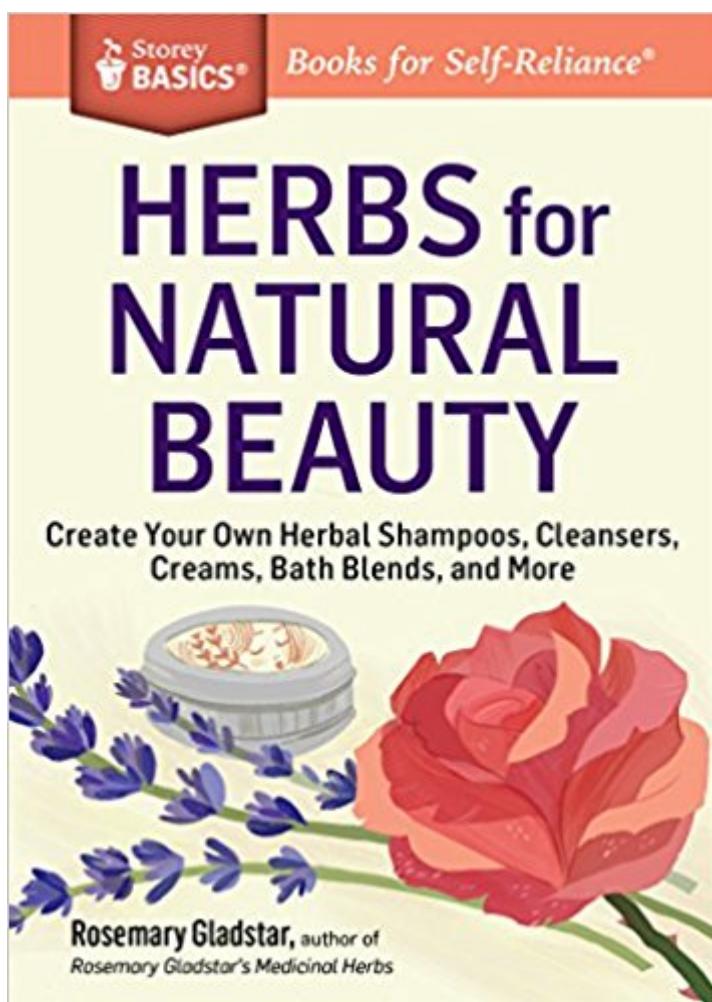


The book was found

Herbs For Natural Beauty: Create Your Own Herbal Shampoos, Cleansers, Creams, Bath Blends, And More. A Storey BASICS™ Title



Synopsis

Look great, smell wonderful, and feel good as you make your own homemade natural body care products. In this Storey BASICS® guide to holistic beauty, Rosemary Gladstar shares more than 30 simple recipes for cleansers, moisturizers, and creams comprised of essential oils and herbs. Make unique shampoos for lustrous, fragrant hair and learn Gladstar's amazing five-step system for glowing skin. Skip the harsh commercial ingredients and use nature's closet to keep your body healthy and beautiful.Â

Book Information

Series: Storey Basics

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Best Sellers Rank: #112,343 in Books (See Top 100 in Books) #170 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #209 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style

Customer Reviews

EXACTLY WHAT YOU NEED TO KNOW Discover the intersection of beauty and health with simple, all-natural body care. Best-selling author and respected herbalist Rosemary Gladstar shares over 30 recipes using herbs, essential oils, and other common ingredients to create gentle and effective treatments for your whole body, from head to toe. With cleansers, steams, toners, creams, serums, elixirs, shampoos, henna coloring, and even a five-step skin care program, you'll have everything you need to pamper yourself and your loved ones and let your natural beauty shine.

Drawing on her 40-plus years of studying and teaching about the healing properties of herbs, Rosemary Gladstar is the best-selling author of Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide and Rosemary Gladstar's Herbal Remedies for Vibrant Health.Â She is a world-renowned educator, activist, and entrepreneur, serving as director of

Sage Mountain Herbal Retreat Center, the International Herb Symposium, and the Women's Herbal Conference. Gladstar is founding president of United Plant Savers, a nonprofit organization dedicated to the conservation and preservation of native American herbs. She was the original formulator for Traditional Medicinal herbal teas and currently leads herbal educational adventures around the world. She lives in East Barre, Vermont.

I found it has some of the information she already has in larger books. I don't care for the smaller books, because I want more information. For someone who doesn't want that much, this is okay.

Love this little book! Has some really nice recipes. Makes me excited to never buy store bought beauty products again! Really easy read if you're buying for someone younger and getting into making cosmetics. Or parties. Simple and easy recipes, easy to follow. Just a nice little go to book for a nice simple spa night in! Would make a great gift basket present idea!

This appears to be a pocket reference of other published works and I was very disappointed there didn't appear to be anything new or original. Even the comments and introductions were too familiar. If you already have Rosemary's Herbs for Beginners and Recipes for Vibrant Health then you already have the contents of this book. I adore everything about Rosemary Gladstar and appreciate her style of communication. I was really looking forward to some new recipes, expanded content and greater depth of herbal beauty knowledge. I feel violated. One lip balm recipe, two body scrubs, one salt the other brown sugar, you get the idea. If you have a young daughter in the house this would be a nice reference for her to use for slumber parties.

This is a good book, but some of the recipes require a large number of ingredients that may be hard to source. It may take a while to gather them all, so it's not really a plug-and-play resource unless you have access to everything you need close by.

full of great recipes and information on herbs. Like all Rosemary's books this is a wonderful collection of recipes based on her experience

I had taken this book out from my local library before purchasing, so I knew what I was getting. I absolutely love Rosemary Gladstar!!! This book covers every single beauty regimen you could ever want. The recipes are very easy to follow and the book is set up so that it's very easy to go back to

reference quickly....Book was shipped very quickly and in excellent condition!

Love this little book! I refer to it all the time when I want a basic formula then I make it my own!

This book is good and easy to understand. Great if you are beginning to make your own lotions, shampoos, etc. to get started. Explains the benefits of using particular ingredients, what they are good for, and ingredients used are not uncommon and hard to find.

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