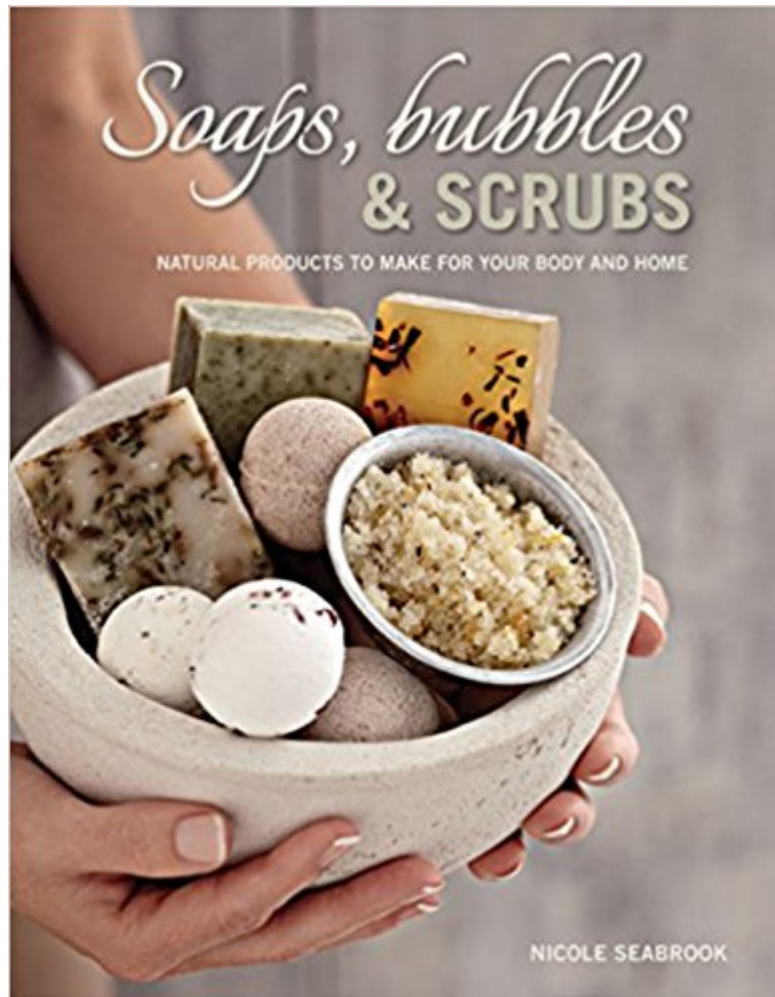


The book was found

Soaps, Bubbles & Scrubs: Natural Products To Make For Your Body And Home



Synopsis

After attending a natural product workshop during her time as an aromatherapy student, Nicole Seabrook became interested in creating her own, personalized natural products. Her mission to discontinue using chemical products in her home in favor of "all things natural"™ proved a tough challenge at first as it was difficult to source certain ingredients in South Africa. However, as consumers become more aware of the toxic chemicals present in everyday household cleaning agents and cosmetics, and are keen to "go green"™, these ingredients are now readily available at specialty health shops and pharmacies. Nicole also saw the need for a book on how to make these products at home in a practical, affordable and easy way. *Soaps, Bubbles & Scrubs* comprises more than 100 simple, easy-to-follow recipes that Nicole has developed for use on your body and in your home. There are chapters on facial products, hair products, treatments for hands and feet, as well as products for babies and children, and for use during pregnancy. She also shows you how to make glycerin and cold-process soaps, and discusses the various essential oils and their uses. QR (quick response) codes have been included to provide links to videos on the Internet demonstrating how to make some of the products. Contents: Introduction, About natural skin care, The origin of natural cosmetics and the history of soap making, Aromatherapy essential oils, Carrier oils, Equipment, Products for the body, Products for hands and feet, Products for hair, Bath products, Facial products, Products for pregnancy and childbirth, Products for babies, Products for kids, Soap, Products for the home, First-aid and medicinal products, References, Index. • 100+ recipes for a wide range of products, from soaps, body scrubs, shampoos and foot soaks to wound cleansers, mouthwash, dishwashing liquids and air-fresheners. • Only natural ingredients and essential oils are used. There are also products that can be used safely during pregnancy and for babies and children. • QR codes will link to video clips on YouTube, with separate clips for recipes that require more detail.

Book Information

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Customer Reviews

SOAPS, BUBBLES, AND SCRUBS BY NICOLE SEABROOK: is a lovely book that any teen or woman would love to use for creative ways of making and using natural beauty products. The book details the tools and methods used to produce these economical, healthy beaty and comfort aids from soaps to face creams, body oils and lotions, massage oils, body and foot softeners, baby care, and child care products.. Even if you have never considered making these products for yourself and think it would be labor intensive, think again! Nicole makes it so simple, and she should know because she turned her studies into a professional line of products used in spas and health centers for skin care. The tools are simple and the ingredients are easy to purchase, and some are even already in your kitchen. This book makes fun activities for making products for your home use or for exotic gifts for friends. She even gives great ways to package these home-made products exquisitely! A fun activity for any teen girl party! and a way to save lots of money and improve your skin and general health. Great book!

This book is comprehensive and covers a wide range of products. I love the recipes!

Love this books. You can learn a lot.

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