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Simple Recipes For Easy Homemade Face Scrubs And Body Exfoliants: Skin Care Books, Beauty Books For Women



Synopsis

Simple Recipes for Easy Homemade Face Scrubs and Body ExfoliantsIt is unbelievable how easy and pleasant it is to make your own homemade skin products and treatments. They are inexpensive, they are all natural, you know exactly what is in them and, most importantly, they do wonders for your skin!Simple Recipes for Easy Homemade Face Scrubs and Body Exfoliants contains recipes for face and body scrubs that you can easily prepare at home with ingredients you already have in your pantry or fridge. Next time you're ready for a facial, try making a scrub at home - you'll save time and money, and you will have radiant and luminous skin.

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Why Make Skin Scrubs at Home?Basic Ingredients of Homemade Skin Care RecipesGeneral Rules for Applying Homemade Skin ProductsFace ScrubsSweet Olive Oil ScrubFlax Seed ScrubArgan Oil ScrubHoney ScrubOily Skin Clay ScrubOily Skin Lemon ScrubRose Water Face ScrubOlive Oil and Salt ScrubBaking Soda ScrubAlmond-Yogurt ScrubOatmeal Bran ScrubCoffee ScrubTomato ScrubOatmeal-Aloe Vera ScrubOrange ScrubHoney-Almond ScrubStrawberry Exfoliant ScrubHoney and Sugar ScrubSensitive Skin ScrubDry Skin ScrubSoothing Oatmeal ScrubRice Flour ScrubOrange and Honey ScrubBanana Sensitive Skin ScrubBody ExfoliantsSimple Coconut Body ScrubCalming Chamomile and Vanilla Body ScrubThyme Body ScrubLemon Body ScrubOatmeal Body ScrubEnergizing Body ScrubRelaxing Avocado Body ScrubOatmeal and Sea Salt ScrubPeppermint Foot ScrubCoconut Sugar ScrubCucumber Body ScrubPeach Body ScrubMango Body ScrubCoconut and Grapefruit ScrubTropical ScrubHoney and Orange ScrubDry Skin Body ScrubLavender Body Scrub RecipeRosemary Body ScrubHomemade Salt Scrub RecipeBanana-Sugar Body ScrubCoffee Body ScrubCitrus Body ScrubEnd of Summer Body ScrubAutumn Body ScrubArgan Oil Body ScrubAbout the Author

Book Information

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Customer Reviews

Loved the recipes and the ideas in this book. Simple and easy. Perfect. I've completed 5 scrubs so far and they are just as described. Highly recommended for anyone wanting to avoid the chemical ingredients in commercial products and make their own body and face scrubs from home.

So pleased I found this incredibly sensible collection of beauty recipes. I resent paying inflated prices for shop-bought cosmetics, especially as they can so often be disappointing, so I'm really enjoying experimenting and using the contents of my fridge and kitchen cupboards. The best thing is that the author has provided explanations about the specific qualities of the various ingredients. It is also extremely good to be able to adjust the granularity of facial scrubs as I have rather delicate skin. My favourite so far: the Banana and Oatmeal Scrub.

Lovely book. Love how easy to follow the recipes are. Every ingredient can be found in your cupboard. A really long list of different scrubs for every taste. I particularly like the Calming Chamomile and Vanilla Body Scrub along with the different types of oatmeal scrubs. I am so happy that there are books like this on the market where I can learn how to make beauty products at home with natural ingredients and also on a budget. Thank you!

Some people might want more detail or history or stories of outcomes, but this book offered just what I needed. It's clearly organized, with easy recipes, and the purpose of each is helpful and to the point. It's very easy to look things up in it, and I've already tried several of the recipes. I notice there's much more activity online for DIYs making their own natural face and hair products, so this book is timely. I would (and have) recommend it to anyone.

All of these are amazing, I can't wait to use them! This works perfectly for all types of skin and

most of these ingredients I have in my home already!

In my attempts to pamper myself during a retreat week I gave myself, I pledged to make my own healthy skin products. One of the books I purchased was Simple Recipes for Easy Homemade Face Scrubs and Body Exfoliants (All Natural Cosmetics Book 3) I made the Peppermint Foot Scrub. It was a wonderful treat for my crusty feet. :) Since then I have made the Lemon Body Scrub and the Coffee Scrub. Each morning is like an adventure for me. The recipes are really simple, most using normal household ingredients. I'm off to try the Banana Sensitive Skin Scrub and use up my rotting banana. Fun!!!

I like fresh and natural. This is an ideal book for those who are a little off the beaten path like me, that do not want chemicals and preservatives in their body products. Nice assortment of recipes.

A great recipe book! Simple, "idiot-proof" recipes(that work), a lot of them specifying what kind of skin it's ment for.What I like most is the foreword, which explains what the different ingredienses' role in the recipes are, which give you the basic know-how to, with some experimenting, make your own recipes that best fit your needs.

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