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The Mountain Rose Herbs Book of Natural Body Care: 68 Simple Recipes for Health and Beauty

By: Shawn Donnille

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Make time for self care with this gorgeous, step-by-step guide to natural beauty care. The Mountain Rose Herbs Book of Natural Body Care is a must-have introduction to DIY self-care. Built specifically for the beginner in mind, it starts with foundation knowledge on tools and supplies, herbs and essential oils, and safe substitutions and modifications. The 68 step-by-step recipes cover a wide range of needs and include botanical hair, facial, and lip care; formulations for glowing skin; support for hardworking hands and feet; shower and bath enhancements, and herbal remedies for common ailments. Recipes include Nettle Lavender Rinse for All Hair Types Calming Calendula Toner Coffee Cardamom Lip Balm Whipped Cocoa Mint Body Butter Floral Bath Bombs

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