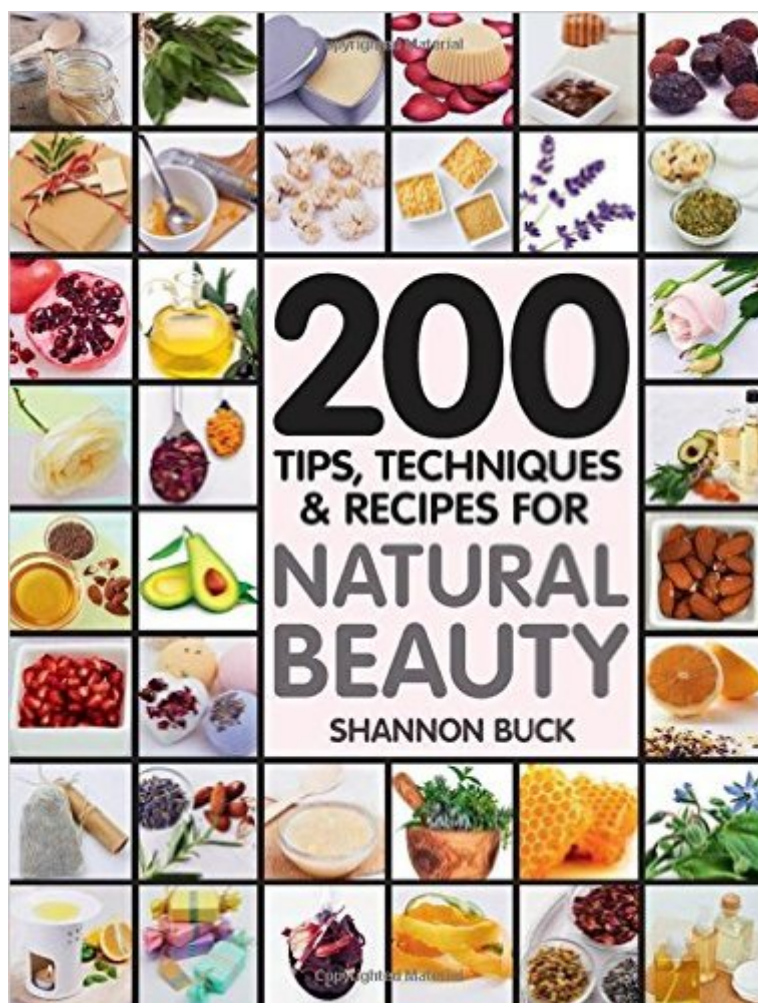


The book was found

# 200 Tips, Techniques, And Recipes For Natural Beauty



## Synopsis

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!

## Book Information

Paperback: 144 pages

Publisher: Fair Winds Press (September 15, 2014)

Language: English

ISBN-10: 159233654X

ISBN-13: 978-1592336548

Product Dimensions: 7.5 x 0.5 x 9.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (69 customer reviews)

Best Sellers Rank: #94,433 in Books (See Top 100 in Books) #55 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Candlemaking](#) #57 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Soap Making](#) #280 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#)

## Customer Reviews

As an aspiring aromatherapist I use this amazing book often when creating essential oil or herbal based products for my family and myself. Shannon Buck is an experienced aromatherapist and teacher, and her book is filled with a wealth of information and recipes for both folks new to crafting their own body and beauty products, to those who have more experience but need some inspiration. I love this book and highly recommend it to anyone interested in creating their own natural products. Pampering yourself with something you made yourself is a wonderful experience!

I rec'd my copy of this AMAZING book last week. My daughter came to visit for the Memorial day

holiday and we spent hours making all kinds of beauty treatments; it was like she was back in high school when we had so much time to spend with each other. The cost of the book is about what you would spend on one inferior product. This is the perfect gift for women of all ages. I will be buying more copies as gifts as what a better way to celebrate friendship than making your girlfriends feel good about themselves. And that is exactly what this book does. FIVE BIG FAT STARS !!!!

Excellent book! I have quite a few books in my essential oil, natural and crunchy beauty library. This is by far, the most comprehensive book of them all. The book goes into detail, for every aspect of the body; from the hair to the toes. She covers herbs, oils, butters and essential oils, so you understand what each item is good for. She covers everything you could possibly need to make for your body. From hair products; masks, vinegar rinses, cleansers and conditioners. To the face; cleansers, scrubs, masks, oils and moisturizers. Herbal infusions, and salves. Foot scrubs, soaks, butters and lotions. You name it, this book covers it. A must purchase if you like to make your own beauty products.

Love this book. While the recipes were a bit more involved than I was looking for, the overview of ingredients is perfect! Shannon did a really nice job with tabled to compare possible ingredients. This is a book that I keep going back to again and again to review ingredients. Thank you for the great information!

Wow! This book is chock full of information. There was definitely a lot of research that went into this book. And yet, with all the info, it is so visually appealing. It is divided up in such a logical way that it is easy to use as a reference. It would also be good as a book for deeper study and research. Well done, Shannon Buck. I will be checking out more of what you have available.

I purchased this book because I wanted to learn more about creating my own homemade beauty products. I am glad I did. It is filled with tons of valuable information and recipes for everything from head to toe. I believe this was listed as one of the recommended books on the Mountain Rose Herbs website (although I could be mixing this up with a different source). Regardless, this is definitely a worthwhile purchase. I have referenced it multiple times both for gathering recipes and for learning about different tips such as what base butters work best for different skin needs, etc.

It has guides for oils, butters, clays, salts and everything you might need for natural beauty! Lots of

step by step pictures, ingredient photos, charts and everything to go from knowing absolutely NOTHING about natural body care to being almost a pro in it. After watching The Human Experiment documentary, I absolutely freaked out. I checked all my cosmetics (all full of toxic chemicals), I searched for more info online, I read Kristen Ma's Beauty Pure and Simple: The Ayurvedic Approach to Beautiful Skin and thankfully found this wonderful guide with which I'm slowly turning my cosmetics into natural options and hopefully soon-to-be homemade ones. If you want to get rid of all the toxic chemicals in your life and beauty routine and start living a healthier natural life while still enhancing (often even more) your beauty you NEED this book!

This is an excellent book for homemade beauty supplies of all kinds. The illustrations are beautiful, useful, and very easy to understand. It's a nice balance between information, explanation, and reference material. Everything I've tried so far has worked really well and it's been fun making things myself that are cheaper and more natural.

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