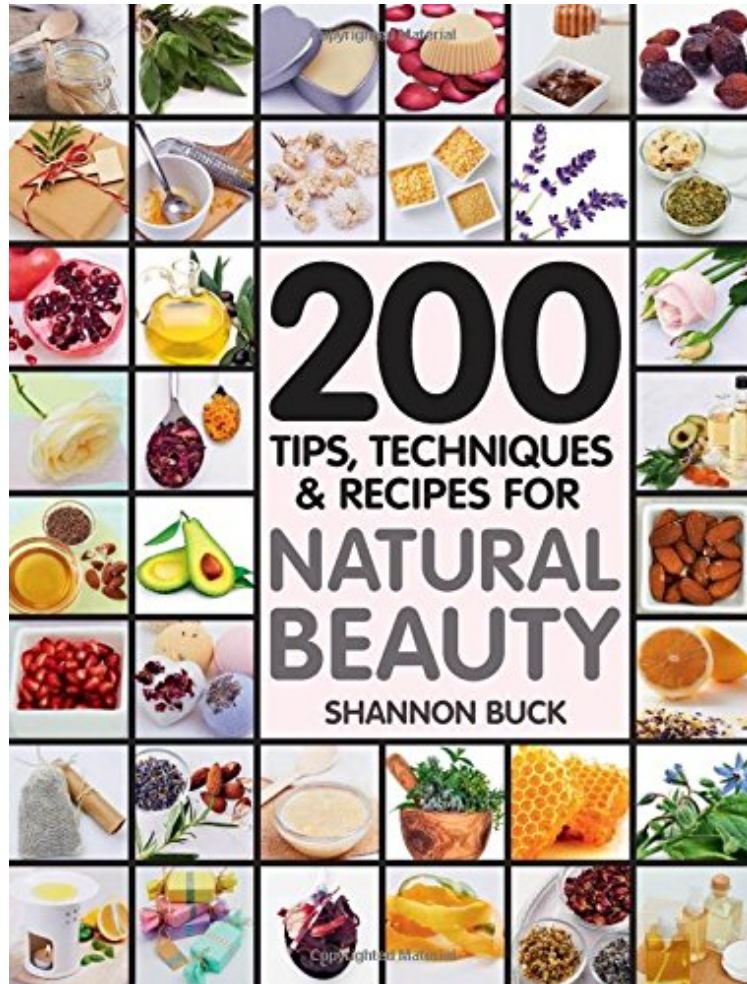


200 Tips, Techniques, and Recipes for Natural Beauty

Shannon Buck

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I love that this book not only gives you recipes for all natural beauty products you can make at home but it also explains what types of different ingredients there are, what they're exactly for, and even if they'll be expensive to buy. I haven't made anything yet but I have read it, and will try a lot of the recipes once I can get the ingredients.
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This book was Fantastic and informative. Great instructions with in-depth explanations . Many projects to choose from, something for everyone. I also loved the introduction to Herbs and how to incorporate them into bath salts and lotions . I will definitely use this for referencing the Top ,Middle and Base Notes , when blending my Essential Oils . Well worth the money

Many of today's beauty products contain harmful chemicals and other additives that most of us don't even know about - and if we did, we wouldn't use them--no more. With 200 Tips, Techniques, and Recipes for Natural Beauty you'll learn all that you need to know to make your own organic beauty products. Create delightful lotions and potions in your own kitchen, using all-natural, holistic ingredients like herbs and flowers. Discover conditioning carrier oils, sumptuous butters, and aromatic floral extracts that will nourish you head to toe. Also, use some of the recipes for your 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 them as gifts or keep them for yourself. Regardless, you'll never want to buy beauty products from the drug store again!

"Does a rejuvenating argan oil and rose facial balm sound tempting? Or a happy hibiscus and cinnamon red hair rinse? Beautifully photographed and designed, Buck's guide will entice readers to turn their kitchens into beauty labs. An herbalist, aromatherapist, and blogger at freshpickedbeauty.com, the author displays her expertise in the text's attention to detail. For example, essential oil charts specify each ingredient's botanical name, extraction method, pricing, shelf life, benefits, and more. There is also a comprehensive index. A large array of recipes addresses the needs of all skin and hair types, and the focus on techniques provides context for best practices. While many ingredients are available widely (e.g., teas, baking soda, coconut oil), those such as essential oils, clays, and waxes require specialty stores or online shopping. Buck covers nearly any question a reader might have. For instance, the section on lip care discusses balms, glosses, and scrubs, as well as vegan alternatives to beeswax and container selections for finished products. VERDICT Especially suited to people seeking natural options for beauty products who are interested in experimenting with advanced and fresh methods."?"Library Journal