



The Herbal Bath & Body Book: Create Custom Natural Products for Hair and Skin

By Heather Lee Houdek

Lark Books,U.S. Paperback. Book Condition: new. BRAND NEW, The Herbal Bath & Body Book: Create Custom Natural Products for Hair and Skin, Heather Lee Houdek, Today, more and more people prefer to bypass commercially available body-care products, (and their chemical additives), in favour of more natural, homemade products. These high-quality herbal bath and beauty items fit the bill. Ranging from soaps and shampoos to soothing lotions and lip balms, the 50+ projects include such easy-to-find ingredients as beeswax, peppermint, chamomile, lavender, vitamin E, honey, and shea butter. Best of all, you can tailor the recipes to fit your own specific needs and hair and skin type. You'll find helpful information on the benefits of various flowers and herbs, and an overview of essential oils that details their therapeutic properties and scents. Enjoy these herbal delights yourself or give them as gifts.



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