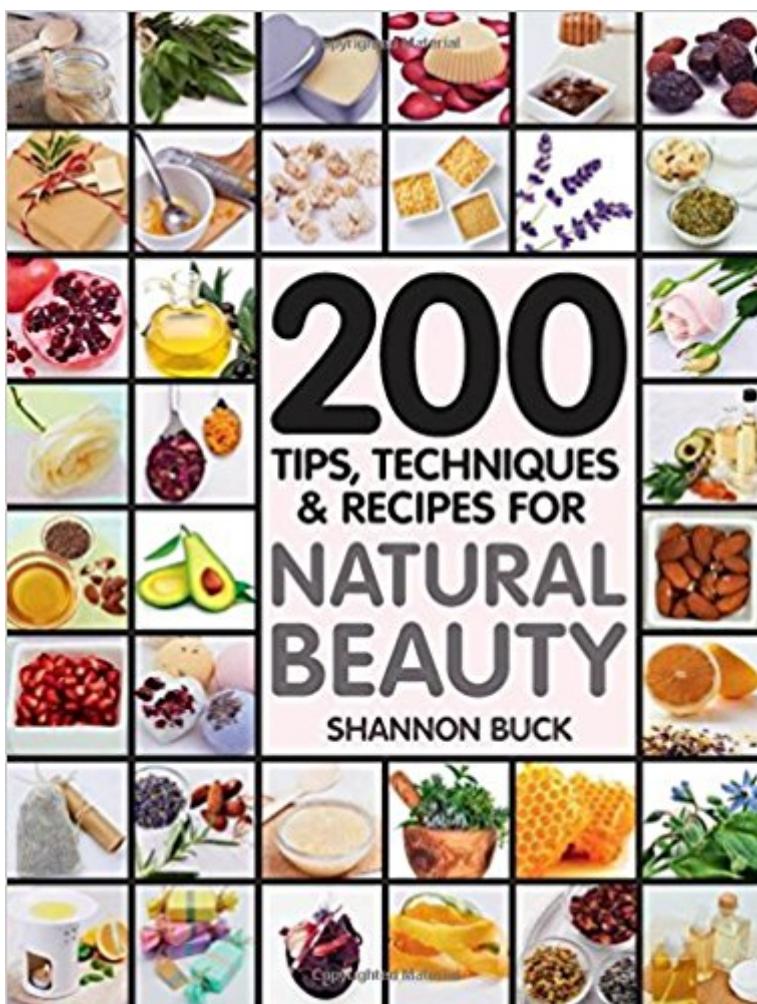


The book was found

# 200 Tips, Techniques, And Recipes For Natural Beauty



## **Synopsis**

Many of today's beauty products contain harmful chemicals and other additives that most of us don't even know about - and if we did, we wouldn't use them--no more. With 200 Tips, Techniques, and Recipes for Natural Beauty you'll learn all that you need to know to make your own organic beauty products. Create delightful lotions and potions in your own kitchen, using all-natural, holistic ingredients like herbs and flowers. Discover conditioning carrier oils, sumptuous butters, and aromatic floral extracts that will nourish you head to toe. Also, use some of the recipes for your overall health, including curative herbal extracts and therapeutically effective essential oils. With step-by-step photographs, clear instructions, and expert tips, each recipe is easy to follow. Give them as gifts or keep them for yourself. Regardless, you'll never want to buy beauty products from the drug store again!

## **Book Information**

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## **Customer Reviews**

"Does a rejuvenating argan oil and rose facial balm sound tempting? Or a happy hibiscus and cinnamon red hair rinse? Beautifully photographed and designed, Buck's guide will entice readers to turn their kitchens into beauty labs. An herbalist, aromatherapist, and blogger at [freshpickedbeauty.com](http://freshpickedbeauty.com), the author displays her expertise in the text's attention to detail. For example, essential oil charts specify each ingredient's botanical name, extraction method, pricing, shelf life, benefits, and more. There is also a comprehensive index. A large array of recipes addresses the needs of all skin and hair types, and the focus on techniques provides context for

best practices. While many ingredients are available widely (e.g., teas, baking soda, coconut oil), those such as essential oils, clays, and waxes require specialty stores or online shopping. Buck covers nearly any question a reader might have. For instance, the section on lip care discusses balms, glosses, and scrubs, as well as vegan alternatives to beeswax and container selections for finished products. **VERDICT** Especially suited to people seeking natural options for beauty products who are interested in experimenting with advanced and fresh methods.

Shannon Buck is an Herbalist, natural-beauty expert, and author of the popular natural beauty blog, Fresh-Picked Beauty. She enjoys creating home-spun skincare and beauty products in her kitchen near Seattle, Washington and is currently training to become a Certified Aromatherapist. Read Shannon's blog at [www.freshpickedbeauty.com](http://www.freshpickedbeauty.com)

This book is great! Just recently got into using essential oils and this is my "go to" book. A good variety of recipes, well written and easy to follow. A must for those who are trying to make their own natural products.

I love that this book not only gives you recipes for all natural beauty products you can make at home but it also explains what types of different ingredients there are, what they're exactly for, and even if they'll be expensive to buy. I haven't made anything yet but I have read it, and will try a lot of the recipes once I can get the ingredients.

This book contains a lot of good information. If you do not have similar books, I would rate it a 5 star. I have a number of books on natural products so I already had resources for the detailed information describing essential oils properties, etc. The recipes also called for a variety of essential oils, etc. that weren't repeated in other recipes in the book, therefore it could be expensive to buy products in order to try recipes.

I love this book! The author is very knowledgeable about butters and essential oils with great tips and indepth details to help the reader make the best possible skin care products. I also bought this book for a friend who also makes natural and organic skin care products!

I'm really enjoying this book and the recipes I have tried so far.

This is a great book for anyone wanting to make their own lotions, creams, shampoo's, etc. I have made several from this book and they have all turned out wonderful. If you are wanting to make your own natural beauty products, you should have this book. All natural, no harmful chemicals.

Shannon is amazing!!!! This book is everything!!! I first heard about Shannon thru Mountain Rose Herbs!!! I honesty want to now but every book she's ever written!!! I'd love to spend a day with her & learn hands on from her!!! Amazing!!!! Thank you Shannon!!

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