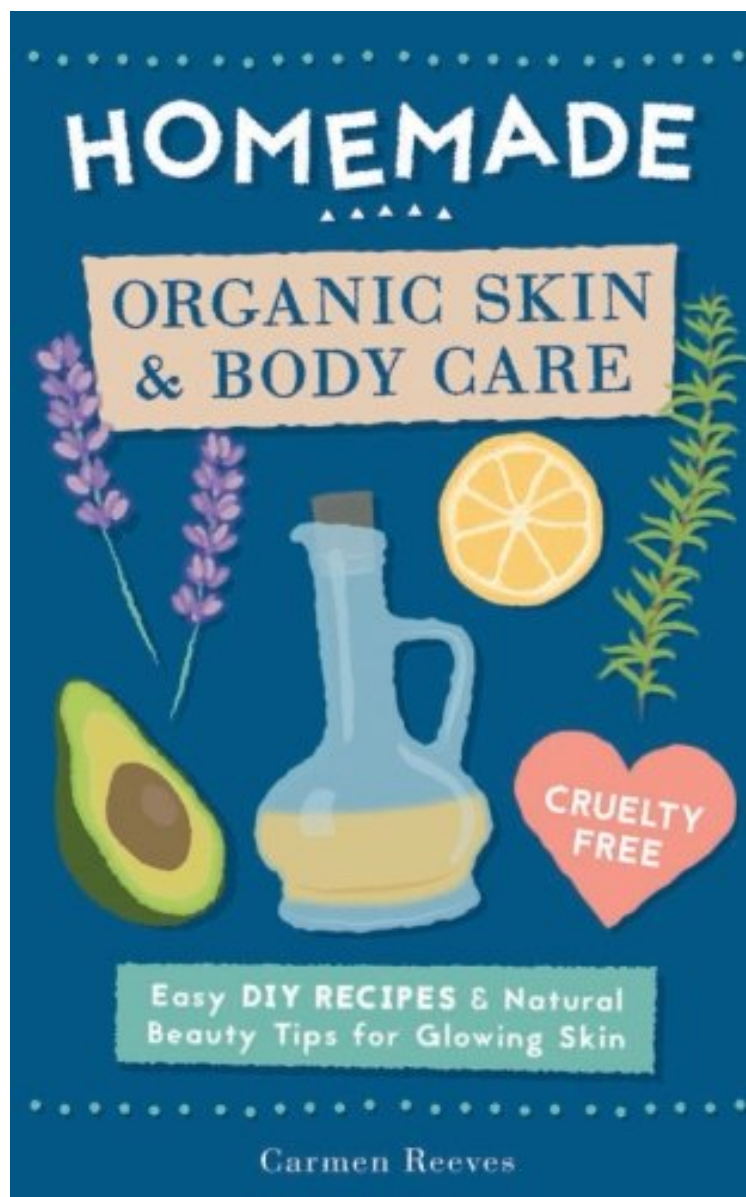


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10 of 10 people found the following review helpful. Great recipes and a well written bookBy Florida KayakerThis is a well written book that starts with explaining why Homemade Organic Skin and Body products are the way to go. This book includes the hows and whys of organic products and how easy they are to make. There are recipes for exfoliants, scrubs, lip scrubs, body butters and balms, lotions, soaps, massage oils, bath salts, hair masks and shampoos. You can even make your own deodorant using the authors recipes. This book is really helpful for the person new to making their own products and there are also a ton of good recipes for the experienced person.10 of 10 people found the following review helpful. Covers multiple areas of the skin, recommendedBy KristinaHomemade Organic Skin and Body Care by Carmen has a great collection of DIY recipes for everyone. As we get older our body and skin become more important. I have already changed the way I eat and this is the next step in taking proper care of my skin. This book covers many areas of skin and body care (facial skin, hair, beauty, dental care, etc) and the author made it extremely simple to follow. I recommend this to anyone looking for a straight forward approach to skin care15 of 16 people found the following review helpful. My one year old knew what he was doingBy BreezyI've often entertained the idea of DIY health and beauty techniques. However, honestly, I got pretty bored with it because they are EVERYWHERE ONLINE. I would pinterest ideas I wanted to try...never trying, they just became a collection of really great ideas. I never wanted to invest in a book, already done up for me....but....last night, my son was playing with my kindle and this morning I noticed we bought a book :-))In which, I don't regret. Yes, I'm one of those typical middle aged moms that allow their kids to do almost anything....but....not everything. We have a thirteen year old girl and a one year old boy.2.99 for a book that I've been interested in, but never decided to investigate to buy.....I'd say that was an investment.I went through the book this morning. I'm proud to own it. She makes it simple and sweet. And very thorough. My son chose well.Thank you kindly.I would certainly purchase again.

100% Cruelty Free Vegan - Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs More Learn how to create your own beautifying and nourishing skin care products with simple, effective recipes and tips using plant-based and toxin-free ingredients! If you are on a journey to make healthier skincare choices, allow this book to be your comprehensive guide. You will discover how to eliminate toxins from your skin care regimen and replace them with pure, organic and cruelty-free ingredients. These recipes will not only leave your skin feeling pampered and nourished, but you will also feel the economic benefits of making low-cost body care products right in your own home (while knowing that you are contributing to a healthier planet by using organic ingredients). Once you have tried and tested these formulas and begin to feel the positive effects of natural ingredients on your skin, you will never want to go back to expensive and toxic commercial products. If you are ready to reap a radiant glow with the purest of ingredients and simplest of recipes, I invite you to read this book today! Why This Book is Essential This book helps you take body care into your own hands while removing toxic ingredients from your shelves. This book will teach you on how to use plant-based organic materials to make skin care products. This book will help you reap the benefits of an all-natural beauty care product with organic ingredients and gentle formulas. This book gives you a comprehensive guide to using essential oils. This book will show you how to use plants like beets, rose petals, flax seeds and many, many more to make luxurious body care products. In this book you can start right away on making your own all natural beauty care products with ingredients sourced from your organic kitchen. This book gives numerous DIY tips for all natural beauty care. The Benefits You Will Receive from Homemade Organic Skin Body Care include: The glamorous feel of all natural ingredients like Cocoa Butter, Sweet Almond Oil, Lavender Essential Oil, Bananas, Oats and many more. The economic benefits from making your own spa-worthy products right in your kitchen. Information specific to oily, dry and sensitive skin. Nutrient packed skin care recipes like Rejuvenating Rosemary Bath Salts, Beautiful Beet Root Lip Gloss and Exhilarating Coffee Scrub. Information on how to perform a patch test. Learning many new effective recipes that benefit your skin and body. Recipes to beautify, relax, pamper and nourish. The peace of mind that goes with using organic, animal-cruelty-free body care products. Many luscious reasons to give yourself that extra care that you so deserve. Skin care formulas designed for your specific skin type. The satisfying knowledge that your healthy and all-natural skin care products were made by you, sourced by you, and lovingly lavished on yourself. Gives you numerous specific ways to stop the toxic cycle that dominates the commercial skin care industry. Knowing the many benefits of using all natural and organic ingredients on your skin. Interested in learning more about making your own skin care products with organic ingredients? Purchase this book today to start reaping the benefits of non-toxic products, a pampered feel, and healthy glowing skin!

About the AuthorHi, 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