

The Art Of Natural Beauty Homemade Lotions And Pot

GETTING THE BOOKS **THE ART OF NATURAL BEAUTY HOMEMADE LOTIONS AND POT** NOW IS NOT TYPE OF CHALLENGING MEANS. YOU COULD NOT ABANDONED GOING TAKING INTO CONSIDERATION BOOKS HOARD OR LIBRARY OR BORROWING FROM YOUR CONTACTS TO CONTACT THEM. THIS IS AN ENTIRELY EASY MEANS TO SPECIFICALLY GET GUIDE BY ON-LINE. THIS ONLINE STATEMENT THE ART OF NATURAL BEAUTY HOMEMADE LOTIONS AND POT CAN BE ONE OF THE OPTIONS TO ACCOMPANY YOU IN IMITATION OF HAVING OTHER TIME.

IT WILL NOT WASTE YOUR TIME. AGREE TO ME, THE E-BOOK WILL ENTIRELY MANNER YOU ADDITIONAL CONCERN TO READ. JUST INVEST LITTLE ERA TO DOOR THIS ON-LINE PRONOUNCEMENT **THE ART OF NATURAL BEAUTY HOMEMADE LOTIONS AND POT** AS WELL AS REVIEW THEM WHEREVER YOU ARE NOW.

HOMEMADE ORGANIC BODY AND SKIN CARE BEAUTY PRODUCTS JOSEPHINE SIMON 2017-01-13 OUR SKIN DESERVES THE BEST INGREDIENTS NATURE PROVIDES! LEARN TO MAKE YOUR OWN ALL-NATURAL ORGANIC BEAUTY PRODUCTS. IT'S EASIER THAN YOU THINK AND IT WILL LEAVE YOUR SKIN GLOWING, FEELING HEALTHIER THAN EVER! THE VERY BEST WAY TO ENSURE THAT YOU ARE GETTING CLEAN, NATURAL, WHOLESOME INGREDIENTS IN YOUR SKINCARE PRODUCTS IS TO GO WITH ALL-NATURAL, ORGANIC PRODUCTS. STORE-BOUGHT ORGANIC PRODUCTS CAN COST YOU A FORTUNE! HOWEVER, THERE'S ANOTHER WAY. THE AMAZINGLY SIMPLE, SUPREMELY COST-EFFECTIVE, AND ALL-NATURAL ALTERNATIVE IS TO MAKE YOUR BEAUTY PRODUCTS AT HOME. IN THIS BOOK, YOU WILL FIND THE INGREDIENTS AND EQUIPMENT NEEDED TO MAKE YOUR OWN ALL-NATURAL BEAUTY PRODUCTS. HOW TO STORE AND PRESERVE YOUR ORGANIC BEAUTY PRODUCTS AND OVER 75 RECIPES FOR VITAL COMPONENTS OF YOUR SKINCARE AND BEAUTY REGIMEN INCLUDING BODY SCRUBS, BODY LOTIONS, BODY BUTTER, FACE CREAMS, LIP CARE, HAIR CARE, AND MEN'S CARE. EXAMPLES OF THE RECIPES INCLUDED: SUPER SIMPLE LUXURIOUS LOTION GRAPEFRUIT ZING LOTION SLEEP TIME LOTION ULTRA-MOISTURIZING LOTION YOUR GO-TO BASIC SCRUB, LEMON LAVENDER BODY SCRUB, GLOWING SOFT SKIN BODY SCRUB ANTI-INFLAMMATORY BODY SCRUB HAWAIIAN BODY BUTTER STRAWBERRY VANILLA BUTTER ALOE VERA BODY BUTTER ROSEMARY MINT WHIPPED SHEA BODY BUTTER SUGAR & SPICE LIP SCRUB AND PLUMPER BASIC LIP BALM HONEY COCONUT HEALING BALM HAIR GROWTH & ANTI-BALDNESS PASTE HAIR GEL LEMON-CUCUMBER HAIR DETOX GREEN TEA SHAMPOO MEN'S LEMONY FOAMING FACIAL WASH ACNE FIGHTING CLEANSER DEODORANT AFTER SHAVE CREAM AND MUCH MORE! SCROLL BACK UP AND GRAB YOUR COPY TODAY!

64 DIY NATURAL BEAUTY RECIPES JANE MOORE 2015-01-14 64 DIY NATURAL BEAUTY RECIPES - HOW TO MAKE AMAZING HOMEMADE SKIN CARE RECIPES, ESSENTIAL OILS, BODY CARE PRODUCTS AND MORE ARE YOU LOOKING FOR HEALTHIER, MORE NATURAL SKIN CARE YOU CAN MAKE YOURSELF? FEELING GOOD IS IMPORTANT, BUT SO IS LOOKING YOUR BEST. FOR MANY US THE IDEA OF USING UNNATURAL PRODUCTS AND PUTTING CHEMICALS ONTO OUR SKIN IS UNAPPEALING. INSTEAD, YOU'D PREFER TO FIND A MORE NATURAL WAY TO TAKE GOOD CARE OF YOUR SKIN. AFTER ALL, WHY CAN'T WE CHOOSE NATURAL OPTIONS? GET 64 DIY NATURAL RECIPES TO CLEAN, TONE, MOISTURIZE AND EXFOLIATE YOUR SKIN, ALONG WITH LIP BALMS, BODY BUTTERS AND MORE. ALSO, YOU'LL DISCOVER.. WHAT CHEMICALS TO WATCH FOR THAT THE BEAUTY INDUSTRY RELIES ON SAFE NATURAL INGREDIENTS TO USE ON YOUR SKIN WHY NATURAL SKIN CARE IS SO MUCH MORE BENEFICIAL HOW EASY IT IS TO MAKE YOUR OWN PRODUCTS AND MUCH MORE! TABLE OF CONTENTS TAKING CARE OF YOUR SKIN NATURALLY NATURAL AGING BEAUTIFULLY - BASES FOR NATURAL SKIN CARE HONEY SKIN CARE, SHEA BUTTER SKIN CARE, JOJOBA SKIN CARE AND ALOE VERA SKIN CARE. KEEP IT SIMPLE WHY YOU SHOULD CHOOSE NATURAL SKIN CARE AND BEAUTY PRODUCTS, READING LABELS, TOP INDUSTRY OFFENDERS, ORGANIC SKIN CARE. 64 DIY RECIPES CONTENT FOR CHAPTER 4

WHOLE BEAUTY SHIVA ROSE 2018-04-03 A DECADE AGO, AFTER SUFFERING FROM LIFE-THREATENING AUTOIMMUNE DISORDERS, HOLLYWOOD ACTRESS SHIVA ROSE SET OUT TO DISCOVER A MORE HOLISTIC WAY TO NATURAL HEALTH AND BEAUTY. GROWING HER OWN ORGANIC HERBS AND FLOWERS; MIXING CREAMS, LOTIONS, AND TONICS; AND FOLLOWING AYURVEDIC PRACTICES AND CREATING MINDFUL RITUALS, SHE HAS NOT ONLY HEALED HER LIFE BUT HAS ALSO BECOME A LEADER AND ENTREPRENEUR IN THE WORLD OF ALL-NATURAL BEAUTY AND LIFESTYLE. WHOLE BEAUTY IS HER RADIANT NEXT STEP, A PRACTICAL, INSPIRING, STUNNINGLY BEAUTIFUL GUIDE TO FOLLOWING A WHOLE BEAUTY PRACTICE AT HOME. HERE IS THE RECIPE FOR ROSE'S ICONIC ROSE HIP FACIAL SERUM, AS WELL AS 40 OTHER RECIPES FOR MASKS AND EXFOLIANTS, HAIR-CARE PRODUCTS AND DETOXES, AND EVEN DIY DEODORANT AND TOOTHPASTE. SHE EXPLAINS AYURVEDIC PRACTICES, SUCH AS DRY BRUSHING AND OIL PULLING, AND HOME-

CLEANSING RITUALS, SUCH AS SMUDGING WITH BURNING SAGE; SHARES A DOZEN TONICS, INCLUDING CELESTIAL NOG AND SUMMER LOVER; AND OFFERS AN ENTIRE CHAPTER ON THE USE OF ESSENTIAL OILS, BOTH ON THE BODY AND IN THE HOME. FROM NATURAL BEAUTY SOLUTIONS LIKE A BLUSHING BRIDE CHICKPEA FACE MASK TO SHOWING HOW TO TAP INTO THE FULL FORCE OF FEMALE ENERGY, *WHOLE BEAUTY* IS A COMPLETE GUIDE TO REVITALIZING YOUR LIFE.

NATURAL HOMEMADE SKIN CARE MILITZA MAURY 2020-08-11 FINDING NATURAL SKIN CARE PRODUCTS THAT ARE EASY ON THE WALLET AND FIT YOUR SKIN NEEDS IS A CHALLENGE —BUT NOW YOU CAN MAKE ALL THE PRODUCTS YOU NEED USING INGREDIENTS FOUND IN YOUR PANTRY AND FRIDGE. MILITZA MAURY, FOUNDER OF THE NATURAL SKIN CARE BLOG LITTLE GREEN DOT, SHARES HER QUICK, EASY AND FUN-TO-MAKE RECIPES FOR CLEANSERS, SCRUBS, MOISTURIZERS AND MORE. YOUR DAILY SKIN CARE ROUTINE BECOMES AN ENJOYABLE RITUAL WITH A VARIETY OF EFFECTIVE CLEANSER, TONER AND MOISTURIZER RECIPES, EACH OF WHICH CAN BE CUSTOMIZED TO SUIT YOUR SKIN TYPE. COMBINE MANUKA HONEY AND CLAY FOR A REFRESHING CLEANSER AND WHIP UP A GREEN JUICE HYDROSOL TO REVITALIZE TIRED, DEHYDRATED SKIN. WITH MILITZA'S UNIQUE RECIPES, SKIN CARE CAN BE A FUN, INDULGENT EXPERIENCE. YOU CAN TRANSFORM YOGURT OR WATERMELON INTO NOURISHING FACE MASKS PERFECT FOR YOUR NEXT AT-HOME SPA DAY OR EXFOLIATE WITH MANGO COBBLER BODY SCRUB SO THAT YOUR SKIN IS SOFT AND SMOOTH FROM HEAD TO TOE. MILITZA'S RECIPES ARE ACCOMPANIED BY ALL THE INFORMATION YOU COULD POSSIBLY NEED ABOUT THE BENEFITS OF VARIOUS INGREDIENTS AND A CUSTOMIZATION GUIDE THAT WILL HELP YOU CHOOSE WHICH HERBS AND OILS ARE BEST FOR YOUR SKIN TYPE.

BOTANICAL BEAUTY AUBRE ANDRUS 2017 "THE AWARD-WINNING LIFESTYLE EDITOR OF AMERICAN GIRL MAGAZINE SHARES RECIPES FOR ORGANIC BEAUTY AND HEALTH PRODUCTS, DEMONSTRATING HOW TO USE NATURAL INGREDIENTS, FROM SEA SALT TO BEESWAX, TO MAKE SCRUBS, LOTIONS, TOOTHPASTE AND MORE."--

HERBS FOR NATURAL BEAUTY ROSEMARY GLADSTAR 2014-11-14 LOOK GREAT, SMELL WONDERFUL, AND FEEL GOOD AS YOU MAKE YOUR OWN HOMEMADE NATURAL BODY CARE PRODUCTS. IN THIS STOREY BASICS® GUIDE TO HOLISTIC BEAUTY, ROSEMARY GLADSTAR SHARES MORE THAN 30 SIMPLE RECIPES FOR CLEANSERS, MOISTURIZERS, AND CREAMS COMPRISED OF ESSENTIAL OILS AND HERBS. MAKE UNIQUE SHAMPOOS FOR LUSTROUS, FRAGRANT HAIR AND LEARN GLADSTAR'S AMAZING FIVE-STEP SYSTEM FOR GLOWING SKIN. SKIP THE HARSH COMMERCIAL INGREDIENTS AND USE NATURE'S CLOSET TO KEEP YOUR BODY HEALTHY AND BEAUTIFUL.

ECOBEAUTY LAUREN COX 2009-08-25 "100 FRESH AND ECO-FRIENDLY PROJECTS FOR BODY, FACE, AND HAIR, FROM UP-AND-COMING NATURAL BEAUTY EXPERT, TEENAGER LAUREN COX AND HER MOTHER, LEADING HOME BEAUTY AUTHOR JANICE COX"-- PROVIDED BY PUBLISHER.

THE ART OF THE NATURAL HOME REBECCA SULLIVAN 2018-05-11 THIS BOOK IS PERFECT FOR THOSE INTERESTED IN SUSTAINABILITY, NATURAL PRODUCTS AND MINDFULNESS. IT'S ALL ABOUT TAKING THE TIME TO CREATE YOUR OWN HOMEMADE PRODUCTS, FROM FACEMASKS TO FLOOR POLISH AND FROM MEDICINAL HONEY TO MASSAGE OIL. TAKING INSPIRATION FROM HER GRANDMOTHER'S GENERATION, REBECCA SULLIVAN HAS PUT TOGETHER THIS THOUGHTFUL AND APPEALING MANUAL TO CARING FOR YOURSELF AND YOUR HOME. TRADITIONAL METHODS ARE RESURRECTED OR UPDATED TO SUIT THE MODERN HOME, USING SIMPLE, NATURAL INGREDIENTS. THE FIRST PART OF THE BOOK IS DEDICATED TO THE HOME, AND COVERS CLEANING PRODUCTS FOR EVERY ROOM, RECIPES FOR PICKLES AND PRESERVES, AND TIPS ON EVERYTHING FROM NATURAL LAUNDRY TREATMENTS TO HOW TO GROW YOUR OWN COCKTAIL GARDEN. THE SECOND PART COVERS HEALTH & BEAUTY, AND INCLUDES BATH SALTS, MAKE UP, SERUMS, PERFUMES AND EVEN BEARD OIL, AS WELL AS HEALING REMEDIES SUCH AS BURN SALVES AND HERBAL TEAS. THIS INSPIRING GUIDE IS A MUST FOR ANYONE INTERESTED IN LIVING A SIMPLER, MORE PURPOSEFUL LIFE.

THE NATURE OF BEAUTY IMELDA BURKE 2016-12-01 THE DEFINITIVE GUIDE TO A NEW GENERATION OF NATURAL BEAUTY, SKINCARE AND MAKEUP. 'EMMA WATSON'S NATURAL BEAUTY GURU' RACKED.COM THIS HONEST, EXPERT BOOK WILL TEACH YOU HOW TO RECOGNISE WHAT YOUR SKIN NEEDS AND HOW TO BUY THE BEST PRODUCTS FOR YOU. IT OFFERS BOTH TIME-HONOURED AND MODERN TECHNIQUES, TIPS AND GUIDANCE FOR ALL AGES, AND SHOWCASES THE POWERFUL NATURAL INGREDIENTS AND BRANDS THAT ALL BEAUTY LOVERS SHOULD KNOW ABOUT. '[IMELDA'S BOOK] IS AMAZING' EMMA WATSON, INTOTHEGLOSS.COM 'IMELDA AND HER TEAM HAVE BEEN TEACHING THEIR CUSTOMERS, INCLUDING ME, ABOUT THE BEST BOTANICAL BRANDS OUT THERE FOR YEARS. NOW ALL THEIR EXPERIENCE IS BOUND TOGETHER IN THIS WONDERFUL BEAUTY GUIDE.' MELISSA HEMSLEY 'IMELDA IS THE GO-TO PERSON FOR NATURAL BEAUTY IN LONDON, I'VE LEARNT SO MUCH FROM HER AND HER TEAM' ELLA MILLS, DELICIOUS ELLA 'I CAN'T PUT THIS BOOK DOWN #BESTBEAUTYTIPS' TATA HARPER

HERBS FOR NATURAL BEAUTY ROSEMARY GLADSTAR 1999-01-06 ONE OF AMERICA'S FOREMOST HERBALISTS PROVIDES CONCISE, SIMPLE-TO-UNDERSTAND, AND PRACTICAL INFORMATION FOR USING HERBS FOR HEALTH AND WELL-BEING. EACH BOOK CONTAINS PROFILES OF SPECIFIC HERBS, CAUTIONS, CONTRAINDICATIONS, AND EASY-TO-MAKE RECIPES TO RELIEVE COMMON

AILMENTS.

BEAUTY FROM NATURE: 150 SIMPLE HOMEMADE SKIN AND HAIR CARE RECIPES TO USE EVERYDAY VESELA TABAKOVA
2017-02-07 BEST KEPT SECRETS FOR BEAUTIFUL HAIR AND RADIANT SKIN! LEARN INSIDER SECRETS FOR MAKING YOUR OWN ORGANIC AND NATURAL SKINCARE, HAIR CARE, AND SPA PRODUCTS. THIS BOOK CONTAINS 150 EASY TO FOLLOW SKIN AND HAIR CARE RECIPES BASED ON TRADITIONAL BEAUTY WISDOM, AS WELL AS ALMOST ALL THE HERBAL REMEDIES, TREATMENTS AND CENTURIES-OLD TIPS THAT CAN HELP YOU CREATE YOUR OWN FACE AND BODY SCRUBS, LOTIONS, CLEANSERS, TONERS, MASKS, HAIR SHAMPOOS AND TREATMENTS. ALL RECIPES CAN BE PREPARED EASILY AT HOME USING ONLY NATURAL, EASILY AVAILABLE INGREDIENTS. ALL SKIN AND HAIR PRODUCTS FEATURED IN THIS BOOK ARE FANTASTIC ALTERNATIVES TO COMMERCIAL COSMETIC PRODUCTS AND HAVE THE VERY IMPORTANT ADVANTAGE OF BEING BOTH COMPLETELY NATURAL AND PROVIDING EXCELLENT RESULTS.

NATURAL BEAUTY RECIPE BOOK GILL FARRER-HALLS 2006

SKIN CLEANSE ADINA GRIGORE 2015-02-17 BREAKOUTS. DRYNESS. REDNESS. OILINESS. IF YOU'RE LIKE MOST WOMEN, YOU'VE BEEN ON A NEVER-ENDING QUEST FOR PERFECT SKIN—OR EVEN JUST GOOD SKIN—SINCE ADOLESCENCE. IT'S A FRUSTRATING PURSUIT TO SAY THE LEAST, FILLED WITH ONE DISAPPOINTING (AND EXPENSIVE) MIRACLE SOLUTION AFTER ANOTHER. WHY IS IT SO HARD TO GET GOOD SKIN? ADINA GRIGORE, FOUNDER OF THE ORGANIC SKINCARE LINE S.W. BASICS, WOULD ARGUE THAT GETTING CLEAR, CALM, HAPPY SKIN IS ABOUT MUCH MORE THAN PRODUCTS AND PEELS. OR, RATHER, IT'S ABOUT MUCH LESS. IN SKIN CLEANSE, SHE GUIDES READERS THROUGH A HOLISTIC PROGRAM DESIGNED TO HEAL SKIN FROM THE INSIDE OUT. WE TEND TO THINK OF OUR SKIN AS A SEPARATE ENTITY FROM THE REST OF OUR BODIES WHEN IN FACT IT IS OUR LARGEST ORGAN. THE STATE OF OUR SKIN IS A DIRECT REFLECTION OF WHAT OUR BODIES LOOK LIKE ON THE INSIDE. SO ADINA'S PROGRAM BEGINS AS ANY HEALTHY REGIME SHOULD: WITH THE BASICS FOR FULL-BODY HEALTH. THAT MEANS EATING PLENTY OF FRESH, WHOLE FOODS; DRINKING MORE WATER; GETTING BLOOD PUMPING AND OXYGEN FLOWING TO YOUR CELLS THROUGH MOVEMENT; AND GIVING YOUR SKIN A CHANCE TO REPAIR AND REGENERATE BY RESTING. FROM THERE, READERS ARE CHALLENGED TO A SKIN CLEANSE THAT REQUIRES GOING PRODUCT-FREE FOR TWENTY-FOUR HOURS. ONCE DETOXED, ADINA THEN SHOWS US HOW TO OVERHAUL OUR BEAUTY ROUTINE, HOW TO CAREFULLY ADD SOME PRODUCTS BACK IN, AND EVEN HOW TO MAKE OUR OWN PRODUCTS AT HOME, WITH ADVICE AND TARGETED SOLUTIONS FOR SPECIFIC SKIN CONDITIONS SUCH AS ACNE, DRY SKIN, OILY SKIN, AND MORE. THE SECRET TO BEAUTIFUL, STRESS-FREE SKIN IS SIMPLE: IT'S AN INSIDE JOB.

THE GRACE OF FOUR MOONS PRAVINA SHUKLA 2008 A FASCINATING EXAMINATION OF BODY ART, THE MOST COMMON AND UNIVERSAL FORM OF MATERIAL EXPRESSIONS OF CULTURE

PLANT-POWERED BEAUTY, UPDATED EDITION AMY GALPER 2020-07-14 YOU KNOW YOUR DIET SHOULD BE RICH IN PLANTS FOR OPTIMAL HEALTH. SO SHOULDN'T THE PRODUCTS YOU APPLY TO YOUR SKIN, WHICH ARE ABSORBED INTO YOUR BODY, ALSO BE FILLED WITH PLANTS? IF YOU'VE EVER LOOKED AT THE BACK OF YOUR SO-CALLED "NATURAL" FACIAL MOISTURIZER OR BODY CREAM AND SEEN A LIST OF COMPLICATED ADDITIVES YOU COULDN'T RECOGNIZE OR PRONOUNCE, THEN YOU KNOW FIRSTHAND THAT MASS-PRODUCED SYNTHETIC BEAUTY PRODUCTS CAN BE SOMETHING OF A MYSTERY. WITH PLANT-POWERED BEAUTY: THE ESSENTIAL GUIDE TO USING NATURAL INGREDIENTS FOR HEALTH, WELLNESS, AND PERSONAL SKINCARE (WITH 50-PLUS RECIPES), HARNESS THE POWER OF PLANT-BASED ENERGY TO MAINTAIN YOUR NATURAL BEAUTY AND LET YOUR SKIN GLOW LIKE NEVER BEFORE. NATURAL BEAUTY EXPERTS AMY GALPER AND CHRISTINA DAIGNEAULT SHOW READERS HOW TO DECONSTRUCT BEAUTY LABELS, PARSE INGREDIENTS LISTS, MAKE INFORMED CHOICES ABOUT THE PRODUCTS THEY USE—AND, MOST IMPORTANT, BETTER UNDERSTAND HOW THEIR SKIN WORKS. AT THE HEART OF PLANT-POWERED BEAUTY, YOU WILL FIND MORE THAN 50 EASY-TO-FOLLOW RECIPES TO MAKE YOUR OWN PLANT-BASED SKINCARE AND BEAUTY PRODUCTS, SUCH AS: • ALMOND MILK FACIAL CLEANSER • ANTI-AGING FACIAL SCRUB • BLEMISH GEL • CHOC-O-MINT LIP BALM • COCONUT WHIP MAKEUP REMOVER • VITAMIN-RICH HAIR HEALTH SERUM • QUICK AND FRESH CUCUMBER-THYME BODY SCRUB • MOISTURIZING BODY OIL FOR SUPER-DRY SKIN • NATURAL MOUTHWASH PLUS, IN THIS UPDATED EDITION OF PLANT-POWERED BEAUTY, MEET THE HOTTEST WELLNESS AND BEAUTY INGREDIENT: CANNABIDIOL, A VERY UNIQUE MOLECULE WITHIN THE CANNABIS SATIVA PLANT. RESEARCH SHOWS THAT CBD HAS A REMARKABLE EFFECT ON THE SKIN, INCLUDING SUPPORTING TISSUE REPAIR, EVENING SKIN TONE, AND PROMOTING A YOUTHFUL GLOW. NEW CBD RECIPES—FOR MEN AND WOMEN!—INCLUDE A SALVE TO REDUCE PAIN, BATH SOAK TO ADDRESS INFLAMMATION, FACIAL SERUM FOR BALANCING, ROLL-ON FOR STRESS RELIEF, BODY BUTTER, AND MORE. PLANT-POWERED BEAUTY UNLOCKS SOUGHT-AFTER WISDOM FOR ALL ASPECTS OF PLANT-BASED PERSONAL SKINCARE AND CELEBRATES THE SHIFT IN BEAUTY TRENDS, BRINGING US BACK TO NATURAL BEAUTY AND RECONNECTING US WITH PLANTS AND HEALTHY CHOICES.

THE NATURAL BEAUTY RECIPE BOOK STEPHANIE ROSE 2016-01-06 THE NATURAL BEAUTY RECIPE BOOK INCLUDES EASY-TO-

MAKE, HOMEMADE HERBAL RECIPES FOR THE WHOLE BODY. IF YOU SUFFER FROM DRY OR OILY SKIN, ECZEMA, BLEMISHES, OR OTHER COMMON SKIN ISSUES, TRYING OUT THE NATURAL RECIPES IN THIS BOOK MAY MAKE A WORLD OF DIFFERENCE FOR YOU. PLUS, REPLACING SYNTHETIC PRODUCTS WITH NATURAL ONES IS BETTER FOR YOUR HEALTH, ENVIRONMENT, AND EVEN YOUR WALLET! THIS BOOK BEGINS WITH A CHAPTER OUTLINING THE DIFFERENT INGREDIENTS THAT YOU'LL NEED IN YOUR HOME SUPPLY: OILS, BUTTERS, WAXES, ESSENTIAL OILS, BOTANICALS, AND MORE. THE REST OF THE BOOK IS BROKEN INTO FIVE CHAPTERS OF SIMPLE BEGINNER RECIPES FOR NATURAL BEAUTY. SCRUBS, LOTIONS, & POTIONS COVERS EXFOLIATING SUGAR AND SALT SCRUBS FOR YOUR WHOLE BODY, AS WELL AS HOMEMADE LOTION, TONER, FACE MASKS AND EVEN A PORTABLE HAND SANITIZER. BALMS AND BUTTERS COVERS THE BASICS OF MAKING BALMS LIKE LIP BALM, CUTICLE REPAIR, SOLID PERFUME, AS WELL AS BODY BUTTER AND EVEN AN ALL NATURAL VAPOR RUB RECIPE FOR COLD AND FLU SEASON. TUB TIME! TAKES US TO THE BATH WITH HERBAL SALTS, BATH BOMBS, TUB TEAS, MELTS, AND SOAKS TO SOOTHE AND REPAIR TIRED BODIES AND MINDS. MANY OF THESE ALSO MAKE FANTASTIC HOMEMADE GIFTS. SUMMER SKIN NEEDS A LITTLE BIT EXTRA LOVE AND YOU'LL FIND IT IN THE CHAPTER ON SUMMER SKIN CARE. FROM SUNSCREEN LIP BALM AND SUNBURN LOTION TO BUG SPRAYS AND INSECT BITE RELIEF, THIS CHAPTER PAMPERS YOUR SKIN IN EVERY WAY UNDER THE SUN.

200 TIPS, TECHNIQUES, AND RECIPES FOR NATURAL BEAUTY SHANNON BUCK 2014-09-01 A STEP-BY-STEP GUIDEBOOK THAT SHOWS YOU HOW TO MAKE YOUR OWN SKIN CREAMS, HAIR PRODUCTS, AND PERFUME BLENDS USING ESSENTIAL OILS AND OTHER NATURAL INGREDIENTS. MANY OF TODAY'S BEAUTY PRODUCTS CONTAIN CHEMICALS AND OTHER ADDITIVES THAT MOST OF US HAVE NEVER HEARD OF--AND PROBABLY WOULD AVOID IF WE KNEW HOW HARMFUL THEY REALLY WERE. WITH 200 TIPS, TECHNIQUES, AND RECIPES FOR NATURAL BEAUTY, YOU'LL LEARN ALL THAT YOU NEED TO KNOW TO MAKE YOUR OWN SAFE AND HEALTHY BEAUTY PRODUCTS, WITH RECIPES AND FORMULAS SUCH AS: LEMON VERBENA CLEANSING MILK EXQUISITE BULGARIAN ROSE HAIR POWDER PEPPERMINT COCOA LIP BALM HERBAL ROSEMARY & MINT SHAMPOO BRILLIANT BLUEBERRY & MANUKA HONEY FACE SCRUB SKIN-SOOTHING BATH TEA PEPPERMINT AND TEA TREE LEAVE-IN CONDITIONER CREATE DELIGHTFUL BODY BUTTERS, SALVES, BALMS, GLOSSES, SCRUBS AND MORE USING ALL-NATURAL, HOLISTIC INGREDIENTS LIKE HERBS, FLOWERS, TEA, BAKING SODA, AND COCONUT OIL. DISCOVER CONDITIONING CARRIER OILS, SUMPTUOUS BUTTERS, AND AROMATIC FLORAL EXTRACTS THAT WILL NOURISH YOU FROM HEAD TO TOE. SOME OF THE RECIPES CAN ALSO BE USED FOR OVERALL HEALTH, INCLUDING CURATIVE HERBAL EXTRACTS AND THERAPEUTICALLY EFFECTIVE ESSENTIAL OILS. WITH STEP-BY-STEP PHOTOGRAPHS, CLEAR INSTRUCTIONS, AND EXPERT TIPS, EACH RECIPE IS EASY TO FOLLOW. GIVE THE PRODUCTS YOU CREATE AS GIFTS OR KEEP THEM FOR YOURSELF. REGARDLESS, YOU'LL NEVER WANT TO BUY BEAUTY PRODUCTS FROM THE DRUG STORE AGAIN!

RENEGADE BEAUTY NADINE ARTEMIS 2017-11-14 RETHINK CONVENTIONAL NOTIONS OF BEAUTY AND WELLNESS, ABANDON ESTABLISHED REGIMES AND COMMERCIAL PRODUCTS, AND EMBRACE YOUR "RENEGADE" BEAUTY IN THIS ESSENTIAL FULL-COLOR GUIDE, NADINE ARTEMIS INTRODUCES READERS TO THE CONCEPT OF "RENEGADE" BEAUTY—A PRACTICE OF DOING LESS AND ALLOWING THE ELEMENTS AND THE LIFE FORCE OF NATURE TO REVIVE THE BODY, SKIN, AND SOUL SO OUR NATURAL RADIANCE CAN SHINE THROUGH. ANYONE STUCK IN PERPETUAL LOOPS OF NEW PRODUCTS, FACIALS, AND DERMATOLOGIST APPOINTMENTS WILL FIND ANSWERS AS ARTEMIS ILLUMINATES THE ENERGIZING ELEMENTS OF SUN, FRESH AIR, WATER, THE EARTH, AND PLANTS. THIS BOOK IS A COMPREHENSIVE RESOURCE FOR ANYONE WHO WANTS TO SIMPLIFY THEIR SELF-CARE ROUTINE, TAKE THEIR HEALTH INTO THEIR OWN HANDS, AND DISCOVER THEIR OWN RADIANT BEAUTY.

THE COMPLETE IDIOT'S GUIDE TO MAKING NATURAL BEAUTY PRODUCTS SALLY TREW 2010-11-02 A NATURAL TREASURE FOR EVERY BODY. WHETHER IT'S ABOUT SAVING MONEY, LIVING GREENER, OR TREATING SENSITIVE SKIN, THE COMPLETE IDIOT'S GUIDE® TO MAKING NATURAL BEAUTY PRODUCTS HAS EVERYTHING THE HOBBYIST WILL NEED TO CREATE ORGANIC, NATURAL BEAUTY PRODUCTS. ?INCLUDES EVERYTHING FROM FACE CREAMS TO MINERAL MAKEUP TO SHAMPOO AND MORE ?EACH FORMULA IS CLEARLY PRESENTED IN RECIPE STYLE, WITH NOTES ON PREP TIME, STORAGE, AND USES ?ALL PRODUCTS ARE MADE FROM NATURAL INGREDIENTS WHICH WILL APPEAL TO PEOPLE GOING GREEN AS WELL AS TO PEOPLE WITH SENSITIVE SKIN

200 HOME-MADE TREATMENTS FOR NATURAL BEAUTY SHANNON BUCK 2015-01-01 MODERN-DAY BEAUTY PRODUCTS ARE OFTEN PRICEY AND HEAVILY LADEN WITH SYNTHETIC INGREDIENTS AND FAKE FRAGRANCES. MANY WOMEN HAVE HAD ENOUGH OF PAYING FOR AND USING STORE-BOUGHT PRODUCTS THAT CONTAIN PETROLEUM WAXES, UNNATURAL FILLERS, AND IRRITATING ARTIFICIAL CHEMICALS, AND ARE ENTHUSIASTIC AND EAGER TO GET BACK TO "BEAUTY BASICS" BY CREATING THEIR VERY OWN NATURAL AND ORGANIC PLANT-BASED SKINCARE PRODUCTS. THIS BOOK CONTAINS ALL THE VALUABLE INFORMATION YOU NEED TO FORMULATE AND CREATE CUSTOMIZED NATURAL AND ORGANIC KITCHEN-CRAFTED SKINCARE PRODUCTS TO GIVE YOUR SKIN THE NOURISHMENT IT NEEDS. LEARN HOW TO SELECT THE FINEST CARRIER OILS, BUTTERS, WAXES, ESSENTIAL OILS, AND OTHER PLANT-BASED INGREDIENTS TO CREATE HIGH-QUALITY LOTIONS, CREAMS, SALVES, BODY BUTTERS, LIP BALMS, TONERS, SCRUBS, BATH OILS, AROMATHERAPY PRODUCTS, AND MUCH MORE. WITH 200 TIPS, TECHNIQUES, AND RECIPES FOR NATURAL BEAUTY, YOU WILL BE WELL ON YOUR WAY TO PAMPERING YOURSELF WITH THE PUREST BEAUTY TREATMENTS THAT EVEN MOTHER NATURE

WOULD USE.

ORGANIC HOMEMADE LOTION RECIPES JASMINE WOOD 2015-01-26 THE FIRST STEP IN PICKING OUT THE CORRECT PRODUCTS AND IN MAKING HOMEMADE CREAMS AND A LOTION IS TO USE SOMETHING THAT'S RIGHT FOR YOU. DEPENDING ON YOUR AGE, DIET AND GENETICS YOU WILL PRIMARILY FALL INTO ONE OF THE FOLLOWING 5 SKIN TYPES: 1. NORMAL SKIN THE SIMPLEST TO MAINTAIN NORMAL SKIN HAS LITTLE TO NO OILY SPOTS, MAINTAINS REGULAR CIRCULATION WITH LITTLE TO NO TROUBLE SPOTS. IT'S FAIRLY ELASTIC AND LOOKS HEALTHY WITH VERY LITTLE MAKE-UP AND ATTENTION. 2. OILY SKIN MOST PRONE TO BREAKOUTS, THE TROUBLE ZONES ARE USUALLY IN THE T ZONE OF YOUR FACE (FOREHEAD, NOSE AND CHIN); OILY SKIN TENDS TO HAVE OVERSIZED PORES AND CAN LOOK GREASY OR SHINY. WITH THE RIGHT CREAMS AND PROPER DIET ITS OIL LEVELS CAN BE MAINTAINED. OILY SKIN TENDS NOT TO HAVE MUCH WRINKLING OR AGING. 3. DRY SKIN MOST PEOPLE WITH DRY SKIN FEEL TIGHTNESS AFTER WASHING THEIR FACE AND EASILY FLAKE AROUND THE MOUTH AND NOSE WITH DRY SPOTS. DRY SKIN IS PRONE TO AGING AND WRINKLING AND IT'S IMPORTANT TO PROPERLY MOISTURIZE AND NOURISH IT REGULARLY. 4. SENSITIVE SKIN THE SENSITIVE SKIN TYPE BECOMES IRRITATED EASILY, GETS RED AND DRY SPOTS AND BREAKS OUT EASILY. THIS SKIN TYPE IS LIKE A HISTORICAL MAP - IT TENDS TO WEAR ALL OF ITS BATTLES FOR ALL TO SEE. THE TYPE OF CREAMS AND LOTIONS APPLIED ON SENSITIVE SKIN IS EXTREMELY IMPORTANT AS AN IRRITATION OR REACTION CAN OCCUR WITH CERTAIN INGREDIENTS AND CHEMICALS. 5. COMBINATION SKIN THE MOST COMMON SKIN TYPE IN WOMEN, COMBINATION SKIN IS BOTH OILY AND DRY. COMBINATION SKIN TENDS TO BE DRY ON THE CHEEKS AND AROUND THE EYES AND OILY SPOTS ON THE FOREHEAD AND NOSE. IT REQUIRES MORE CLEANSING IN THE OILY AREAS AND SENSITIVE CREAMS WITHOUT TOO MUCH OIL IN THE DRY AREAS. IN THIS GUIDE WE FOCUS ON THE THREE EXTREME SKIN CASES GROUPING NORMAL, COMBINATION AND SENSITIVE INTO A SENSITIVE CATEGORY. BECAUSE COMBINATION AND NORMAL SKIN IS THE MOST ADAPTABLE TO MOST PRODUCTS, ANYTHING CREATED FOR SENSITIVE SKIN WILL ONLY PROMOTE HEALTH AND THE LOOK OF YOUNGER, SUPPLER SKIN WITH A CLEAR COMPLEXION. THE OTHER TWO ARE OILY AND DRY SKIN TYPES.

THE ART OF NATURAL BEAUTY REBECCA SULLIVAN 2018-05-17 FROM AVOCADO AND ROSE FACE OIL TO SALT AND MACADAMIA HAIR SPRITZ, THIS HANDY LITTLE GUIDE IS THE PERFECT COMPANION FOR ANYONE WHO WANTS TO SAVE MONEY (AND THE PLANET) BY DITCHING CHEMICAL-FILLED, MASS-PRODUCED BEAUTY PRODUCTS AND MAKING THEIR OWN NATURAL ONES AT HOME. REBECCA SULLIVAN HAS RESEARCHED AND TESTED A WHOLE RANGE OF TREATS AND TREATMENTS FOR YOUR FACE, BODY AND HAIR, AND EVEN YOUR TEETH. KEEP SKIN TOUCHABLY SOFT WITH CHOCOLATE ORANGE BODY BUTTER, AND CREATE YOUR OWN MAKE UP PALETTE USING PETAL POWDERS. WITH LAVENDER LIP SCRUB AND ELDERFLOWER NIGHT CREAM, THE IDEAS IN THIS BOOK WILL INSPIRE YOU TO OVERHAUL YOUR ENTIRE COSMETIC COLLECTION AND EMBRACE THE ART OF NATURAL BEAUTY.

DIY MAKEUP ROSE DE LENA 2016-03-14 LEARN HOW TO FORMULATE PURE NATURAL COSMETICS AND MAKEUP FROM ALL NATURAL AND TOXIC FREE INGREDIENTS. LET MOTHER NATURE HEAL YOUR SKIN. BECOME A MASTER AT MAKING YOUR OWN HOMEMADE BEAUTY PRODUCTS. IN THIS BOOK, YOU WILL LEARN THE ART OF CREATING CHEMICAL FREE PRODUCTS SUCH AS MAKEUP, MOISTURIZERS FOR ALL SKIN TYPES, HAIR CARE, LOTIONS, CLEANSERS, SCRUBS AND SO MUCH MORE. 3 REASONS TO BUY THIS BOOK - SAVE MONEY AND CREATE YOUR OWN SAFE NATURAL COSMETICS AND MAKEUP - LEARN TO CREATE NOURISHING COSMETICS FOR YOUR VERY OWN SKIN TYPE - LEARN HOW TO WORK WITH THE PUREST OILS TO FORMULATE YOUR OWN NATURAL PRODUCTS

BODY BUTTER RECIPES AMANDA CARE 2020-10-20 IMAGINE HAVING SOFT AND BEAUTIFUL SKIN FOR LITTLE MONEY! FROM TODAY YOU CAN! IN A WORLD FULL WRONG AND UNHEALTHY EATING HABITS, WE ARE ALL GUILTY OF NEGLECTING OUR SKIN... EVERY DAY, TOO MANY COSMETICS COMPANIES TRY TO GIVE US ADVISE US ABOUT THE BEST WAY TO GAIN A RADIANT, HEALTHIER AND YOUNGER-LOOKING SKIN. HOW? BUYING THEIR PRODUCTS. AND WE DO. THE COSMETICS INDUSTRY EARNED BILLIONS WHIT COMMERCIAL ADVERTISEMENTS AND IT'S ACTUAL A SUCCESSFUL METHOD FOR THEM. BUT IS ALL THAT REALLY NECESSARY? DOES TRULY EXIST A "MIRACLE SERUM" OR ALMOST MAGIC INGREDIENTS THAT ONLY THAT COMPANIES HAVE? DO THEY WORK? THIS BOOK IS ABOUT: [?] DIFFERENT KINDS OF BODY BUTTERS [?] INGREDIENTS [?] BENEFITS OF BODY LOTIONS [?] BASIC BODY BUTTER RECIPES [?] MOISTURIZING BODY BUTTER RECIPES [?] THE PERFECT BODY LOTIONS FOR EVERY KIND OF SKIN ...AND MUCH MORE!!! YOU WILL LEARN HOW THE SKIN WORKS AND HOW IT MAINTAINS THE BALANCE BETWEEN PROPER HYDRATION AND OILS, AND WHAT WE DO TO MESS IT UP. YOU WILL LEARN THE TRUTH BEHIND THE COSMETICS INDUSTRY SO YOU WILL HAVE THE RIGHT INFORMATION TO MAKE YOUR OWN DECISIONS ABOUT WHAT YOUR SKIN REALLY NEED. LAST BUT NOT LEAST, YOU WILL LEARN ABOUT WHAT YOU CAN DO TO HELP YOUR SKIN LOOK AT BEST! IT'S A DIY PATTERN THAT WILL GIVE YOU MANY SATISFACTIONS. I WILL GIVE YOU THE TOOLS YOU NEED TO CREATE SOME BEAUTY PRODUCTS THAT WILL LEAVE YOUR SKIN HYDRATED, RADIANT, SOFT, STRONG AND YOUTHFUL. THIS BOOK WILL SHOW YOU HOW TO MAKE YOUR OWN HANDCRAFTED PRODUCTS AND WHY YOU SHOULD MAKE THEM! READY TO START?

THE ART OF NATURAL CLEANING REBECCA SULLIVAN 2018-05-17 THIS HANDY LITTLE GUIDE IS THE PERFECT COMPANION FOR ANYONE WHO WANTS TO KEEP THEIR HOME SPARKLINGLY CLEAN WITHOUT RESORTING TO CHEMICAL PRODUCTS. REBECCA DRAWS ON

TRADITIONAL CLEANING TECHNIQUES, BRINGING THEM UP TO DATE TO SUIT THE MODERN HOME. TAKING THE TIME TO CREATE YOUR OWN CLEANING PRODUCTS, FROM FLOOR POLISH TO WASHING UP LIQUID, CREATES A MORE MINDFUL APPROACH TO THE HOME AND ENCOURAGES GREATER RESPECT AND CARE FOR OUR SURROUNDINGS. WITH JUST A FEW SIMPLE INGREDIENTS, SUCH AS SALT, BICARB, LEMONS AND ESSENTIAL OILS, YOUR HOME CAN BE CLEAN, FRESH AND FRAGRANT, AS WELL AS ENVIRONMENTALLY FRIENDLY. THIS INSPIRING GUIDE IS A MUST FOR ANYONE INTERESTED IN LIVING A SIMPLER, MORE PURPOSEFUL LIFE.

MAKING NATURAL BEAUTY PRODUCTS SALLY TREW 2013-10-23 THIS HIGHLY VISUAL HANDS-ON GUIDE TEACHES READERS HOW TO MAKE SKINCARE, MAKEUP, AND MANY MORE PERSONAL-CARE PRODUCTS USING NATURAL INGREDIENTS. STEP-BY-STEP COLOR PHOTOS GUIDE READERS THROUGH BASE RECIPES, FOLLOWED BY MORE THAN 200 COLOR AND BLEND VARIATIONS. READERS WITH SENSITIVE SKIN, AS WELL AS THOSE WHO WANT TO SAVE MONEY AND AVOID HARMFUL CHEMICALS, WILL FIND EVERYTHING THEY NEED TO GET STARTED MAKING THEIR OWN LUXURIOUS BEAUTY PRODUCTS: - 200 RECIPES AND FORMULAS FOR FACIAL AND BODY-CARE PRODUCTS, FULLY ILLUSTRATED IN COLOR. - STEP-BY-STEP GUIDANCE THROUGH THE FOUNDATIONAL RECIPES, SHOWING TOOLS, INGREDIENTS, AND TECHNIQUES. - SHOPPING LISTS AND SUPPLIERS FOR NATURAL INGREDIENTS, INCLUDING ESSENTIAL OILS, BUTTERS, CLAYS, MINERALS, COLORS, AND FRAGRANCES. - BASICS AND RECIPES FOR CREATING MINERAL FOUNDATIONS, COLOR CORRECTORS, AND CONCEALERS. - FORMULAS FOR SKIN-HEALING BALMS, CREAMS, AND OILS. - PRODUCTS FOR MEN, INCLUDING SHAVING PRODUCTS, POWDERS, MOISTURIZERS, FACIAL CARE, FOOT CARE, AND MASSAGE OIL.

HOMEMADE BEAUTY ANNIE STROLE 2014-11-04 150 ALL-NATURAL SKIN, HAIR AND BODY CARE RECIPES THAT ARE INEXPENSIVE, TOXIN-FREE, AND EASY FOR READERS TO MAKE THEMSELVES. HOMEMADE BEAUTY IS A BEAUTIFULLY PACKAGED COLLECTION OF 150 ALL-NATURAL SKIN, HAIR AND BODY CARE RECIPES. FROM TURNING BLUEBERRIES INTO A LUSH DETOXIFYING MASK TO FRESH LEMONGRASS INTO A NON-TOXIC BUG REPELLENT, HOMEMADE BEAUTY TAKES THE UBIQUITOUS EAT-LOCAL, FARM-TO-TABLE CONCEPT AND BRINGS IT TO THE BEAUTY CATEGORY. AS REPORTS ON THE DANGERS OF CHEMICALS IN COSMETICS BECOME INCREASINGLY ALARMING AND THE ASPIRATION TO LIVE A MORE NATURAL LIFE GROWS, MANY OF US ARE EAGER TO TAKE BEAUTY REGIMENS INTO OUR OWN HANDS TO ENSURE WE ARE PUTTING ONLY THE SAFEST AND MOST NATURAL INGREDIENTS ON OUR BODIES. COMMERCIALY AVAILABLE ORGANIC BEAUTY PRODUCTS ARE EXPENSIVE, BUT THEY ARE EASY AND CHEAPER TO MAKE AT HOME AND MOST REQUIRE 5 SIMPLE INGREDIENTS OR LESS. RECIPES LIKE ALMOND ROSE BODY LOTION, COCONUT LAVENDER SHAMPOO, AND BROWN SUGAR VANILLA SCRUB WILL ENCHANT YOU WITH HEADY SCENTS - AND THRILL YOU WHEN YOU REALIZE THESE PAMPERING PRODUCTS TAKE ONLY 5 MINUTES TO MAKE!

COCONUTS AND KETTLEBELLS NOELLE TARR 2018-08-07 CREATED BY THE EXPERT HOSTS OF THE POPULAR WELL-FED WOMEN PODCAST, A STEP-BY-STEP FOOD AND FITNESS PLAN FOR WOMEN, THAT TEACHES THEM HOW TO IMPROVE THEIR HEALTH BY CHANGING THE QUALITY—NOT THE QUANTITY—OF THE FOOD THEY EAT. TO EAT YOUR WAY TO BETTER HEALTH, YOU DON'T NEED TO LIMIT YOUR CALORIE INTAKE, OR CUT OUT CARBS OR FAT. YOU DON'T NEED TO COUNT "POINTS." BETTER HEALTH DOESN'T COME FROM LIMITS. IT COMES FROM FOCUSING ON THE QUALITY OF FOOD THAT YOU EAT—NOT THE QUANTITY. INSTEAD OF LIMITING YOUR FOOD INTAKE YOU SHOULD BE ENRICHING IT, ARGUE NOELLE TARR AND STEFANI RUPER. THE POPULAR HOSTS OF THE WELL-FED WOMEN PODCAST WANT YOU TO FOCUS ON THE GOOD THINGS YOU EAT. THEY WANT TO MAKE SURE YOU GET ENOUGH FOOD SO THAT YOUR BODY HAS THE FUEL AND NOURISHMENT IT NEEDS TO SUPPORT A HEALTHY, LONG, AND ENERGETIC LIFE. NOELLE AND STEFANI KNOW ABOUT EATING FOR HEALTH FIRSTHAND. THEY, TOO, STRUGGLED WITH CONFUSING AND FRUSTRATING MEDICAL CONDITIONS, INCLUDING INFERTILITY, DIGESTIVE ISSUES, ACNE, POLYCYSTIC OVARIAN SYNDROME, HYPOTHYROIDISM, AND ANEMIA. THEY DISCOVERED THAT THE SECRET TO IMPROVING WELLNESS WAS ACTUALLY MORE FOOD: THEY DITCHED THE DIET BOOKS, CALORIE COUNTERS, AND SCALES, AND STARTED EATING THEIR WAY TO HEALTH. IN COCONUTS AND KETTLEBELLS, YOU'LL EAT AT LEAST 2,000 CALORIES A DAY THANKS TO A DELICIOUS SELECTION OF DISHES THAT ARE ALL GLUTEN-FREE, GRAIN-FREE, AND PALEO. WITHIN THOSE 2,000 CALORIES, SETTING A MINIMUM INTAKES OF PROTEIN, FAT, AND CARBOHYDRATES INSTEAD OF THE USUAL MAXIMUMS WILL ENSURE THAT YOUR DIET IS FULL OF NUTRIENTS, WHILE ALSO PROVIDING FLEXIBILITY TO ENJOY WHAT YOU'RE EATING. NOELLE AND STEFANI IDENTIFY THE BIG FOUR FOODS—GRAINS, DAIRY, VEGETABLE OILS, AND REFINED SUGAR—THAT CAUSE THE MOST HEALTH PROBLEMS AMONG WOMEN. WHILE MANY DIETS REQUIRE YOU TO ELIMINATE THESE FOODS ENTIRELY, COCONUTS AND KETTLEBELLS PROVIDES AN EASY-TO-FOLLOW STEP-BY-STEP PROGRAM TO TEST THESE FOODS AND DETERMINE WHICH YOU NEED TO CUT BACK ON—AND WHICH YOU DON'T—TO FEEL BETTER. TO HELP YOU DISCOVER HOW YOUR BODY RESPONDS TO THE BIG FOUR, YOU'LL CHOOSE FROM TWO SIMPLE 4-WEEK MEAL PLANS: ONE FOR THE BUTTER LOVER (PEOPLE WHO TEND TO FEEL MORE SATISFIED EATING HIGHER RATIOS OF FATS) AND ONE FOR THE BREAD LOVER (PEOPLE WHO TEND TO FEEL MORE SATISFIED EATING HIGHER RATIOS OF CARBS). EACH MEAL PLAN COMES WITH A WEEKLY SHOPPING LIST, A GUIDE TO KITCHEN TOOLS AND EQUIPMENT, AND INSTRUCTIONS ON HOW TO BATCH COOK, MEAL PREP, AND STOCK THE PANTRY. IN ADDITION, YOU'LL HAVE ACCESS TO OVER 75 GLUTEN-FREE AND PALEO-FRIENDLY FLAVOR-PACKED RECIPES (FREE OF THE BIG FOUR FOODS) FOR EVERY MEAL OF THE DAY, INCLUDING: COCONUT CHAI LATTE KALE AND BACON BREAKFAST SKILLET APPLE PIE SMOOTHIE THAI COCONUT CURRY SHRIMP MOROCCAN LAMB MEATBALLS SHRIMP AND CABBAGE STIR FRY PARSNIP AND CARROT FRIES MANGO JALAPENO

SALSA CHOCOLATE CHERRY ENERGY BITES LEMON RASPBERRY MINI CHEESECAKES TO GO ALONG WITH THE MEAL PLANS, NOELLE AND STEFANI ALSO PROVIDE THREE 4-WEEK FITNESS PLANS TAILORED TO THREE EXPERIENCE LEVELS: BEGINNER, INTERMEDIATE, AND ADVANCED. ALL OF THE WORKOUTS CAN BE DONE ANYWHERE—AT YOUR HOME OR ON THE ROAD—AND TAKE NO MORE THAN THIRTY MINUTES. A COMPREHENSIVE WHOLE BODY PROGRAM TO GET AND KEEP YOU HEALTHY INSIDE AND OUT, COCONUTS AND KETTLEBELLS PROVIDES THE KNOWLEDGE AND TOOLS YOU NEED TO HEAL IN A WAY THAT IS EFFORTLESS, REWARDING, CONFIDENCE-BOOSTING, AND EVERLASTING. COCONUTS AND KETTLEBELLS IS ILLUSTRATED WITH COLOR PHOTOS THROUGHOUT.

HOMEMADE ORGANIC SKIN AND BODY CARE CARMEN REEVES 2015-12-11 100% CRUELTY FREE & VEGAN - BODY BUTTERS, ESSENTIAL OILS, NATURAL MAKEUP, MASKS, LOTIONS, BODY SCRUBS & MORE LEARN HOW TO CREATE YOUR OWN BEAUTIFYING AND NOURISHING SKIN CARE PRODUCTS WITH SIMPLE, EFFECTIVE RECIPES AND TIPS USING PLANT-BASED AND TOXIN-FREE INGREDIENTS! IF YOU ARE ON A JOURNEY TO MAKE HEALTHIER SKINCARE CHOICES, ALLOW THIS BOOK TO BE YOUR COMPREHENSIVE GUIDE. YOU WILL DISCOVER HOW TO ELIMINATE TOXINS FROM YOUR SKIN CARE REGIMEN AND REPLACE THEM WITH PURE, ORGANIC AND CRUELTY-FREE INGREDIENTS. THESE RECIPES WILL NOT ONLY LEAVE YOUR SKIN FEELING PAMPERED AND NOURISHED, BUT YOU WILL ALSO FEEL THE ECONOMIC BENEFITS OF MAKING LOW-COST BODY CARE PRODUCTS RIGHT IN YOUR OWN HOME (WHILE KNOWING THAT YOU ARE CONTRIBUTING TO A HEALTHIER PLANET BY USING ORGANIC INGREDIENTS). ONCE YOU HAVE TRIED AND TESTED THESE FORMULAS AND BEGIN TO FEEL THE POSITIVE EFFECTS OF NATURAL INGREDIENTS ON YOUR SKIN, YOU WILL NEVER WANT GO BACK TO EXPENSIVE AND TOXIC COMMERCIAL PRODUCTS. IF YOU ARE READY TO REAP A RADIANT GLOW WITH THE PUREST OF INGREDIENTS AND SIMPLEST OF RECIPES, I INVITE YOU TO READ THIS BOOK TODAY! WHY THIS BOOK IS ESSENTIAL * THIS BOOK HELPS YOU TAKE BODY CARE INTO YOUR OWN HANDS WHILE REMOVING TOXIC INGREDIENTS FROM YOUR SHELVES. * THIS BOOK WILL TEACH YOU ON HOW TO USE PLANT-BASED ORGANIC MATERIALS TO MAKE SKIN CARE PRODUCTS. * THIS BOOK WILL HELP YOU REAP THE BENEFITS OF AN ALL-NATURAL BEAUTY CARE PRODUCT WITH ORGANIC INGREDIENTS AND GENTLE FORMULAS. * THIS BOOK GIVES YOU A COMPREHENSIVE GUIDE TO USING ESSENTIAL OILS. * THIS BOOK WILL SHOW YOU HOW TO USE PLANTS LIKE BEETS, ROSE PETALS, FLAX SEEDS AND MANY, MANY MORE TO MAKE LUXURIOUS BODY CARE PRODUCTS. * IN THIS BOOK YOU CAN START RIGHT AWAY ON MAKING YOUR OWN ALL NATURAL BEAUTY CARE PRODUCTS WITH INGREDIENTS SOURCED FROM YOUR ORGANIC KITCHEN. * THIS BOOK GIVES NUMEROUS DIY TIPS FOR ALL NATURAL BEAUTY CARE. THE BENEFITS YOU WILL RECEIVE FROM HOMEMADE ORGANIC SKIN & BODY CARE INCLUDE: * THE GLAMOROUS FEEL OF ALL NATURAL INGREDIENTS LIKE COCOA BUTTER, SWEET ALMOND OIL, LAVENDER ESSENTIAL OIL, BANANAS, OATS AND MANY MORE. * THE ECONOMIC BENEFITS FROM MAKING YOUR OWN SPA-WORTHY PRODUCTS RIGHT IN YOUR KITCHEN. * INFORMATION SPECIFIC TO OILY, DRY AND SENSITIVE SKIN. * NUTRIENT PACKED SKIN CARE RECIPES LIKE REJUVENATING ROSEMARY BATH SALTS, BEAUTIFUL BEET ROOT LIP GLOSS AND EXHILARATING COFFEE SCRUB. * INFORMATION ON HOW TO PERFORM A PATCH TEST. * LEARNING MANY NEW EFFECTIVE RECIPES THAT BENEFIT YOUR SKIN AND BODY. * RECIPES TO BEAUTIFY, RELAX, PAMPER AND NOURISH. * THE PEACE OF MIND THAT GOES WITH USING ORGANIC, ANIMAL-CRUELTY-FREE BODY CARE PRODUCTS. * MANY LUSCIOUS REASONS TO GIVE YOURSELF THAT EXTRA CARE THAT YOU SO DESERVE. * SKIN CARE FORMULAS DESIGNED FOR YOUR SPECIFIC SKIN TYPE. * THE SATISFYING KNOWLEDGE THAT YOUR HEALTHY AND ALL-NATURAL SKIN CARE PRODUCTS WERE MADE BY YOU, SOURCED BY YOU, AND LOVINGLY LAVISHED ON YOURSELF. * GIVES YOU NUMEROUS SPECIFIC WAYS TO STOP THE TOXIC CYCLE THAT DOMINATES THE COMMERCIAL SKIN CARE INDUSTRY. * KNOWING THE MANY BENEFITS OF USING ALL NATURAL AND ORGANIC INGREDIENTS ON YOUR SKIN. INTERESTED IN LEARNING MORE ABOUT MAKING YOUR OWN SKIN CARE PRODUCTS WITH ORGANIC INGREDIENTS? PURCHASE THIS BOOK TODAY TO START REAPING THE BENEFITS OF NON-TOXIC PRODUCTS, A PAMPERED FEEL, AND HEALTHY GLOWING SKIN!

HELLO GLOW STEPHANIE GERBER 2016-11-15 "150+ EASY NATURAL BEAUTY RECIPES FOR A FRESH NEW YOU"--COVER.

ORGANIC BEAUTY RECIPES BY EVE EVE CABANEL 2020 THIS IS EVE'S LONG AWAITED DIY BEAUTY BOOK, WITH A TREASURE TROVE OF EFFECTIVE AND EASY TO FOLLOW ORGANIC BEAUTY RECIPES WITH SIMPLE AND 100% NATURAL INGREDIENTS THAT REALLY WORK. HOW TO MAKE LIP BALM, BODY BUTTER, SCRUB AND FACE CREAM WILL HAVE MORE SECRETS FOR YOU. ALL UNIQUE RECIPES HAVE BEEN CAREFULLY CRAFTED AND TESTED AT HOME (ON HUMANS). THIS BOOKS ALSO CONTAINS A WEALTH OF HELPFUL INFORMATION ON HOW TO SUBSTITUTE INGREDIENTS AND CUSTOMIZE YOUR OWN HOMEMADE BEAUTY PRODUCTS IN YOUR KITCHEN.

ORGANIC SOAP MAKING DAVID STONE 2014-08-04 MAKE ORGANIC NATURAL SOAP AT HOME STARTING TODAY! CONTRARY TO WHAT ADVERTISEMENTS AND ENDORSERS SAY, MANUFACTURED SOAP BARS CAN ACTUALLY HARM THE SKIN. STORE BOUGHT SOAPS CONTAIN NOT ONLY HARMFUL CHEMICALS AND PRESERVATIVES BUT ALSO SOME OF THE SAME INGREDIENTS FOUND IN DETERGENTS! THEY STRIP THE SKIN OF ITS NATURAL OILS AND FURTHER IRRITATE IT. THIS BOOK WILL HELP YOU UNDERSTAND THE IMPORTANCE OF USING SOAP MADE FROM ORGANIC MATERIALS FOUND AT HOME. YOU WILL LEARN ABOUT THE BENEFITS OF MAKING YOUR OWN HANDCRAFTED LUXURIOUS SOAP INSTEAD OF BUYING ONE FROM STORES AND SUPERMARKETS. ORGANIC SOAP MAKING CONTAINS PROVEN STEPS AND STRATEGIES IN MAKING HIGH QUALITY ORGANIC SOAPS THAT CAN HELP CLEAN YOUR BODY AND MAINTAIN A SOFT AND YOUTHFUL LOOKING SKIN. THIS BOOK ALSO CONTAINS TIPS ON HOW TO CHOOSE THE RIGHT INGREDIENTS IN

MAKING SOAPS. HOMEMADE SOAPS OFFER A LOT OF BENEFITS IN JUST A SINGLE BAR. THEY CAN EXFOLIATE, REVITALIZE, HYDRATE AND MOISTURIZE THE SKIN AT THE SAME TIME. ASIDE FROM THAT THEY HAVE AN AROMATIC SCENT THAT SMELLS NATURAL, LIGHT AND SWEET! SIMPLY SCROLL UP AND CLICK THE BUY BUTTON TO INSTANTLY DOWNLOAD YOUR COPY

100 ORGANIC SKINCARE RECIPES JESSICA RESS 2014-01-18 ALL-NATURAL BEAUTY PRODUCT RECIPES FOR HEALTHY, GLOWING SKIN AND A HAPPIER YOU! STIMULATE YOUR SENSES WITH LEMON POPPY SEED SCRUB. REJUVENATE YOUR SKIN WITH A GLOWING GODDESS FACE AND BODY MASK. WASH AWAY YOUR WORRIES WITH A FIZZY MOJITO FOOT SPA. FILLED WITH ALL-NATURAL INGREDIENTS LIKE SHEA BUTTER, ESSENTIAL OILS, AND BROWN SUGAR, EACH RECIPE IN 100 ORGANIC SKINCARE RECIPES GIVES YOU THE OPPORTUNITY TO MIX UP YOUR OWN BEAUTY PRODUCTS--WITHOUT ANY OF THE HAZARDOUS CHEMICALS YOU'D FIND IN STORE-BOUGHT BRANDS. WHETHER YOU HAVE SENSITIVE SKIN OR JUST WANT TO SWITCH TO A NATURAL BEAUTY ROUTINE, THESE STEP-BY-STEP INSTRUCTIONS WILL TEACH YOU HOW TO USE OILS, HERBS, AND OTHER EASY-TO-FIND INGREDIENTS TO MAKE AMAZINGLY EFFECTIVE ORGANIC SKINCARE RECIPES. YOU WILL ENJOY CREATING YOUR OWN ONE-OF-A-KIND HOME SPA PRODUCTS, SUCH AS INVIGORATING GINGER CITRUS BODY WASH, CARROT-COCONUT NUTRAMOIST MASK, AND CHOCOLATE LIP SCRUB. WITH THE BEAUTIFUL, SOOTHING PRODUCTS IN 100 ORGANIC SKINCARE RECIPES, YOU'LL ALWAYS BE JUST A FEW MOMENTS AWAY FROM THE LUXURY OF YOUR VERY OWN HOME SPA EXPERIENCE, AND AN EASY ESCAPE INTO TRANQUILITY, RELAXATION, AND INDULGENCE.

A DIY GUIDE TO THERAPEUTIC BODY AND SKIN CARE RECIPES ALYNDA CARROLL 2014 MAKE THESE EASY DIY THERAPEUTIC SKIN CARE BEAUTY RECIPES USING ESSENTIAL OILS FOR BODY LOTION, SKIN CREAM, WHIPPED BUTTERS, AND HERBAL BALMS AND SALVES. PRACTICE THE ART OF THE BATH PERHAPS, AFTER RELAXING IN THE BATH AND TAKING IN ALL THE BENEFITS GAINED FROM A REFRESHING ART OF THE BATH RITUAL, YOU FEEL AS THOUGH YOU ARE FINISHED. WHY WOULDN'T YOU? MAYBE YOU SPENT SOME TIME FIRST GIVING YOURSELF A SELF-MASSAGE WITH ONE OF THOSE CUSTOM BLENDED MASSAGE OILS YOU CREATED. YOU HAVE PROBABLY SPENT LEISURELY TIME LUXURIATING IN A WARM BATH WITH YOUR CHOICE OF BATH ENHANCEMENTS SUCH AS BATH SALTS, BOMBS, OR MELTS. YOU MAY BE FEELING GOOD, BUT YOU'RE NOT FINISHED. "A DIY GUIDE TO THERAPEUTIC BODY AND SKIN CARE RECIPES: HOMEMADE BODY LOTIONS, SKIN CREAMS, GELS, WHIPPED BUTTERS, HERBAL BALMS, AND SALVES" IS THE THIRD BOOK IN ALYNDA CARROLL'S ART OF THE BATH SERIES. MANY FOLKS FIND RELIEF FOR MANY SKIN PROBLEMS THROUGH THE USE OF ESSENTIAL OILS. THIS IS A COLLECTION OF RECIPES THAT WILL HELP HYDRATE, SOFTEN, AND RESTORE THE SKIN. THE BEST TIME TO USE THEM IS RIGHT AFTER A BATH WHEN YOUR BODY IS MOST RECEPTIVE. YOU'LL FIND LOTIONS, CREAMS, GELS, BUTTERS, SALVES, AND BALMS THAT NOT ONLY HYDRATE BUT ALSO HEAL THE SKIN. WHY NOT EXTEND THAT BATH INTO A WONDERFUL AND REJUVENATING SPA-LIKE EXPERIENCE? WHAT'S INSIDE? YOU'LL FIND RECIPES LIKE A LEMON LIFT BODY LOTION, A FIRING NECK GEL MADE FROM APPLES, LIP BALM, HANDY HERB-BASED SALVES FOR WOUNDS AND SKIN PROBLEMS, EVEN A LIP BALM AND, OF COURSE, MORE. SCROLL UP AND BUY THIS BOOK -- BE SURE AND GET YOUR BONUS REPORT: "LEARN THE ART OF SELF-MASSAGE," TOO.

BOTANICAL SKIN CARE RECIPE BOOK 2019-10-17 CREATED AS A COMPANION TO THE HERBAL ACADEMY'S BOTANICAL SKIN CARE COURSE, WE'VE CAPTURED MANY OF OUR FAVORITE TRIED-AND-TESTED SKINCARE RECIPES INTO ONE DELICIOUS HERBAL BOOK. WHETHER YOU'RE LOOKING FOR A RICH CREAM TO PAMPER YOUR FACE, A SOOTHING SALVE FOR MINOR FIRST AID, OR TOPICAL SUPPORT FOR A CHRONIC SKIN CONDITION, WE'VE GOT SOMETHING FOR YOU HERE. BY THE TIME YOU WORK YOUR WAY THROUGH THIS RECIPE COLLECTION, YOU'LL HAVE A FULL CUPBOARD OF INCREDIBLE BOTANICAL SKINCARE PRODUCTS TO SHARE WITH YOUR FRIENDS AND FAMILY--AND MAYBE EVEN YOUR PETS AND NEIGHBORS, TOO.

GREEN BEAUTY RECIPES JULIE GABRIEL 2013-02-08 LEARN WHICH VEGETABLE OILS, HERBS, FLORAL WATERS, ESSENTIAL OILS, PLANT-BASED EMULSIFIERS, AND NATURAL PRESERVATIVES TO USE, HOW TO PACK AND LABEL YOUR OWN BEAUTY PRODUCTS, AND HOW TO STORE THEM SAFELY.

NATURAL SKIN CARE AT HOME LIZ MCQUERRY 2020-02-04 MORE THAN 80 RECIPES TO PAMPER YOURSELF FROM HEAD TO TOE! THROUGH YEARS OF HERBAL STUDIES AND RUNNING HER NATURAL SKIN CARE LINE, MOON MAGIC, AUTHOR LIZ MCQUERRY HAS ACCUMULATED A WEALTH OF KNOWLEDGE AND RECIPES THAT SHE'S SHARING FOR THE FIRST TIME IN NATURAL SKIN CARE AT HOME. MCQUERRY'S PRODUCTS ARE ORGANIC, AND NEARLY ALL OF THEM ARE VEGAN (BEESWAX IS USED IN SOME). MAIN INGREDIENTS ARE EASY TO COME BY AND INCLUDE SHEA BUTTER, COCOA BUTTER, OILS (OLIVE, SUNFLOWER, CASTOR, JOJOBA, AVOCADO), PLANTS AND FLOWERS, HERBS AND RESINS, MINERALS, CLAYS, SALTS, SUGARS, SOAPS, AND MORE. IF YOU WANT TO GET YOUR HANDS ON GREAT RECIPES, LEARN ABOUT YOUR SPECIFIC SKIN CARE NEEDS, CREATE THOUGHTFUL, HANDMADE GIFTS, OR START SELLING YOUR OWN LINE OF SKIN CARE PRODUCTS, THIS BOOK IS FOR YOU. RECIPES WILL ALLOW YOU TO PAMPER YOURSELF FROM HEAD TO TOE, SUCH AS: STIMULATING SCALP OIL MERMAID FACE WASH GREEN GODDESS FACIAL MASK EVENING EYES SERUM CHOCOLATE LIP BUFF DEODORANT CREAM HAND BUTTER HERBAL DUSTING POWDER JASMINE BODY OIL COFFEE SUGAR SCRUB FIZZING BATH SALTS FUNKY FOOT POWDER AND MORE! WITH EASY TO FOLLOW, STEP-BY-STEP INSTRUCTIONS, PHOTOGRAPHS, RESOURCES, AND GIFT

SET IDEAS, NATURAL SKIN CARE AT HOME IS PERFECT FOR ANYONE LOOKING TO MAKE THEIR OWN PRODUCTS.

NATURAL BEAUTY SKIN CARE DEBORAH BURNES 2016-02-23 DEBORAH BURNES, FOUNDER OF SUMBODY SKIN CARE, SHOWS YOU HOW TO TRANSFORM YOUR BEAUTY REGIMEN FOR GLOWING, RADIANT SKIN, HAIR & NAILS WHETHER YOU'RE A HOMEMADE BEAUTY PRODUCT PRO OR RECENTLY JOINING THE NATURAL SKIN CARE REVOLUTION, LET NATURAL BEAUTY SKIN CARE BE YOUR GUIDE TO CREATING ALL-NATURAL SKIN CARE PRODUCTS. DEBORAH BURNES SHARES NOT ONLY THE HOW-TO BUT ALSO THE WHYS FOR CHOOSING HOMEMADE BEAUTY. HER SIMPLE, BUDGET-FRIENDLY, AND EFFECTIVE SKIN CARE RECIPES INCLUDE TREATMENTS FOR FACE, BODY, AND HAIR--FROM DECADENT HOMEMADE BEAUTY TREATS LIKE HONEY & CHIA SEED CLEANSER, COCONUT BODY BUTTER, ARGAN OIL SHAMPOO, AND MORE. WITH NATURAL BEAUTY SKIN CARE YOU'LL: EXPLORE EASY-TO-MAKE NATURAL BEAUTY RECIPES TO ELIMINATE CHEMICALS FROM YOUR ROUTINE. INDULGE YOURSELF FROM HEAD TO TOE, WITH NOURISHING BODY BUTTERS, HYDRATING HAIR MASKS, DECADENT BATH BOMBS, AND MORE. DISCOVER THE SCIENCE BEHIND NATURAL INGREDIENTS.

STEP BY STEP SOAP MAKING JOSEPHINE SIMON 2016-03-29 MAKING YOUR OWN SOAPS AT HOME HAS NEVER BEEN SO EASY WITH SIMPLE STEP BY STEP METHODS! ENJOY THE LUXURY OF HOMEMADE NATURAL SOAPS HOW MANY TIMES HAVE YOU BROUGHT A BAR OF ARTISAN OR HOME-CRAFTED SOAP TO YOUR NOSE AND INHALED THE SCENT AND LIGHTLY TRACED YOUR FINGER OVER THE TEXTURE OF THE BAR, THINKING TO YOURSELF HOW WONDERFUL IT WOULD BE IF YOU WERE ONLY ABLE TO MAKE SOAPS LIKE THAT YOURSELF AT HOME. IF YOU ARE ANYTHING LIKE ME, THAT EXACT SCENARIO HAS HAPPENED, BUT I ALWAYS BACKED AWAY FROM SOAP MAKING THINKING IT WAS JUST TOO DIFFICULT. THAT WAS UNTIL I LEARNED JUST HOW EASY AND ENJOYABLE HOME SOAP MAKING CAN BE. ALL YOU NEED TO GET STARTED IS A LITTLE GUIDANCE FROM A TRUSTED FRIEND, AND THAT IS EXACTLY WHAT YOU WILL FIND IN THIS BOOK. SOAP MAKING IS AN AGE-OLD CRAFT, ONE THAT ALLOWS YOU CREATIVE EXPRESSION AND A SENSE OF SATISFACTION. WITHIN THIS BOOK, THE BEGINNING SOAP MAKER WILL FIND EVERYTHING THAT THEY NEED TO START THEIR CRAFTING JOURNEY. FROM AN INTRODUCTION TO COMMONLY USED TERMS TO UNDERSTANDING AND SIMPLIFYING THE PROCESS OF CREATING YOUR VERY OWN SOAP RECIPES, THIS BOOK WILL HELP YOU ALONG EVERY STEP OF THE WAY, WITH CLEAR AND SIMPLE ADVICE THAT ISN'T CLOUDED WITH OVERLY TECHNICAL TALK OR CHEMISTRY LESSONS. YOU CAN NOW CRAFT ALL OF THE BEAUTIFUL, PURE SOAPS THAT YOU HAVE IMAGINED WITH EASE AND PLEASURE. INSIDE FIND ALL THE INFORMATION TO MAKE SOAP MAKING EASY, AFFORDABLE AND CONTRIBUTE TO YOUR WELLBEING AND OF YOUR LOVED ONE. ORGANIC HOMEMADE SOAP ARE THE PERFECT GIFTS FOR FRIENDS AND FAMILY. AND WHO KNOWS, MAYBE A NEW BUSINESS! HERE IS WHAT YOU'LL GET FROM THIS BOOK: TERM TO KNOW FOR SOAP MAKING. EXPLANATION ON EACH STYLE OF SOAP MAKING SO THAT YOU CAN QUICKLY DETERMINATE WHICH ONE SUITS YOU BEST. A LIST OF NECESSARY MATERIALS YOU'LL NEED FOR SOAP MAKING INCLUDING EQUIPMENT, LYE, AS WELL AS OILS AND FATS. A LIST OF FRAGRANCES AND COLORANTS WHICH YOU CAN USE, DEPENDING ON THE PURPOSE OF THE SOAP YOU'RE MAKING. SIMPLE PRECAUTIONS FOR KEEPING YOUR CRAFT A SAFE AND ENJOYABLE EXPERIENCE STEP BY STEP TECHNIQUE TO MAKE SOAP USING THE COLD PROCESSED METHOD. STEP BY STEP TECHNIQUE TO MAKE SOAPS USING THE MELT AND POUR METHOD. 21 GREAT RECIPES, INCLUDING, TO NAME JUST A FEW, THE BASIC SOAP FORMULA, KITCHEN AND BATH HAND SOAP, THE SWEET HONEY BAR, THE INVIGORATING FOOT SOAP, THE SUMMER LIME BAR, THE WINTER FACIAL BAR AND HERBAL SHAMPOO BAR AND FOR ALL KINDS OF NEEDS. INCLUDED ARE ALSO SOME TIPS ON MAKING YOUR OWN SOAP RECIPES. WITH THIS BOOK, YOU'LL BE ABLE TO MASTER THIS OLD CRAFT WITH EASE THANKS TO THE CLEARLY EXPLAINED STEP BY STEP APPROACH TO SOAP MAKING. IT SO EASY AND SO MUCH FUN! LET'S GET STARTED! SCROLL BACK UP AND GRAB YOUR COPY TODAY!

DIY BEAUTY INA DE CLERCQ 2019-06-04 TREAT YOURSELF TO A DIY SPA DAY WITH THESE SIMPLE, NATURAL, AND AFFORDABLE RECIPES TO REPLICATE YOUR FAVORITE BEAUTY PRODUCTS—FROM BATH BOMBS TO FACE MASKS!—FROM LUSH, THE BODY SHOP, AND MORE. DO YOU LOVE INDULGING IN SELF-CARE WITH FUN BEAUTY PRODUCTS, BUT WANT TO SAVE SOME MONEY? OR MAYBE YOU TAKE COMFORT IN KNOWING EXACTLY WHAT YOU'RE USING ON YOUR SKIN. OR MAYBE YOU JUST LOVE DO-IT-YOURSELF PROJECTS! WITH DIY BEAUTY, YOU CAN LEARN TO MAKE YOUR FAVORITE BEAUTY PRODUCTS FROM SOME OF TODAY'S MOST POPULAR BRANDS. TRY MAKING FACE SCRUBS INSPIRED BY SEPHORA, A HOMAGE TO THE BODY SHOP'S BODY BUTTER, OR A HOMEMADE VERSION OF BURT'S BEES EVER-POPULAR LIP BALM. FROM BATH BOMBS TO RIVAL LUSH TO SKIN CARE PRODUCTS LIKE E.L.F.'S BLEMISH TREATMENTS, THESE INEXPENSIVE IMITATION RECIPES INCLUDE EASY STEP-BY-STEP INSTRUCTIONS TO HELP YOU CUSTOMIZE YOUR BEAUTY PRODUCT ROUTINE. FIND PRODUCTS THAT SUIT YOUR UNIQUE SKINCARE NEEDS, MODIFY YOUR FAVORITES FOR BEST RESULTS, AND CHOOSE WHICH ORGANIC OR ALL-NATURAL INGREDIENTS YOU PREFER. MAKE YOUR FAVORITE MUST-HAVE BEAUTY PRODUCTS EVEN BETTER—BY MAKING THEM YOURSELF!—WITH DIY BEAUTY.