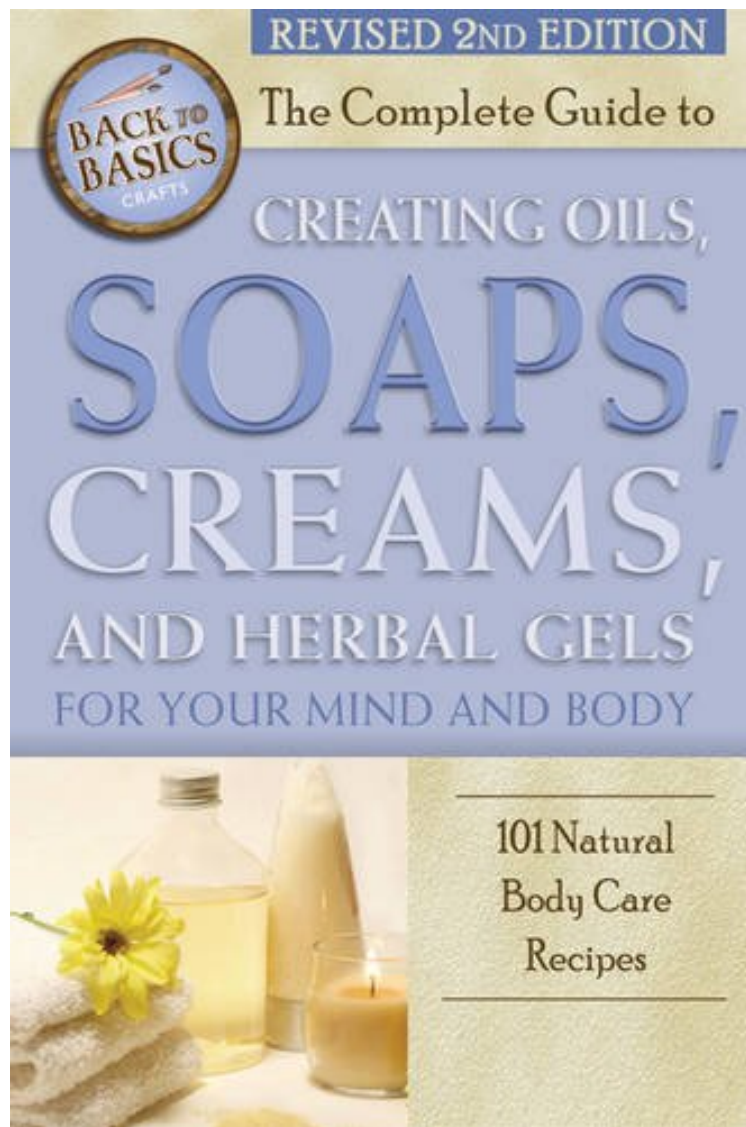


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The Complete Guide to Creating Oils, Soaps, Creams, and Herbal Gels for Your Mind and Body: 101 Natural Body Care Recipes Revised 2nd Edition (Back to Basics)

Marlene Jones

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Marlene Jones : 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) before purchasing it in order to gage whether or not it would be worth my time, and all praised 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):

1 of 1 people found the following review helpful. It's ok.
By Pamela
This is ok, but looking for more photos and help with melt and pour ideas.
0 of 0 people found the following review helpful. The Complete Guide to Creating Oils and Soaps
By Sarah
Awesome book! I love the pictures and simple recipes.
0 of 0 people found the following review helpful. This is a great book for beginners in that it explain a lot ...
By christine
This is a great book for beginners in that it explain 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.

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.

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
About the Author
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.