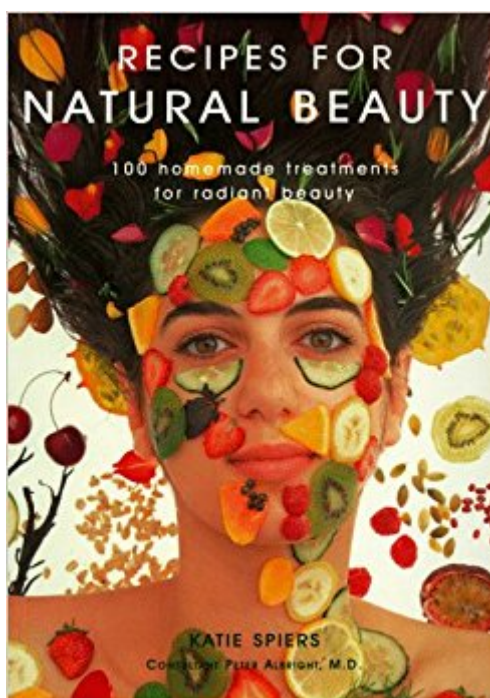


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# Recipes For Natural Beauty: 100 Homemade Treatments For Radiant Beauty



## Synopsis

100 simple and inexpensive recipes, all using natural ingredients, provide homemade beauty.

## Book Information

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## Customer Reviews

I found a lot of recipes that I can actually use and do. Great reference book for those who want to live chemical free and still indulge in their natural beauty.

The only reason I keep from making this a 5 star is that many of the recipes call for a base shampoo or base lotion, rather than giving ingredients all from scratch - and in the case of the lotions, they provide no alternative to lanolin (I'm vegetarian and have ethical issues using slaughterhouse by-products). But, apart from those minor tid-bits - the rest of the book is fabulous! Very detailed instructions on how to put everything together, as well as providing information on What parts of the ingredients act as a natural preservative. Also had some good info for the storing of items. All in all, I am very pleased with this book and cannot wait to try out some of the recipes. (I'd tried some recipes for natural hair care I'd found online, but was disappointed with the results - from the looks of the info in here I don't think I will be with these!) Another good thing about the book - is it makes it clear that these are guidelines, and you can experiment around with the amounts of ingredients as well as the ingredients themselves - so, with a little research I should be able to find a substitute for lanolin so I can make my own lotions. (Their recipe for a moisture bar is pretty awesome - and should work well in place of lotion anyway!)

I live in the Chicago-land area & many of these ingredients are very difficult to find. Unless you are prepared to send away to Canada or Britain to acquire some of the ingredients, give this a pass. The vast majority of recipes contain at least 1 item that I cannot purchase locally. When I did gather the items together, the recipes are very easy to work & have been very pleasant to use. I have found that the ingredients & recipes in Jeanne Rose's "Kitchen Cosmetics" easier to acquire & just as easy to assemble & use.

Fantastic!!!

This book is picture-heavy, recipe-thin. Nearly nothing for the Strong African Queen! The shampoo recipes require a "shampoo base" and don't tell you how to make it. The book calls any recipe for the shampoo base "too complicated". The book recommends buying it at a natural products store. I bought the book so I wouldn't have to go to a natural products store and pay their big prices. This book would be a third its size without the huge pictures. I recommend you find a different book, or do what I will be doing, looking for recipes online and printing them instead of purchasing books I cannot examine before purchase.

The recipes for which I was able to find the ingredients: lotion, nail care cream, exfoliator were absolutely supreme--wonderful for my very dry skin. Some of the recipes call for tinctures and flowers which I couldn't find in my local health food store. It would have been helpful if the book had given Internet or mail-order sources for some of the ingredients. Instead, the recipes say to use the ingredient if you can find it--not much help--and they don't say what to do if you can't. But given my success with what I have so far I will continue to search out other ingredients.

I liked reading the recipes in this book. Many of the ingredients are not too difficult to find. The reason I only gave this book a 3 however is that it is not specific enough on storage. There is a little blurb on page 12 that talks about preferred method of storage. However, I wanted more specific details on storage and shelf life to be included with each recipe. This kind of thing is important for novices to know so they know how much of certain ingredients is "safe" to purchase at any given time.

This book covers recipes for skin, hair, hands, feet, eyes, massage and diet. Recipes are simple which include herbs that I grow in my garden or essential oils that are easily found in my local health

store.

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