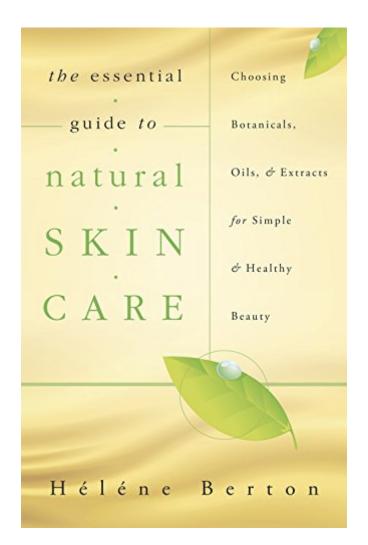
# The book was found

# The Essential Guide To Natural Skin Care: Choosing Botanicals, Oils & Extracts For Simple & Healthy Beauty





## Synopsis

Nourish your skin with pure, natural homemade products Treat yourselfâ "your face, hands, hair, and lipsâ "to vitamin-rich, toxin-free nourishment from nature. The Essential Guide to Natural Skin Care lists the wondrous qualities and uses of botanicals used in homemade beauty products, making it easy to customize your own lotions, creams, milks, body butters, face masks, lip balms, ointments, toners, and more. Use this complete inventory of botanicals and other ingredients to make informed choices about eco-friendly vegetable oils and butters, infused and essential oils, aromatic hydrosols, and emulsifiers. Discover the beneficial beauty and healing properties of each, as well as practical traits such as shelf life and absorption. Youâ ™II find ingredients that soften, tone, and hydrate skin and hair; tighten pores; fade scars; stave off wrinkles; help prevent and heal acne; promote hair strength; treat dandruff; fight infection and fungus; and repel insects. This compact DIY reference also includes practical advice and basic recipes that can be easily modified to your unique skin type, needs, and tastes.

### **Book Information**

File Size: 382 KB Print Length: 240 pages Publisher: Llewellyn Publications (March 8, 2012) Publication Date: March 8, 2012 Sold by: Â Digital Services LLC Language: English ASIN: B007GAYN4G Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Not Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #1,043,789 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #100 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #1968 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Beauty, Grooming, & Style #13992 in Kindle Store > Kindle eBooks > Religion & Spirituality > Occult

### **Customer Reviews**

Just when I thought I had ALL the definitive texts on essential oils and carrier oils, I find this book.

What a jewel. This is a REFERENCE GUIDE. This is not a cookbook for dabblers that want a "recipe" to blend. It is an authoritative and very well researched guide to the natural products that blenders/formulators use to create cosmetics. I have read it cover to cover and will refer to it often.

Although I loved the idea and concept of this book, it was a bit more complicated than I had hoped for. The recipes themselves were fine, but it took quite a bit of work to track down some of the ingredients. Once I had them though, the resulting produce was fantastic! Take the time to work for it, you will not regret it!

GREAT, simple, clear book as a study guide creating my own face and body care formulas. I get FAR superior results practicing what I'm reading here, than on the back labels of \$\$\$ store products. Learning why some of those products gave skin breakouts. Gotta study a bit to translate / access some French terms for oils, but rich results. Bought book for \$, follow specific recommendations for \$ ~ so saving \$\$. HAPPPPY.

I really love this book the author is really thorough in breaking things down to inform the public on harmful ingredients in our over the counter everyday products. Although I am not done reading the book so far so good it's an easy read. Anyone can read this book and have an overall understanding what the author is conveying to her readers. I find the information enlightening and very informative and you will too.

Good reference guide, could be more informative. Miladys skincare dictionary is a much better.

The Essential Guide to Natural Skin Care: Choosing Botanicals, Oils & Extracts for Simple & Healthy Beauty Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergie) Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Big Collection Of Essential Oils: Amazing DIY Recipes Of Essential Oils Blends, Soap Making And Repellents: (Diffuser Recipes and Blends, Skin So Soft Insect ... (Natural Remedies, Essential oils) Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) 365 Days of DIY Skin Care Hacks - Essential Oils, Natural Soaps, Homemade Face Masks, DIY Natural Beauty Recipes DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products) Natural Beauty Recipes: 60 Best-Kept Secrets to Care for the Skin: Natural Skin Care Tips Skin Picking: for beginners - How to recover from Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment and Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1) Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty Natural Beauty: Radiant Skin Care Secrets & Homemade Beauty Recipes From the World's Most Unforgettable Women (Essential Oil for Beginners Series) DIY Cannabis Extracts: The Ultimate Guide to DIY Marijuana Extracts: Cannabis Oil, Dabs, Hash, Cannabutter, and Edibles

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