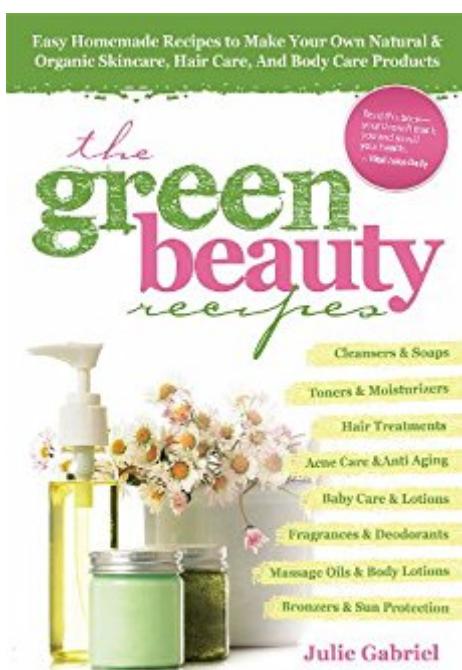


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# GREEN BEAUTY RECIPES: Easy Homemade Recipes To Make Your Own Organic And Natural Skincare, Hair Care And Body Care Products



## **Synopsis**

Learn insider secrets to making your own organic and natural skincare, hair care, and spa products. You will learn which vegetable oils, herbs, floral waters, essential oils, plant-based emulsifiers, and natural preservatives to use, how to pack and label your own beauty products, and how to store them safely. This book contains more than 250 recipes and step-by-step techniques used by the author, holistic nutritionist Julie Gabriel (The Green Beauty Guide, Holistic Beauty from the Inside Out) to create her own organic skincare line, Petite Marie Organics. Free of artificial ingredients and based on traditional beauty wisdom, recipes and advice in this book are easy to follow and cost very little to prepare. Practical, straightforward, and fun, these recipes are equally suitable for green beauty enthusiasts as well as professional beauty practitioners. After reading this book, you will be able to create your own creams, lotions, cleansers, toners, masks, hair treatments, sun protection and baby care products. Facial cleansers, moisturizers, anti aging serums, sun protection lotions, hair treatments, and even deodorants can be prepared easily at home using only natural, easily available ingredients. In just minutes, you will be able to prepare a green, organic beauty product at a fraction of a cost of conventional chemical brew. You can pamper yourself head to toe with luxurious hair masks, deep cleansing home facials, aromatic massage oils, nourishing body lotions, and age-rewinding moisturizers in the most natural, luxuriously green way!

## **Book Information**

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## **Customer Reviews**

I bought the Kindle edition thinking that the 2 other reviewers who bought it first were just exaggerating. Well I think they were too kind. It seems that the Kindle edition they are selling here is a draft! Seriously. I am no English expert, heck, it isn't even my first language, but I could tell some of the lines needed copy editing. There were a lot of misspellings and typos. In the chapter that talks about moisturizers, a stray page about lip balms were inserted in the end of the chapter with a note saying "ADD!!!". And then another one appears after the chapter about scrubs. A big bold "ADDD!". That was the last straw. I mean, the Kindle edition isn't that cheap. \$7.99 for a book draft? I've bought a \$0.99 book on the same topic (beauty recipes) and it was way better written than this one. I planned to use the book as a reference for a new hobby. Obviously this was one clearly doesn't cut it, with no working table of contents. As for the content and recipes themselves, if you're new to this hobby of creating your own homemade beauty products for your own use, I'd like to add that the recipes are not for small portions. I'd like to test a lot of recipes and though I could just cut the recipes in half, it could be a cause of a minor headache with several ingredients per recipe. Overall, I was very disappointed with this book. I highly recommend a cheaper and better book by Jenna Pratchett (Natural Beauty and Skin Care Tips) for beginners who are just testing their wings on this hobby. Nevertheless, I'm glad I was too excited to read this book immediately and was able to return the copy before the 7 days "warranty" was done. If you're determined to get this book, by all means, please get the printed copy because the Kindle edition really pissed me off. I seriously hope the sellers would review the Kindle edition and then redistribute it for sale.

This book it is essential for any "green beauty." As the followup to one of my favorite beauty reference books (seriously, its predecessor, "The Green Beauty Guide" has never been caught collecting dust on my shelf), "Green Beauty Recipes" has found a home amongst some of my most loved cookbooks. Although it's not full of recipes you eat (well, some of them might taste good, and are certainly safer to consume than most of the beauty products on the market), this book is getting as much, if not more use than its new neighbors (my cookbooks, of course). There is something for everyone in this book, including Cleansers & Toners, Creams & Lotions, Hair Treatments, Acne & Anti Aging, Scrubs & Masks, Baby Care Products, Fragrances & Deodorants, Massage Oils & Body

Lotions. Most of them are vegan or can be adjusted to be made completely animal product-free (only a few contain eggs, dairy or honey). The recipes also vary from the simplest handful of basic kitchen ingredients to some slightly more complex creams containing essential oils and such. I had a ton of fun testing out recipes from this collection with my friend and our tiny tots. We somehow were able to have a spa day of sorts, while including her infant son and my toddler daughter (who even sported a Troll Princess Mask from the book). We did green masks, cleansed and exfoliated with a Peach and Lime Exfoliating Facial Soap, spritzed on some Skin Detox Toner (I'm a huge fan of this one; I've been using it ever since then), moisturized with a little coconut oil, smoothed our lips with the Sweet Kisses Lip Scrub and topped them off with the Golden Shimmer Lip Balm. And did I mention the relaxing Lemon and Vinegar Foot Soak? We're definitely doing that one again. The best part is that these recipes work for my sensitive skin. Take it from someone who has had her share of natural beauty experiment disasters, this book actually is kind to your skin and the environment, too. I highly recommend it.

I have bought this book about a week ago and I have tried nearly ten recipes. All of them produce great results and results smell and work fantastic. Ingredients are easy to find. Most often you already have all you need in your kitchen and if not you can buy inexpensive oils and vitamins in health food stores. I also like that the author recommends several basic recipes (in addition to spa quality ones) and then teaches you how to adapt them with active ingredients suited to your skin. So you can make your own moisturizer, shampoo, toner, gel from absolute scratch and then have fun adding oils, clays, vitamins, whatever you fancy. And speaking of local ingredients, most fruit and veggies suggested can be bought from farmers markets easily. For example, I used my own peppermint and dill from my window sill "garden" - can it really be any greener? I also like that the author doesn't use any chemical preservatives, talc, or mineral oil in her recipes. This makes these recipes very healthy and eco-friendly. I find this book to be more comprehensive compared to other natural recipe books out there, and it now occupies a rightful place in my kitchen alongside my favorite recipe books.

This book has some serious problems. Not only is it poorly edited, but there is some serious misinformation in this book, some of which could be dangerous. I have a list as long as my arm regarding problems I have with this book, but my main ones are that she recommends using cetyl alcohol as an emulsifier, when it isn't an emulsifier, and her take on preservatives. Cetyl Alcohol is a thickener and emollient, not an emulsifier by itself, and I find it worrying that someone who believes

that cetyl alcohol is an emulsifier is writing a book on cosmetics, and selling products! It's so very basic, and makes it hard to believe a single thing she writes, since she doesn't seem to know even the most basic thing about formulating. The other main issue I have is that she doesn't recommend using preservatives. Unless something is used IMMEDIATELY, preservatives are necessary, period. Not using them is how you can get a nasty staph infection. It's really scary that a book would discourage use of preservatives, and says that many of the preservative free products can last up to a month in the refrigerator. Would you keep, and eat leftovers in your fridge after a month? I wouldn't. Nor would I rub them on my face, like the author recommends we do with old, preservative free creams.

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