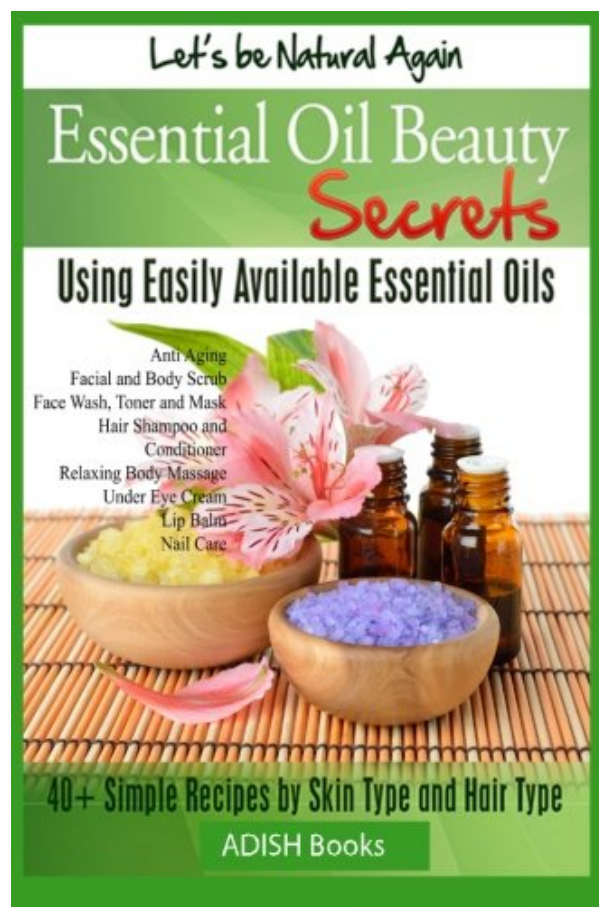
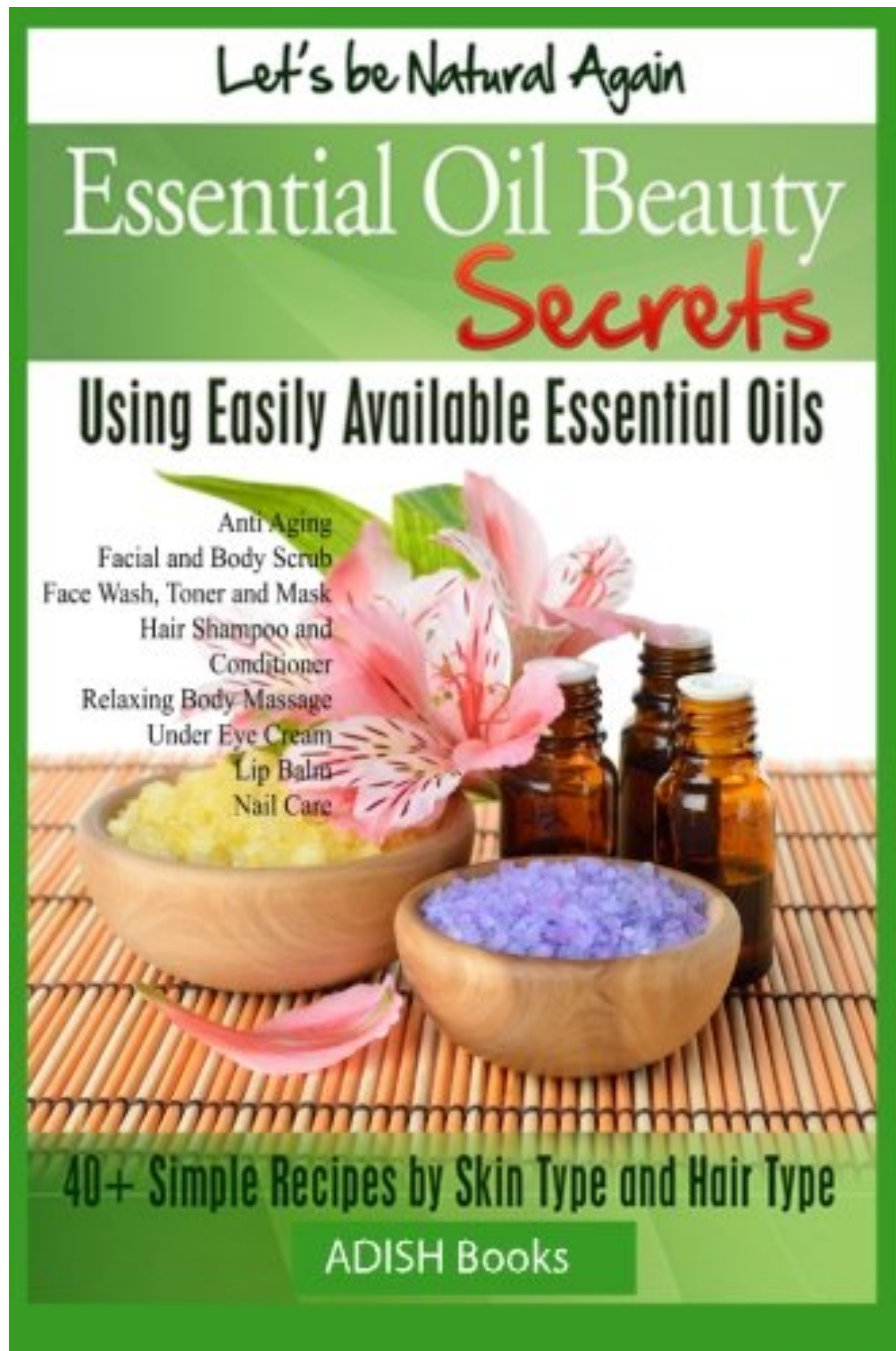


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- What are the benefits of essential oils.
- A list of easily available and most effective essential oils with detail descriptions.
- A list of essential oils which are not good for your skin.
- Recipes for making beauty care products at home. This book is an attempt to give simple methods to make beauty care products at home using essential oils and other organic ingredients which are easily available. These products may be simple to make, but they are very powerful in their effects. After reading this book, you will be able to create your own skin care creams, toners, masks, hair treatments, facial cleansers, moisturizers, etc. You will find simple recipes for –
- Skin Care (Different recipes for different skin types)
- Hair Care (Different recipes for different hair types)
- Lip Care
- Nail Care
- Eye Care
- Body care (massage oils, different recipes for different seasons)

This book describes only selected recipes so as to avoid confusion regarding what to choose. In no time, you will be able to prepare a natural, organic beauty product at home and at a fraction of the cost of conventional chemical products. Download now and take your beauty care campaign to the lap of nature. Scroll to the top of the page and select the buy button.

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12 of 12 people found the following review helpful.

The author is not very knowledgeable about essential oils

By Kristen

The author seems to be very confused about the difference between essential oils and expressed fatty oils. Oils such as argan oil and evening primrose oil are not essential oils. This book is full of many errors and I do not recommend it for anyone who is serious about learning about essential oils. In fact a great many of the recipes for skin care products she provides in this book don't contain any essential oils whatsoever. There are a great many books available that would be far more helpful than this one.

2 of 2 people found the following review helpful.

I'm cookin' now!

By A. Suzan McGraw

This is a good reference for the hobby user looking to make these things at home for whatever reason. My skin care products were not doing it for me. I had recently started using oils, and I wanted to try to custom design a regimen for myself. This book is a good start for that. Since reading this book, I have gone even deeper into various carrier oils and creams and what each one brings to the table, but this book will give you enough good information to design, build, and tweak a really good line just for you, and other custom products for others in your family with needs different from your own. I recommend this for the serious oil hobbyist.

1 of 1 people found the following review helpful.

Excellent Book

By S. Trank

I learned a lot about essential oils from this book and it has a few nice recipes for homemade facial serums and others as well. I have already begun to use my first homemade serum and so far so good. It is wise to write down the exact amounts you use as you personalize your serum so you can know what needs to be changed if anything. It sure beats the cost of purchasing it! The ingredients are an investment as well but the rewards are a lot of savings and it will pay for itself in no time at all.

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