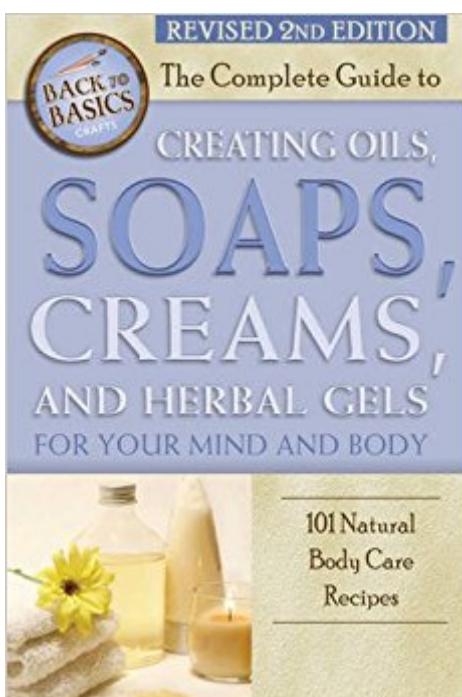


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# The Complete Guide To Creating Oils, Soaps, Creams, And Herbal Gels For Your Mind And Body: 101 Natural Body Care Recipes Revised 2nd Edition (Back To Basics)



## **Synopsis**

Newly updated, this book will walk you through process of creating your own oils, soaps, creams, and gels. Topics covered include: How scents interact with each other in the form of oils How to start using essential oils and how to recognize the properties of pure essential oils Basics of common and uncommon essential oils, what they entail and how to start blending them Equipment you will need, carrier and base oils, solutions, and dilutions used are outlined. The top experts in aromatherapy and natural body care were interviewed, and alongside the recipes are a number of tips that help you to know exactly how to use each recipe and which variations you can make.

## **Book Information**

Series: Back to Basics

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## **Customer Reviews**

The Complete Guide to Creating Oils, Soaps, Creams, and Herbal Gels for Your Mind and Body covers information on aromatherapy and provides many recipes for product making as well as presents information on extraction of oils, diffusion, carrier oils, essential oils, recipes for home use, bath salts, making soap, and beauty and wellness treatments. The book is interesting, well written, and recommended as a basic text for learning how to safely and effectively use essential oils for many different situations. --Jeffrey Schiller - Making Scents Magazine --This text refers to the Library Binding edition.

This is Marlene Jones first full-length book but she has been writing professionally since 2001 right after leaving journalism school. Over the years, she has written pieces on a variety of subjects,

focusing especially on issues of health and wellness related to low-income and minority communities. Her interest in all things natural sparked in 2005 after the birth of her first child and after being prompted by her older sister's quests to eliminate synthetic and chemical-laden products from her diet and cosmetics. Marlene's upbringing in Kenya is also a major source for learning how to be one with nature. She continues to learn the many different aspects of natural living and uses her platform as a journalist to inform others about the benefits available. When Marlene is not writing and researching, she is parenting her precious three babies, dabbling in politics, traveling the world, and working hard to be active.

I have been getting into essential oils and want to make my own soap and lotions. This book is excellent for a beginner. It has a lot of great information and easy to follow recipes. I have been dabbling in the oils already, but this book made me realize that the soap making is a little more than I can handle right now at this point in my life. But it also encouraged me that it is not a difficult process. So one of these days, I will be making my own soap. I highly recommend this book for beginners. It is an easy read and a page turner. I thoroughly enjoyed it

This is ok, but looking for more photos and help with melt and pour ideas.

Awesome book! I love the pictures and simple recipes.

This is a great book for beginners in that it explains a lot of the basics regarding tools and oils used in the making of soaps and creams. I especially like the detailed descriptions for a great assortment of essential oils that included uses and precautions.

Lots of useful information

I am excited to use this book. It shows you how to make everything from bath bombs to hair shampoo. Only had a chance to skim the book. Good book to get you on track to making your own products organically.

If you want to make soap or salve this is the book for you. I have a lot of books on the subject but found this one easy to use. I just loved the simple recipes.

Great information. Easy to follow directions!

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The Complete Guide to Creating Oils, Soaps, Creams, and Herbal Gels for Your Mind and Body: 101 Natural Body Care Recipes Revised 2nd Edition (Back to Basics) Making Natural Liquid Soaps: Herbal Shower Gels, Conditioning Shampoos, Moisturizing Hand Soaps, Luxurious Bubble Baths, and more Natural Care: 70 Simple Homemade Organic Soaps and Scrubs Recipes for Your Body and Face: (Essential Oils, Natural Recipes, Aromatherapy) (Soap Making, Body Scrubs) Essential Oils For Pets: Ultimate Guide for Amazingly Effective Natural Remedies For Pets (Natural Pet Remedies, Essential Oils Dogs, Essential Oils Cats, Aromatherapy Pets, Essential Oils For Pets,) Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies, herbal antibiotics and antivirals) Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health Aromatherapy & Essential Oils: The Complete Aromatherapy & Essential Oils Guide for Beginners (Essential Oils Book, Aromatherapy Book, Essential Oils and Aromatherapy Recipes for Everyone) Best Natural Scrubs and Herbal Remedies For Your Health and Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body and Face Scrubs, Herbal Medicine) Natural Liquid Soap Making...Made Simple: Complete Beginner's Guide to Crafting Shampoos, Shower Gels, Hand Soaps, Laundry Soap, and More! Essential Oils For Chocolate Truffles, Chocolate Candy, and Chocolate Desserts: The 15 Minute Guide To Making Chocolates With Essential Oils-How To Make ... Oils (Essential Oils for Chocolate Lovers) Herbal Remedies: Guide to Herbal Healing and Essential oils (Teas, Tonics, Oils Book 2) HERBAL ANTIBIOTICS: 56 Homemade Holistic Herbal Remedies to Help Prevent, Treat, And Heal Illnesses Naturally (Herbal Antibiotics, Herbal Remedies) Essential Oils For Psoriasis: A Complete natural guide of essential oils to eliminate psoriasis: Essential Oils For Skin Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Natural Soap Making Book for Beginners: Do-It-Yourself Soaps Using All-Natural Herbs, Spices, and Essential Oils Homemade Organic Bath and Shower Products: DIY All-Natural Bath Salts, Bath Milks, Bath Bombs, Shower Gels, Bubble Baths, Bath Teas, Body Scrubs, Body

Cleansers and Suds CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS

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Essential Oils For Dogs: A Practical Guide to Healing Your Dog Faster, Cheaper and Safer with the

Power of Essential Oils (Essential Oils For Dogs in Black&White)

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