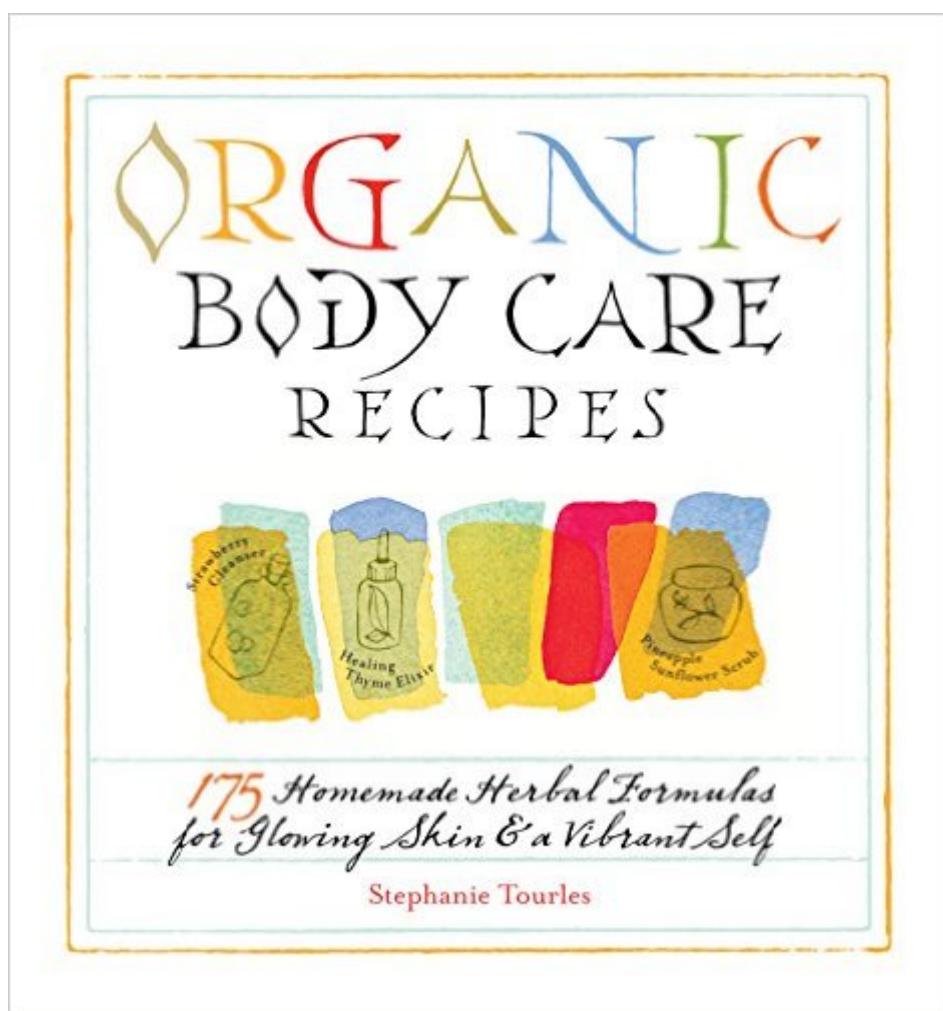


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# Organic Body Care Recipes: 175 Homemade Herbal Formulas For Glowing Skin & A Vibrant Self



## Synopsis

Discover the joys of all-natural body care. Stephanie Tourles shows you how to use fruit, flowers, herbs, and minerals to craft healthy products that promote radiant skin, strong nails, shiny hair, and an elevated mood. Pamper yourself from head to toe with products like Strawberry Cleanser, Pineapple Sunflower Scrub, and Almond Rose Body Lotion. Gentle on your skin and free of harsh chemicals found in commercial products, you'll want to indulge yourself over and over with these luxuriously aromatic bath blends, face masks, and body scrubs.Â

## Book Information

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## Customer Reviews

I purchased this book primarily because I am interested in making my own lotion, preferably with safe/natural/eco-friendly ingredients. I don't necessarily want to market it, like another reviewer, but I would like to make lotion that is somewhat professional/sophisticated. After a quick Google search, I had learned that lotions tend to include water-based ingredients, oil-based ingredients, an emulsifier (which ensures that the water and oil ingredients stay mixed together), and some kind of preservative. I bought this book thinking that it might go into a bit more detail about basic lotion formulas (ratios of ingredients to each other), or at least provide some recipes that I could learn from. As it turns out, I had already learned more about lotion-making from my Google search than I learned from this entire book. Of the five body moisturizer recipes, four are basically oil-based, with essential oils added. There is nothing wrong with using oil to moisturize the skin -- but I find it can be inconvenient (insofar as absorption may be slower than with lighter lotions, and you're more likely to

get oil on clothing or sheets). Additionally, oil-based moisturizers will probably not appeal to those with problem skin. The author's fifth body moisturizer recipe does include water in addition to oils, and uses beeswax and lanolin as emulsifiers. The recipe does not include a preservative, however, which means (as the author states): "No refrigeration is required if used within 30 days. If refrigerated, please use within 3 to 6 months. (Refrigeration may change the texture of the product, but potency will not be affected.

Maybe people who don't know much about the ingredients/processes/measurements listed and discussed in "Organic Body Care" will think it's an awesome book, but if you do your research, you'll realize that many of the recipes and ideas are not good for you and that you could come up with better recipes specifically tailored to yourself by purchasing an herbs & oils guide. The well-educated folks who are buying this book are most likely attempting to avoid many of the exact same problems that following this book will lead to. (Note: You can see a long preview of this book by clicking on the picture of the book on the product page.) As for me, I returned the book to for a refund. Very disappointing. Some folks have asked for more detail on what's not good about the book, so I'll list a bit out. I don't have the book anymore, so I'm relying on the book preview. Issues I have with the book: Before listing the problems I have with the material, I have to say that I really had hoped this book would have some GOOD recipes for body-healthy lotion, shampoo, and conditioner. It did not. I had also hoped that the author would focus on skin-safe body and bath items like bath bombs/fizzies, bath salt/herb/oil blends, mud baths, seaweed wraps, oil soaks, buttermilk soaks, and all the other good and wonderful things that are beneficial to not only your skin, but your body as a whole. Sadly, NONE of those were covered. Instead, the author wrote a book that simultaneously deprives you of useful information, insults your intelligence, and provides you with many ways to damage your skin. Yay? Anyway, here are my thoughts on the actual recipes, instructions, and guides contained in the book: 1.

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