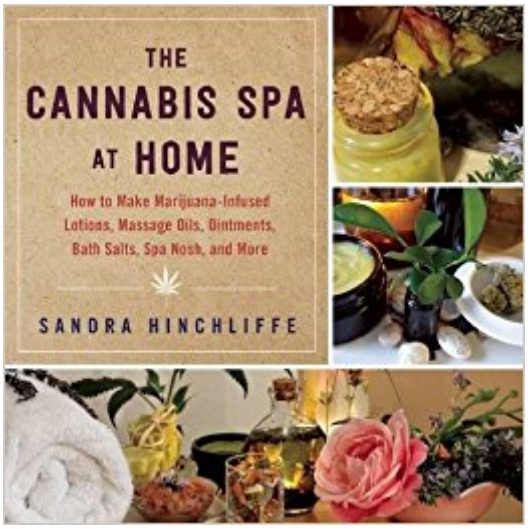
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The Cannabis Spa At Home: How To Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, And More



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Synopsis

The First Book to Bring Together Spa, Cannabis, and Herbal Healing The Cannabis Spa at Home contains more than seventy-five cannabis spa recipes free of preservatives and major allergens that can be prepared in the home kitchen or professional spa with wholesome herbal ingredients. Cannabis spa isnÃ¢â ¬â„¢t new—cannabis has been used for thousands of years for external use in the traditional health practices of Eastern cultures. In locations where cannabis has renewed legal status today, cannabis spa potions such as lotions, salves, poultices, scrubs, and baths are being rediscovered as a healthy alternative for managing pain, soothing irritated skin, and enhancing the spa experience. In The Cannabis Spa at Home, youÃ¢â ¬â„¢ll discover which spa preparations provide local healing—and which have potential for a more euphoric experience. YouÃ¢â ¬â„¢ll also learn how to make: Refrigerated and shelf-stable cannabis lotions, creams, balms, and masksEmulsions, cannabis base oils, cannabis herbal poultices, aromatherapy essence water, cannabis bath salts, and foot and hand soaksEdible treats such as luscious spa nosh, hemp smoothies, and cannabis bhang

Book Information

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Best Sellers Rank: #50,658 in Books (See Top 100 in Books) #67 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #84 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

If you are looking for some tips or maybe a new recipe, may I suggest the new book The Cannabis Spa At Home by Sandra Hinchliffe. This book has great recipes for everything from a quick salve to bath salts. Don't smoke the bath salts, though. -- Ngaio Bealum, Cannabis Lifestyle Columnist, Sacramento News ReviewHinchliffe's recipes pack a punch! -- Grace Gold, Health & Beauty Journalist, Women's Health MagazineThe facts are there; Medical marijuana does

have the potential to be a potent alternative to pharmaceutical drugs. -- Aisha Moktadier, Journalist, Vix MagazineSoaking in custom-made cannabis spa...ahhhh, now you're really living the high life. -- Mary Jane Gibson, Entertainment Editor, High Times Magazine"The images are beautiful, the recipes lush and easy to follow. As a spa professional I can easily see how it could become a 'must have' item for any spa wishing to incorporate cannabis therapy into their repertoire of products and services." —Linda Harding-Bond, international spa trainer, Huffington Post "Cannabis is the key ingredient in this book, but what makes The Cannabis Spa at Home stand out is the comfort and grace in which cannabis is discussed in its pages. . . . Cannabis isnÃ¢â ¬â„¢t just used here as a gimmick to sell a mediocre spa book. There is actual substance presented in a comfortable, soothing and professional package." —Allison Edrington, The Ganjier

SANDRA HINCHLIFFE is the founder of posyandkettle.com, a home herbalist, an allergy chef, an autoimmune disease survivor, and an inventor of pretty things for people of sensitive constitution. She uses her background as a home herbalist and medical cannabis patient to create a repertoire of recipes designed to be both beneficial and delightful. She is the author of The Cannabis Spa at Home, the first book to bring together cannabis, spa, and herbal healing, and High Tea, a collection of gracious cannabis tea-time recipes for every occasion. She resides in Humboldt County, California.

The book I received is missing a section. It appears to be a new book, and the parts that are there are informative, but pages 115 through 127 are missing! They are not torn out, they are just missing. It's like the book was bound and put together without that section. I contacted the seller, who continues to advertise the book as "new" and in "perfect condition" and asked them to check their stock to see if they had a book that included all the pages, but they refused and blew me off, so now I'm not sure what to do. I think I will try to purchase another copy from a different book seller and hope for better results. Other than the missing pages, the book is just what I was looking for. The recipes are easy to follow and the resulting salve seems to have the pain relieving qualities I was looking for. I look forward to trying more of the recipes.

My order was fulfilled in a satisfactory manner and the info in the book is good if you have knowledge of making beauty products at home already. I would recommend ordering Rosemary Gladstar's Herbal Recipes for Vibrant Health as a companion book as well as The Official High Times Cannabis Cookbook.

Nice Job ~ Sandra Hinchliffe has created many Special Healing and Spa Recipes with an understanding of how to make them and How Cannabis can truly help with Healing. This knowledge is lacking in The Public as well as Medical Practices. Definitely Recommend This Book to others Both Professional and Beginners alike.

Very informative reading. Thank You

This book is very informative for all your cannabis spa needs. The slaves are great for pain. I recommend this book to anyone who is interested in making things with cannabis.

A good reference and starter book , I would recommend it

The recipes are super easy to follow, although some ingredients are difficult to come by aside from online. But, when b they are found they are so worth it. I whole heartedly would recommend this book to everybody

This book came so late that gave it to me for free in addition to credit when I wanted to return. "Recipes" were meh, you can find similar free online or use a little knowledge to create similar. Really not interested in her (the author's) story. The book had an un-professional feel to it's contents. I gave it to a friend who was thrilled to have a starting point for her own experiments and creations.

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