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Carmen Reeves

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Homemade Natural Hair Care (with Essential Oils): DIY Recipes to Promote Hair Growth, Shine Repair (Shampoo, Conditioner, Masks, Aromatherapy, Hair Loss Treatment - 100% Cruelty Free)*:

1 of 1 people found the following review helpful. Five Stars
By AnnM Lots of good information.
7 of 8 people found the following review helpful. Such great information! !
By gk Once again Carmen Reeves gives us useful and beneficial information. I like the recipes in this book and have used quite a few. They are easy to follow and I like that my daughter and I can both make them together. Thanks again Carmen!!
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By LBGigi Very informative.

Homemade Natural Hair Care (with Essential Oils): DIY Recipes to Promote Hair Growth, Shine Repair Learn how to treat your hair at home using organic treasures today! If you are sick and tired of the amount of toxins we are all bombarded with in commercial hair care products, which are loaded with damaging chemicals and harsh ingredients, then look no further. This book will be your ultimate guide to improving and restoring your hair's overall health, condition, growth and appearance. This book will provide you with the basic steps and ingredients that will enable you to prepare your hair care products at home, including shampoo, conditioner and deeply moisturizing hair masks. It will also help you discover a few simple steps for the most effective, nourishing and aromatic ingredient combinations in order to combat hair loss and promote growth, shine and repair. Using essential oils in your hair care recipes will evoke an enticing feast for your senses as well as add many nutritive benefits for effective hair repair. By discovering how certain ingredients contribute to the health of your hair, you will learn to tailor each recipe to treat your hair with the most nourishing formula that is most suited to your hair type, whilst indulging your senses in a deeply fulfilling mind and body experience. Why you must have this book: This book will teach you how to make use of the powers of essential oil, herbs, and other natural ingredients to revitalize your hair, promote growth, and treat other problems such as dandruff or split ends. This book contains a variety of shampoo, conditioner and mask recipes to help combat a number of hair troubles in normal, dry and oily hair. This book will guide you on your journey to mastering the craft of homemade hair care while enjoying the creative process. You will learn how to use raw ingredients and the best combinations to achieve healthy, beautiful hair. This book will help you understand why it is essential to ditch commercial, store-bought products filled with damaging chemicals. This book will give you confidence in the freedom in experimenting with your own ingredients to create ingenious products of your own. All ingredients within this book are cruelty free and vegan to ensure none of our furry friends are harmed in the pursuit of beauty. The benefits you'll receive from *Homemade Natural Hair Care* How to dilute essential oils and use them in optimal combinations. The wonderful benefits of many herbs, fruits and oils to use in your hair care. Which plants can help you combat your hair troubles most effectively. The importance of knowing the powerful restorative properties of many plants and essential oils. Reaping the benefits of the gorgeous, shiny, healthy hair you desire. Learning about the amazing potentials of essential oil to treat a myriad of hair problems whilst enchanting your senses. Interested in learning more? Download your copy today to achieve beautiful, healthy hair!

About the Author Hi, I'm Carmen, a holistic health geek with a passion for health, herbalism, natural remedies, as well as whole-food and plant-based lifestyles. After resolving various health issues I have struggled with for many years, I aim to inspire and help improve your health and longevity by sharing the tireless hours of research and valuable information I have discovered throughout my journey. Through the power of nutrition and lifestyle, with an evidence-based approach, I believe you can achieve your health and wellness goals. carmabooks.com