



## Therapeutic Body and Skin Care Recipes: A DIY Guide for Homemade Baths Products, Body Lotions, Whipped Butters, Skin Creams, Herbal Salves, Balms and Lot More (Paperback)

By Sophia Frost

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Give Your Body The Luxury It Deserves Create Your Own Skin And Body Care Therapeutic Products Using Natural Ingredients Cosmetic and pharmaceutical companies aren't helping matters. Every year, they produce a staggering range of beauty products in a bid to provide their teeming consumers with baby-smooth soft skin. Sadly, in their zeal, they include unnatural ingredients in their expensive products, leaving consumers to destructive side effects. The best way out is to create your own products, making use of this DIY guide that contains valuable recipes to soften, hydrate and rejuvenate the skin. In it, you will find creams, lotions, gels, salves, balms, bath recipes, cleansers, masks and butters that will hydrate and heal the skin. You will learn how utilizing a blend of ingredients, including essential oils can provide relief from several skin problems. There are also rich notes describing the therapeutic benefits of every recipe to the body. Some of contents in this book are: Various Detox Bath Blends Homemade lotions: \* Scar Diminishing Lotion Recipe \* Moisturizing Suntan Lotion Herbal Salve Recipes Skin Cream...



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