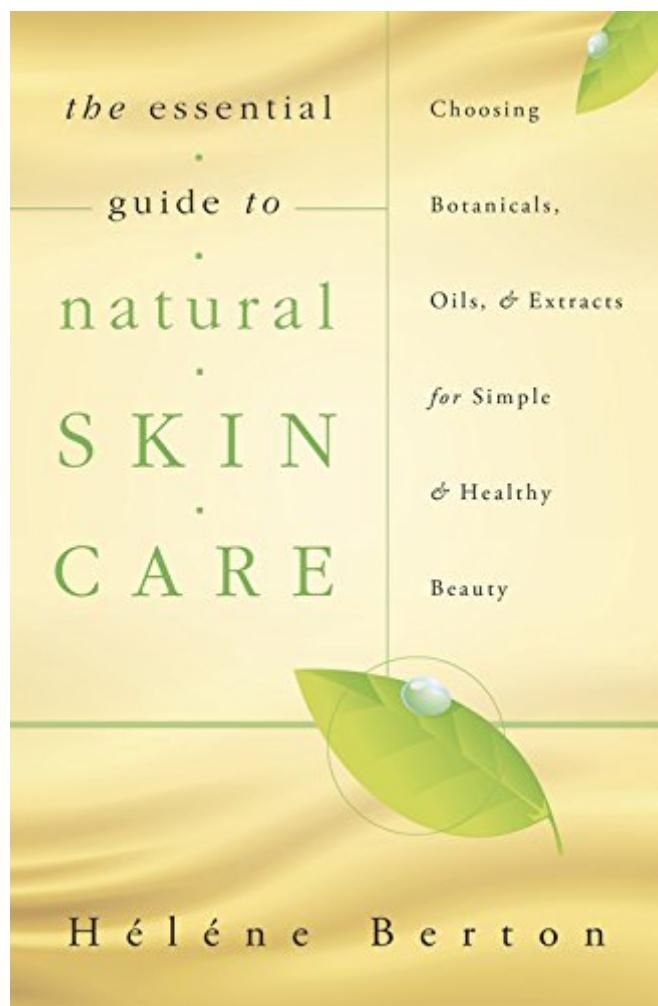


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# The Essential Guide To Natural Skin Care: Choosing Botanicals, Oils & Extracts For Simple & Healthy Beauty



## **Synopsis**

Nourish your skin with pure, natural homemade products. Treat yourself "your face, hands, hair, and lips" 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. You'll 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**

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## **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.

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