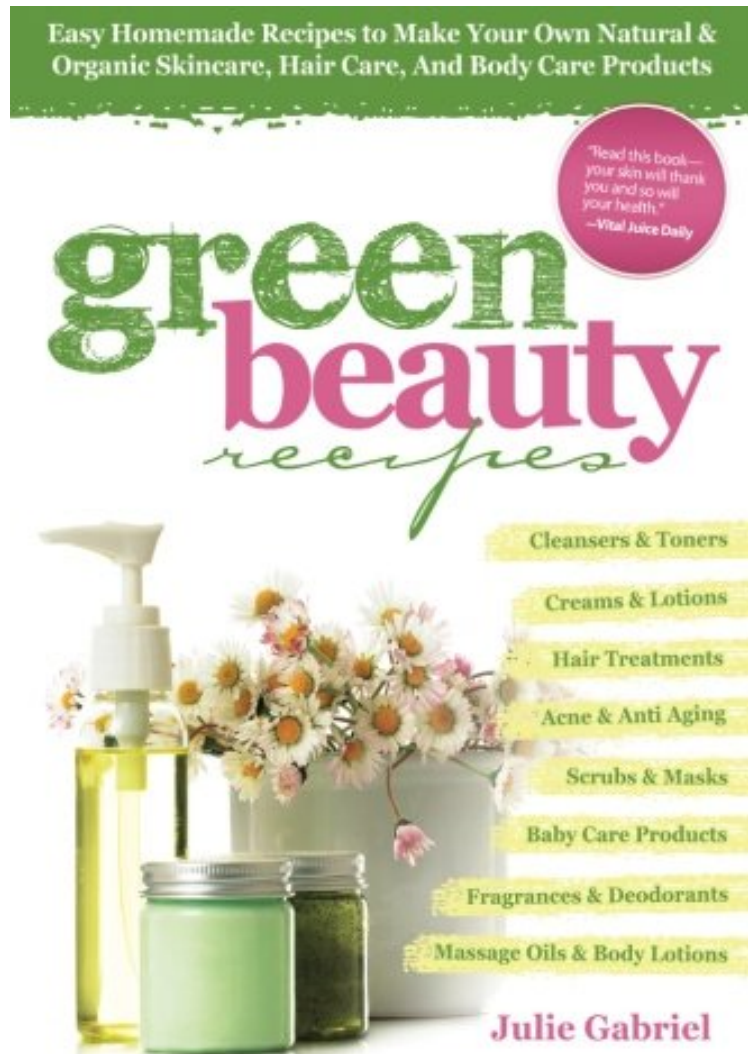


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Green Beauty Recipes: Easy Homemade Recipes to Make Your Own Natural and Organic Skincare, Hair Care, and Body Care Products

Julie Gabriel

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Julie Gabriel : Green Beauty Recipes: Easy Homemade Recipes to Make Your Own Natural and Organic Skincare, Hair Care, and Body Care Products before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Beauty Recipes: Easy Homemade Recipes to Make Your Own Natural and

Organic Skincare, Hair Care, and Body Care Products:

7 of 7 people found the following review helpful. I can't buy any more beauty "junk food" after reading this book! By Veggie girl! This book seriously changed my life! I bought it thinking it would have a few easy recipes I could make for fun on the weekends - it had that and much, much more! I had no idea about all the toxins they put in conventional beauty and baby products until I read this book, makes me never want to buy any of that junk again! I actually went through my house after reading this and read all the ingredients to our products - I was horrified at what I saw and I threw them out on the spot! I now make my own shampoo, face wash, body oils, masks and even baby wipes! It seriously does not take me long at all to make these things, and they last for a while! I also like that she shows you how to make cream/shampoo FROM SCRATCH unlike so many other books where they tell you to take plain soap or shampoo and add oils to it to make it your own. Here are some of the recipes I use regularly and absolutely LOVE: Green Spice Deodorant: I've searched for YEARS to find an aluminum-free deodorant that works for me and finally, this is it! Almond Milk Toner: Almond milk + Rose water + Glycerin = A simple, delicious smelling toner, I use it every day. Herbal Insect Repellent Spray: Really works and I can use it on my toddler with confidence! Spicy Lemon Anti-Dandruff Shampoo - Got rid of my dandruff and soothed my dry, itchy scalp! I made it with the Castille soap option and it does leave my hair a little coarse so I follow up with the Lemon and Vinegar Shine booster - leaves my hair soft and crazy shiny! Happy Bum Flower Balm - The best diaper cream ever! Gosh there are so many great recipes it's hard not to name them all - This book was one of the best purchases I've ever made. Since buying it, my skin glows, my hair is shinier and my baby's butt and skin is softer than it's ever been! And I am at ease knowing that we are no longer using toxic chemicals, our skin is being nourished by wholesome, healthy ingredients! Highly recommended!! 0 of 0 people found the following review helpful. This is a very good book on natural DIY cosmetics recipes. By Lillabet This product does not have a place to post questions, so I am asking a question in the "Reviews" section: This is a very good book on natural DIY cosmetics recipes. I saw that a particular recipe I was interested in using oats does not tell you the amount of oats to use nor is it mentioned anywhere else in the recipe e.g., Oats and Olive Rich Moisturizer (p. 82 of the 2010 edition of the book). I tried to find Julie Gabriel on various websites that I thought might be a place to contact her. Some of those domains are non-existent. Would be glad to know if anyone could answer this question. 1 of 1 people found the following review helpful. Just like the name of this book By MEM Just like the name of this book, it is all about a green healthy way of living. It has all the knowledge of how to incorporate essential oils into your very own beauty products. Step by step this book informs you how to make great smelling scrubs, moisturizers and cleansing products. Covers all of your body needs from head to toe. Thank you! Miss Burke

Learn how to make your own beauty products at home using only natural ingredients. After reading this book, you will be able to create your own creams, lotions, cleansers, toners, masks, hair treatments, sun protection and baby care products. Discover which vegetable oils, herbs, floral waters, essential oils, plant-based emulsifiers, and natural preservatives to use, how to pack and label your own beauty products, and how to store them safely. Facial cleansers, moisturizers, anti aging serums, sun protection creams, hair treatments, and even perfumes and deodorants can be prepared easily at home using only natural, easily available ingredients. This book contains more than 200 recipes and step-by-step techniques used by the author, holistic nutritionist Julie Gabriel (THE GREEN BEAUTY GUIDE) to create her own organic skincare line, Petite Marie Organics (petitemarieorganics.com) Practical, straightforward, and fun, these recipes are equally suitable for green beauty enthusiasts as well as professional beauty practitioners. You can pamper yourself head to toe with luxurious hair masks, deep cleansing home facials, aromatic massage oils, nourishing body lotions, and age-reversing moisturizers in the most natural, luxuriously green way! Here is what our reviewers say: "Green Beauty Recipes" is a timely book since many of us are "going green." We no longer want to use harmful chemicals or accept using animals for testing products. Using products that can be found in our own home, with the addition of essential oils or natural preservatives, will not only nourish our body, but help keep our planet clean. I commend Julie Gabriel on making this book available to us and I encourage everyone to consider having "Green Beauty." --Irene Watson, Reader Views Green Beauty Recipes is the second book by author Julie Gabriel. An extension of her first book, The Green Beauty Guide, Green Beauty Recipes is an indispensable collection of not only recipes, but also instructions, explanations and helpful hints for creating your own collection of skin care, hair care and body care products. Julie gives everyone the confidence to get in the kitchen and create their own beauty! Perfect as a gift for just about any woman. We love this book and read every word cover to cover. How we wish it had images of some of the finished recipes, however. It's fun to create products and get that feeling of accomplishment that goes along with it. It's a book that won't hide on our bookshelf because we'll be too busy finding recipes that work best with our skin. It has a top spot on our holiday gift list this year. --Jen Adkins, About.com: Skincare Current 2015 edition is an updated and slightly revised version of the 2010 book.

"Green Beauty Recipes" is a timely book since many of us are "going green." We no longer want to use harmful

chemicals or accept using animals for testing products. Using products that can be found in our own home, with the addition of essential oils or natural preservatives, will not only nourish our body, but help keep our planet clean. I commend Julie Gabriel on making this book available to us and I encourage everyone to consider having "Green Beauty." --Irene Watson, Reader Views, September 2010

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Green Beauty Recipes is the second book by author Julie Gabriel. An extension of her first book, The Green Beauty Guide, Green Beauty Recipes is an indispensable collection of not only recipes, but also instructions, explanations and helpful hints for creating your own collection of skin care, hair care and body care products. Julie gives everyone the confidence to get in the kitchen and create their own beauty! Perfect as a gift for just about any woman. We love this book and read every word cover to cover. How we wish it had images of some of the finished recipes, however. It's fun to create products and get that feeling of accomplishment that goes along with it. It's a book that won't hide on our bookshelf because we'll be too busy finding recipes that work best with our skin. It has a top spot on our holiday gift list this year. --Jen Adkins, About.com: Skincare, October 2010

About the Author Julie Gabriel is a holistic nutritionist and an organic beauty expert. Her organic skincare line Spa Valley (spavalleynaturalskincare.com) provides maximum results for sensitive, dry, aging skin. The formulations are among the most gentle and skin compatible available today, utilizing active natural extracts with antioxidant and skin-transforming benefits for clinically proven results. As a former magazine beauty editor, Julie has worked with top fashion magazines and TV channels. When Julie became pregnant with her daughter, she embraced green, organic living and studied as a Holistic Nutritionist in Canadian School of Natural Nutrition in Toronto. Julie's own organic skincare line and books were featured in Elle, USA Today, Natural Living, Real Simple, Natural Home, Body+Soul, Organic Beauty, Plenty, About.com, Chopra.com, and on Martha Stewart Living Radio, among others.