

## Making Aromatherapy Creams Lotions Revitalize

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nourish and revitalize your skin with your own handcrafted creams and lotions donna maria shares her simple five step method for creating fragrant all natural body rubs facial creams lip balms moisturizers and more explore how aromatic oils can effectively preserve and protect your skin and learn how to craft products that target your skin s specific needs you ll be amazed at how your products which are both inexpensive and free of harsh chemicals can help promote healthy and vibrant

skin

enter the world of aromatherapy creams and lotions with donna maria and learn how easy it is to craft natural skin care products that rival those salons with a simple five step method you can create personalized facial creams body rubs moisturizers lip balms and more with all natural ingredients including some of the world s most exotic aromatic oils

look beautiful live longer everyone desires to look beautiful but do you need to endanger yourself in the process absolutely not but sadly that s what we do when we continuously spend money on commercial beauty products the truth is that our bodies aren t meant for absorbing chemicals that are contained in the various store bought beauty products we buy from day to day granted they may make you feel great for a while but sooner or later someone s got to pay and believe me it isn t the manufacturers the only way out is to make your own natural hair and skin care products using the number one natural ingredient of our time essential oil a whole range of products such as perfumes soaps bath recipes deodorants body scrubs lotion and creams can be created with natural products of which essential oil plays a major part in this book there are over 100 recipes to try your hands on these simple to make but highly effective recipes covers a wide range of beauty treatments it is extremely fun and absolutely creative you will not only smell great but look and feel divine in this book you will find essential oils tips safety precautions best essential oils to use for specific moments over 100 recipes for making all kinds of beauty care products from the comfort of your home there is really no need for you to keep searching for any alternative to body care lip care or hair care treatment that you desire they are all in this book

written by one of the world s leading authorities on aromatherapy this step by step guide contains 800 different recipes for every imaginable condition included is coverage of 60 of the most important essential oils used in aromatherapy

a step by step guide to achieving relaxation and well being through the use of massage and essential oils also included is a reference section on selecting mixing and using essential oils

having a healthy skin is the dream of everyone a skin that glows naturally free of spots and blemishes

and with a baby like texture is the goal which unfortunately cannot be gotten from store bought commercial cosmetics using essential oils with organic and herbal beauty products such as creams lotions body scrubs soaps perfumes deodorants mouthwash toothpastes body baths hair conditioners deep conditioners detanglers shampoos hair oils and gel is the way to go essential oils are more than just mere fragrances they make your skin pure and healthy in this book you will find over 250 organic herbal and aromatherapy essential oil recipes for your skin hair and general body care it is a mega collection of beauty products that are out of this world that would transform your looks and make your skin glow this book contains a step by step approach to enhancing and improving your personal beauty routine cadhla writes with such professional and yet easy to read dexterity that even a child can relate to there are loads of helpful information beauty tips and beauty care approach that can be imbibed in your daily beauty routine such as body face and feet scrubs baths such as bath salts milk baths bath oils bath teas bath bombs bubble baths soaps body wash body lotions and face wash other recipes include face steams face masks face oils hair oil hair conditioner hair deep conditioner hair shampoo hair oil beard oil shaving creams lip balms nail care and polishes powders creams perfumes and several others you are good to go get your essential oils few organic and herbal products and a copy of this book become transformed glow with a rejuvenated skin and become a beauty goddess

fully illustrated throughout this book is the ideal introduction to aromatherapy a unique and natural way of restoring balance to mind body and spirit 120 color photos

the ultimate guide to skincare make up haircare hairstyling diet and fitness step by step beauty treatments and routines in over 900 fabulous photographs covers every aspect of women s health and beauty head to toe inside and out hundreds of ideas and inspirations dozens of projects scores of techniques all shown step by step over 900 full color photographs provide an incredible catalog of professional beauty advice simple everyday beauty routines clearly explain how to keep your skin in tip top condition whatever your age keep your hair healthy and looking its best with haircare wisdom and learn how to style hair for a whole range of fresh new looks a special section on pilates and other fitness systems demonstrates how to improve muscle tone posture and well being the very latest dietary advice provides information on the foods to eat for your body type

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patricia davis brings together the answers to many questions asked about aromatherapy

discusses the therapeutic effects of plant oils and the diseases each can alleviate and gives recipes for home prepared potions and unguents

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aromatherapy is a complementary therapy which is based on the use of natural essential oils extracted

from herbs flowers and trees the oils are used in tiny amounts in massage aromatic baths inhalations compresses etc

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