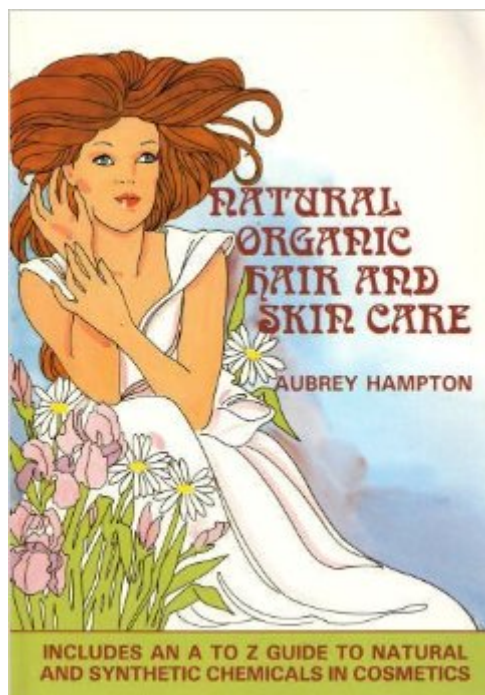


The book was found

# Natural Organic Hair And Skin Care: Including A To Z Guide To Natural And Synthetic Chemicals In Cosmetics



## Synopsis

Tips for developing your own natural skin care and scalp products. Dictionary of natural and synthetic cosmetic ingredients, their ingredients and performance.

## Book Information

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## Customer Reviews

Among the many books I have recently read, I rate Aubrey Hampton's book NATURAL ORGANIC HAIR AND SKIN CARE above them all. If I could give this book 10 stars for a rating, I would give it to emphasize the invaluable information this book provides. Also, I highly recommend the Natural Soap Book and The Soap Maker's Companion by Susan Miller Cavitch. She is a chemist and maker of the products described in her books. She provides comprehensive, scientifically sound information about the natural ingredients she uses in soapmaking. Also, the Natural Soap book has a recipe for a shampoo soap. ONE BOOK I DO NOT RECOMMEND: In her book, The Natural Way to Super Beauty, Mary Ann Crenshaw makes negative statements about the use of natural oils for topical skin use or treatments contrary to what other authors state and back up with scientific studies and results based on their work as scientists and experiences in their field. Ms Crenshaw does not back up her statements with scientific evidence and studies to support her claims against the use of natural oils for topical skin care. Yet she recommends using regular commercial makeup to protect skin from sun damage (which can contribute to clogging and enlarging pores, irritating and aging skin). She mentions statements made by some companies that disclaim any benefits natural oils can have on the skin through topical use. These companies historically used and continue to use synthetic ingredients and ineffective fillers in their VERY EXPENSIVE products. This is an example comparative to doctor's disclaiming the benefits of natural foods, vitamins and herbs vs.

medications and drugs. My own experiences with the use and benefits of natural oils for topical skin and body care, have proven to me that Ms Crenshaw is dead wrong.

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