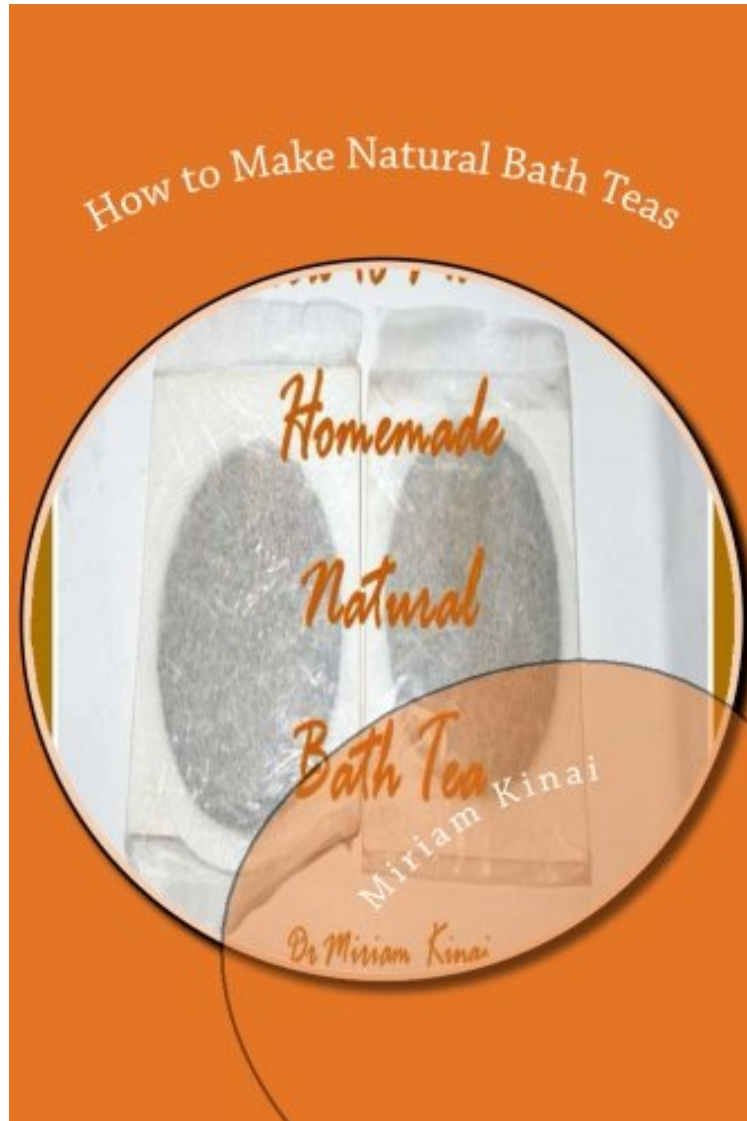


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How to Make Natural Bath Teas

Dr Miriam Kinai

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How to Make Natural Bath Teas teaches you how to make homemade, handmade, healing bath teas. How to Make Natural Bath Teas also teaches you the best essential oils and herbs to use to make bath teas for mature and dry skin types as well as to help manage eczema, psoriasis, menopausal symptoms, pre-menstrual tension (PMS), painful periods, arthritis, stress, sadness or depression, mental exhaustion, and insomnia or sleeplessness.

About the Author Dr Miriam Kinai is a medical doctor and certified aromatherapist.