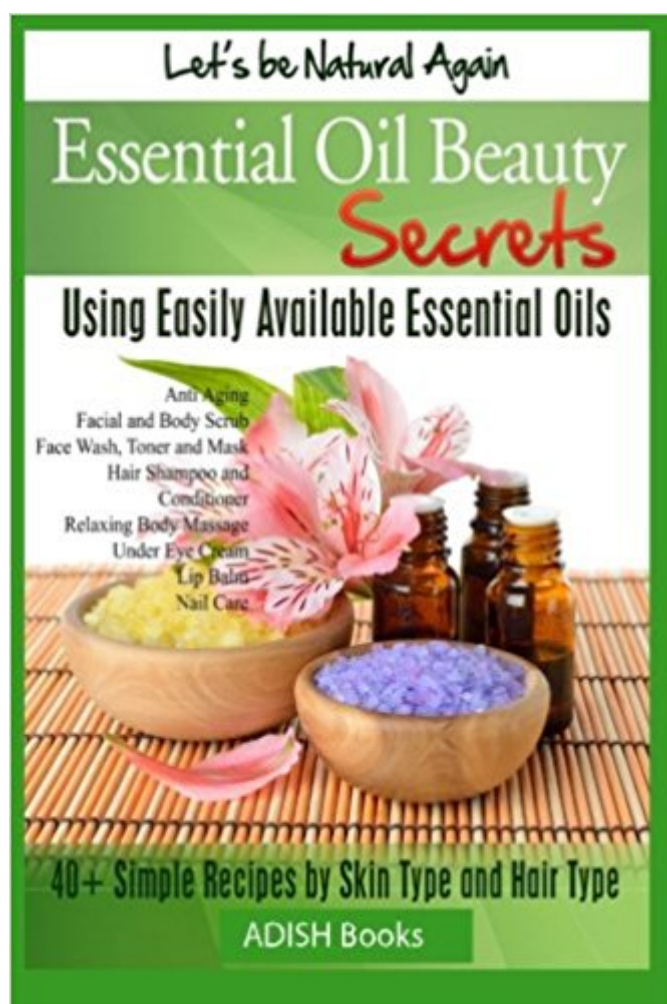


The book was found

Essential Oil Beauty Secrets: Make Beauty Products At Home For Skin Care, Hair Care, Lip Care, Nail Care And Body Massage For Glowing, Radiant Skin And Shiny Hairs





Synopsis

**** HOW TO GET YOUR RADIANT, GLOWING, YOUNGER SELF BACK**** It's the natural right of every woman to look beautiful. If you want to claim that right this book can help. ----- **LOVE YOUR BODY: GO FOR NATURAL**----- Nature didn't design our bodies to absorb all of these chemicals. Our bodies are accumulating toxic materials day by day, and these foreign materials are harming our bodies because our bodies don't know what to do with them. What is the solution? We need to give our bodies some breathing space by reducing the rate of chemical injection into them. This would allow them to start their inherent purification process to remove these toxic materials. We cannot remove all these materials from our lives immediately without having proper replacements for them, but we can try to make an honest difference for our bodies. We can begin the long journey of detoxifying the body in small steps, starting with our outer selves. By replacing our chemical cosmetics with the natural products, you will be on the road to cleansing your body and allowing it to heal. And who is going to do it? Nobody but you. How do you care for your skin, hair, and nails, etc. using natural products? The answer is essential oils. This book provides you with details of chemical-free recipes and natural alternatives to potentially harmful hair and skin care products. You will gain an understanding of how the anti-bacterial properties in essential oils work to treat numerous skin conditions including acne, pimples, eczema, psoriasis, and more. Using the information provided in this book, carefully choose the essential oils that meet your needs and preferences. Always keep safety precautions in mind. Learn more about your preferred essential oils and experiment with your own blends. What are essential oils? Essential oils are natural oils that are extracted from plants. Unlike actual oils, essential oils do not contain fatty acids. Instead, these are highly concentrated plant elements, which possess potent qualities for medicinal and cosmetic purposes. A wide variety of essential oils is available for selections, and each has its own distinct properties. Finding the right one for you can be overwhelming. Hence, familiarize yourself with the various types of essential oils which are essential for beauty care. In this book you will find:-

- 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.

Book Information

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Customer Reviews

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.

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.

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.

Not bad to keep in your collection but nothing I had to learn. It did reinforce my goal to stay with natural ingredients.

This book is written by someone who obviously knows their subject. There are instructions to help find your skin and hair types. There are many suggestions for making your own products, which will prevent the need to buy expensive commercial alternatives. This is a good book for those who want to take charge of their well-being. Another good book for further information and many more recipes is *Natural Cures - Home Remedies For Natural Relief*

I find *Essential Oils Beauty Secrets*: has a very good collection of natural products for the skin, hair, and body, to make at home. This book is written by a professional who really has great knowledge to share on the subject. Plus, most of the natural ingredients are easy to find locally. Filled with vital information for the DIY personality. If going natural is your thing then add this Kindle edition to your collection.

Great collection of recipes of easily available natural product. It helped me to find easy and effective solutions my skin and hair care. I always felt itchy and dry skin after using cosmetic products. These natural recipes have more soothing and relaxing effect. I feel more fresh than ever before. Thank you Pamesh

I thought this book was interesting and I will try a few recipes. However, I have trouble with books that don't appear to have been reviewed for errors before publishing. I read the Kindle version. I often wonder if these errors also appear in the print version. For instance, the recipe for Chamomile Lavender Sugar Scrub for Combination Skin lists both salt and lavender twice with no amounts

given for sugar or chamomile. Obviously, one of the salt amounts should be for sugar and one of the lavenders should be chamomile. Another ingredient line in the same recipe says "1/2 baking soda". 1/2 what? Cup? Tablespoon? The author also lists several essential oils that should only be used alone, then proceeds to use several of these in recipes where they are combined with other essential oils. This was frustrating. An explanation as to why she was breaking her rule about their use would have added credibility. In summary, it was interesting but I would have preferred if the author had paid more attention to detail while writing the book.

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