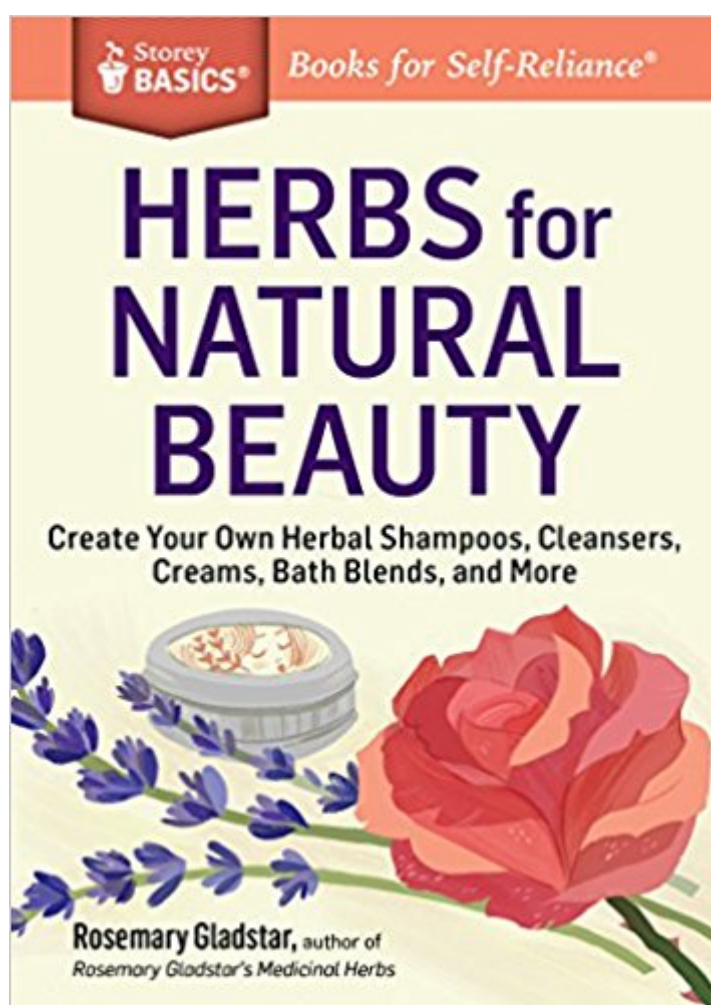


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# Herbs For Natural Beauty: Create Your Own Herbal Shampoos, Cleansers, Creams, Bath Blends, And More. A Storey BASICS® Title



## 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.

## Book Information

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## 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*. 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 your 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 for a cute 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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Herbs for Natural Beauty: Create Your Own Herbal Shampoos, Cleansers, Creams, Bath Blends, and More. A Storey BASICS® Title Homemade Organic Bath and Shower Products: DIY All-Natural Bath Salts, Bath Milks, Bath Bombs, Shower Gels, Bubble Baths, Bath Teas, Body Scrubs, Body Cleansers and Suds Bath Bombs: A Step-By-Step Beginner's Guide to Making Simple, Homemade Bath Bombs + 50 Luxurious DIY Bath Bombs Recipes (bath bombs for beginners, bath bombs recipes book, bath salts, body scrubs) Bath Bombs: Fizzy World Of Bath Bombs - Amazing Recipes To Create Beautiful And Creative Bath Bombs (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 2) Starting Seeds: How to Grow Healthy, Productive Vegetables, Herbs, and Flowers from Seed. A Storey BASICS® Title Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) Periodical Title Abbreviations: By Title (Periodical Title Abbreviations: Vol. 2: By Title) How To Dry Herbs At Home: The Ultimate Guide To Drying Herbs (Herb Gardening, Herbs And Spices, Condiment Recipes, Condiment Cookbook, Herbal Recipes, ... Mixing Herbs, Spices, Sauces, Barbecue) Bath Bombs: Fizzy World Of Bath Bombs - Amazing Recipes To Create Beautiful And Creative Bath Bombs (Organic Body Care Recipes, Homemade Beauty Products) (Volume 2) Best Natural Scrubs and Herbal Remedies For Your Health and Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body and Face Scrubs, Herbal Medicine) Beaded Jewelry: Knotting Techniques: Skills, Tools, and Materials for Making Handcrafted Jewelry. A Storey BASICS® Title How to Knit: Learn the Basic Stitches and Techniques. A Storey BASICS® Title How to Crochet: Learn the Basic Stitches and Techniques. A Storey BASICS® Title Making & Using Vinegar: Recipes That Celebrate Vinegar's Versatility. A Storey BASICS® Title Growing Christmas Trees: Select the Right Species, Raise the Best Trees, Market for the Holidays. A Storey BASICS® Title How to Spin: From Choosing a Spinning Wheel to Making Yarn. A Storey BASICS® Title Herbs:How To Dry And Prepare Your Herbs - A Herbal Beginners Guide: :: Easy To Follow And Learn How To Dry And Store Your Herbs ONLY! Complete Vitamix Blender

Cookbook: Over 350 All-Natural Recipes for Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin & Hair Creams & Much More HERBAL ANTIBIOTICS: 56 Homemade Holistic Herbal Remedies to Help Prevent, Treat, And Heal Illnesses Naturally (Herbal Antibiotics, Herbal Remedies) Bath Bombs: Amazing DIY Bath Bomb Recipes that You Can Make At Home for a Luxury Bath (Bath Recipes, DIY Home Recipes Book 1)

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