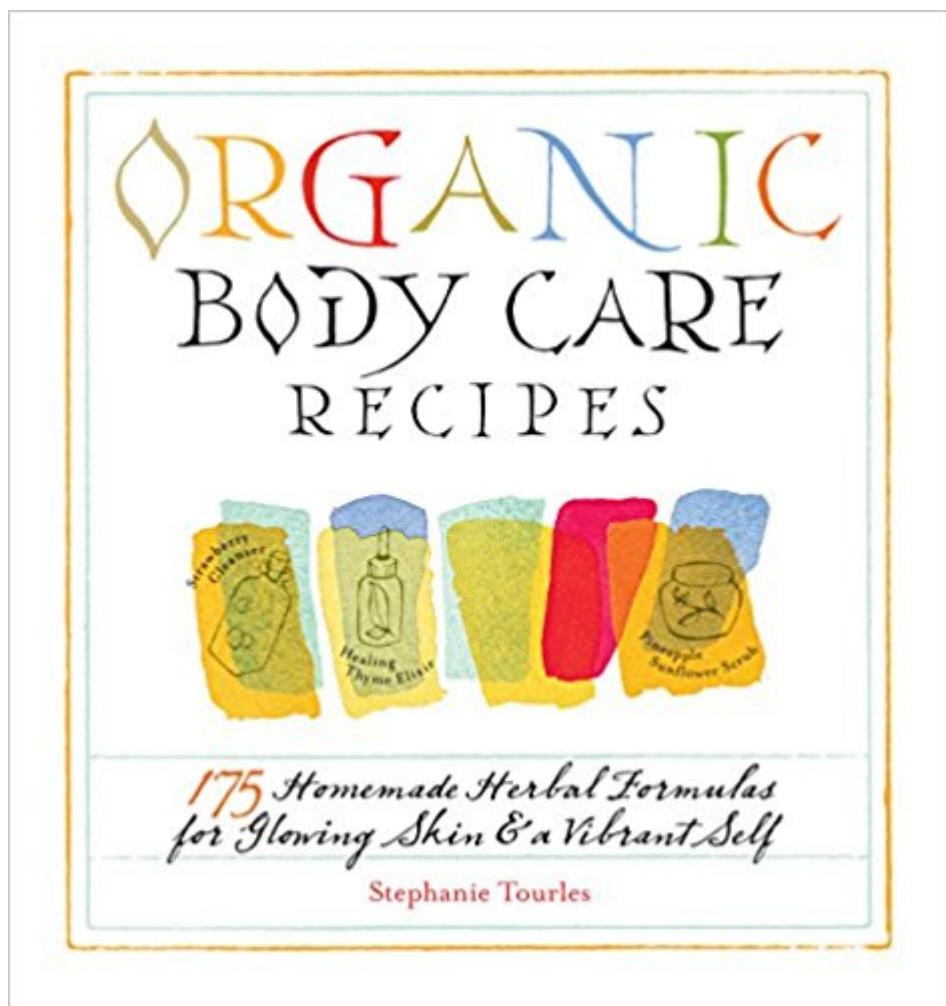


The book was found

Organic Body Care Recipes: 175 Homemade Herbal Formulas For Glowing Skin & A Vibrant Self



Synopsis

Discover the joys of all-natural body care. Stephanie Tourles shows you how to use fruit, flowers, herbs, and minerals to craft healthy products that promote radiant skin, strong nails, shiny hair, and an elevated mood. Pamper yourself from head to toe with products like Strawberry Cleanser, Pineapple Sunflower Scrub, and Almond Rose Body Lotion. Gentle on your skin and free of harsh chemicals found in commercial products, you'll want to indulge yourself over and over with these luxuriously aromatic bath blends, face masks, and body scrubs.Â

Book Information

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Customer Reviews

Ã¢â€”Å“Ã¢â€”Å“an excellent reference book for those interested in Ã¢â€”Å“cooking upÃ¢â€”Å“ their own products.Ã¢â€”Å•Ã¢â€”Å“

Nurture Your Natural Beauty Discover the joy and fun of crafting your own personalized body care products using herbs and other natural ingredients that nourish, pamper, cleanse, and protect the skin without using irritating or harmful chemicals. In just minutes, you can whip up dozens of organic treatments that will make your face radiant, your skin glow, your hair shine, and your hands and nails beautiful. From head to toe, you'll find the perfect treatment for every part of your body, whether you're looking for a relaxing bath blend, a stimulating facial mask, a natural bug repellent, a refreshing mouthwash, or a sensual body cream. Be your beautiful best, inside and out!

My girlfriend has grown keen to the plastics and toxins and synthetic materials that are found in even top-tier quality make-up brands and shampoos and conditioners and air fresheners etc..... everything they sell to us has intentionally untested or poorly tested toxins in them these days. That said, my girlfriend has taken to concocting a lot of her own solutions for these problems and I believe this book was an excellent square #1 for her to begin that quest to conquer the toxins in our everyday lives. All I can really say is she has spent quite a bit of time with her nose in this book down in the kitchen mixing up essential oils and beeswax and vegetable glycerin and all manner of stuff to make new lotion bars and face toners. I get to play test subject sometimes and I am actually pretty impressed with the quality of the final product in these recipes. Beats the heck out of face-shriveling chemical scrubs and washes, hands down. Again, i haven't actively spent any time in the kitchen making the recipes within this book myself, but prior to this book neither had she and now she is cooking up a storm of products to replace all the crazy chemical goods that research has shown is not at all healthy for us, especially in the long term. This book is in no way all-encompassing and I would strongly recommend supplementing any body care book with other literature and opinions and points of view on account of the new field that this science still is. But if you are new to the practice of essential oils and organic body care, this book will definitely not waste your time.

I didn't like it. It's not user friendly and majority recipes will make less than desirable product. I found more useful recipes on line. I'm sorry I wasted my money. f , œ ¢

If your looking to make your own organic body care products for your home this book will help you do that. Some of the recipes range from simple and inexpensive to complex and expensive so you can pick and choose what works for you. I have used the tangerine toner that calls for witch hazel and sweet orange oil, it works great on my skin, I added 3 drops of tea tree oil (because I love tea tree oil) to it and follow up with simple vitamin E oil to moisturize my face. There is also a tip in here I did not think would work, applying oil around your eyes, I did this and it gave me a more youthful appearance in just days, it makes sense if the skin around your eye is dried out and stressed it makes you look old and tired, barley a little drop any moisturizing (Like vitamin e, almond, jojoba oil) dabbed around the eyes, after a toner can improve this. The fun a thing about all of these recipes is that you can tailor to fit your needs and you know what in the products your exposing your body and family to.

I have been making my own body care products (lotions and soaps mostly) for years but wanted to

fill in some holes in my knowledge base. It is thoughtfully written, clear and concise. What I like about this book is it gives good info about hair, various skin types and their respective needs, nails, and even a little about what these things need in order to be and look healthy. I also like the extensive "Ingredient Dictionary" which gives helpful info about oils, essential oils, botanical ingredients and so forth. Plus it lists contraindications for each item so you know what to avoid if you have particular issues. The recipes are great. From very basic to more involved, the directions are easy to understand. If you have ever made a product from a recipe off the internet you sometimes find they leave out a lot of info like yield. Each recipe in this book gives that plus a paragraph describing the product's uses and attributes, prep time, tools needed, how to store and recommended usage and who should avoid. I liked this book so much I give it as a gift to friends and family who want to start making their own products.

This is a great book for those who enjoy making beauty products at home. I bought this (along with another) for my mother in law who makes her own shampoo and deodorant because she doesn't like to use chemical products so that she could start making other types of products. This has many recipes, much information and something that was important to me is that it is organized beautifully. For example, if there is a particular scent or ingredient you like, using the index makes it very easy to find everything that includes it in the book. Same goes for different beauty concerns such as skin woes. It was a hit with the MOI.

Not what I thought. Not enough current information and recipes. Everything seems so generic and out of date.

I love this book so much I got copies for several friends as well. Great recipes, easy to make, and nice explanations of the function of each ingredient.

This is a staple that anybody making their own products should have on the shelf. There is something for everybody in here! I love that it uses organic ingredients, and most of them will already be in your home on the shelf!

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