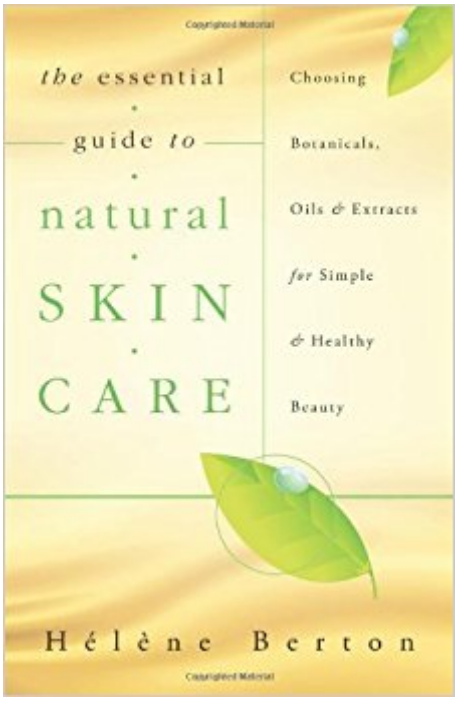
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The Essential Guide To Natural Skin Care: Choosing Botanicals, Oils & Extracts For Simple & Healthy Beauty



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Synopsis

Nourish your skin with pure, natural homemade products Treat yourselfÃ¢â ¬â ¢your face, hands, hair, and lipsÃ¢â ¬â ¢to vitamin-rich, toxin-free nourishment from nature. The Essential Guide to Natural Skin Care lists the wondrous qualities and uses of botanicals used in homemade beauty products, making it easy to customize your own lotions, creams, milks, body butters, face masks, lip balms, ointments, toners, and more. Use this complete inventory of botanicals and other ingredients to make informed choices about eco-friendly vegetable oils and butters, infused and essential oils, aromatic hydrosols, and emulsifiers. Discover the beneficial beauty and healing properties of each, as well as practical traits such as shelf life and absorption. YouÃ¢â ¬â„¢ll find ingredients that soften, tone, and hydrate skin and hair; tighten pores; fade scars; stave off wrinkles; help prevent and heal acne; promote hair strength; treat dandruff; fight infection and fungus; and repel insects. This compact DIY reference also includes practical advice and basic recipes that can be easily modified to your unique skin type, needs, and tastes.

Book Information

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Customer Reviews

HÃƒÂ©lÃƒÂ¨ne Berton (Quebec, Canada) has been working with essential oils since 2000. Her training includes an apprenticeship at an artisanal distillery in Provence. She regularly gives workshops on natural cosmetics and related topics.

When I purchased this book, my palms were layered with thick, white layers of dead skin that was cracked and bleeding. Doctors, dermatologists, and prescriptions were of no help. The prescriptions

thinned my skin, creating an additional set of problems. I had found Ms. BertonÃƒÂ¢Ã â ¬Ã â„¢s book at our local library and it was a godsend. I ordered it immediately and have used it for about a year and a half. It’s a treasure.The index contains 40 pages regarding eczema, in sections entitled: Vegetable Oils (carrier oils), Vegetable Butters (cocoa, shea, etc.), Infused Oils, Essential Oils, Aromatic Hydrosols, and Emulsifiers. The information included comparative costs and shelf life, origin, properties, and uses, which was very helpful because your body changes dramatically in your 50s! This book is designed for everyone, covering many health issues, internal and external. It will educate you.As I researched the problem of eczema in this book, I came across information regarding other skin issues I have for which traditional treatments are too harsh and/or expensive, such as age spots. I discovered essential oils that eliminate age spots, are a natural sunscreen, and mix well with carrier oils that benefit my drying face (didnÃƒÂ¢Ã â ¬Ã â„¢t imagine that oil on my face was a good idea - the right oil IS good), as well as with proper butters/oils for the rest of my body. And creating these is easy as well as creative and fun. My daughters and granddaughters enjoy skin care products I make for them (including lip balm) and my son-in-law uses the same eczema treatment that I used. I make round bars using a silicone muffin pan and also pour it into lip balm tubes for spot treatment, both of which he can carry in his backpack to work.My family has benefitted from this book and I have learned to organically nurture my mature skin, nails, and hair. IÃƒÂ¢Ã â ¬Ã â„¢ll not be shopping those worthless aisles in the store again.The Essential Guide to Natural Skin Care: Choosing Botanicals, Oils & Extracts for Simple & Healthy Beauty

Just when I thought I had ALL the definitive texts on essential oils and carrier oils, I find this book. What a jewel. This is a REFERENCE GUIDE. This is not a cookbook for dabblers that want a "recipe" to blend. It is an authoritative and very well researched guide to the natural products that blenders/formulators use to create cosmetics. I have read it cover to cover and will refer to it often.

GREAT, simple, clear book as a study guide creating my own face and body care formulas. I get FAR superior results practicing what I’m reading here, than on the back labels of $$$ store products. Learning why some of those products gave skin breakouts. Gotta study a bit to translate / access some French terms for oils, but rich results. Bought book for $, follow specific recommendations for $ ~ so saving $$. HAPPPPY.

Awesome book with great recipe ideas!

Good reference guide, could be more informative. Miladys skincare dictionary is a much better.

Would recommend this book to anyone looking for deeper information about natural ingredients: essential oils, carrier oils, vegetable butters and their specific usage.

I really love this book the author is really thorough in breaking things down to inform the public on harmful ingredients in our over the counter everyday products. Although I am not done reading the book so far so good it’s an easy read. Anyone can read this book and have an overall understanding what the author is conveying to her readers. I find the information enlightening and very informative and you will too.

Very informative!

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(Herbal and Natural Remedies for Healhty Skin Care Book 3) Essential Oils For Dogs: A Practical Guide to Healing Your Dog Faster, Cheaper and Safer with the Power of Essential Oils (Essential Oils For Dogs in Black&White) Essential Oils For Dogs: A Practical Guide to Healing Your Dog Faster, Cheaper and Safer with the Power of Essential Oils (Essential Oils For Dogs) Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) Natural Beauty Recipes: 60 Best-Kept Secrets to Care for the Skin: Natural Skin Care Tips Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists Essential Oils for Beauty& Skin Care, the Home, Health and Healing: 60+ Most Useful Non-toxic Homemade DIY Essential Oil Recipes for Beginners and Beyond

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