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Homemade Lotion Essentials: The All-Natural DIY Guide To Making Skin-Nourishing Body Lotion



Synopsis

The all-natural DIY guide to making skin-nourishing body lotion! You need a lotion to soothe, soften, or moisturize your skin, something that does not contain ingredients which will harm your skin in any way. This is true whether you live in a harsh winter climate or in a hot climate which dries your skin. If you purchase a commercial lotion, it can negatively impact your skin, regardless of its promises. Don't let television's beauty advertisements influence your decision, but instead find a great alternative. The perfect solution is a homemade lotion that has all the benefits you wish to have for your skin, and none of the negative aspects. Here is a preview of what you'll learn: Why start making your own lotion? A plan of attack Factors to consider The all-essential recipes Benefits and drawbacks of DIY lotions Correcting common misconceptions Much, much more!

Book Information

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Customer Reviews

I have ordered quite a few books about essential oils looking for ways to use the oils. This is one of the best with recipes that are easy to follow.

I really liked this book cause the author explains pretty well the process of making lotion explaining the ingredients, what they do in the process of the lotion and tools necessary to make lotion. Also, I liked that she gives you the choice to use preservatives; which for me, it's really important. When I started to make lotions I opted out the preservative until one of my lotions got all moldy and nasty look. I don't think I would make a lotion without preservative. I know some people don't like them, but I think it's necessary; instead of putting lotion with mold and who knows what else in your skin

and you don't even know until actually you see it. Also, the amount of preservative in a lotion that you add is such a small amount compared to the rest of natural ingredients you are adding to the lotion. At the end, also the author gives you a glossary explaining what the ingredients are and what are the benefits they have. I just wish it could have more recipes.

Good book.

I have always wondered if my homemade lotion could actually go bad. I also rely like the detailed instructions. A really good book.

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