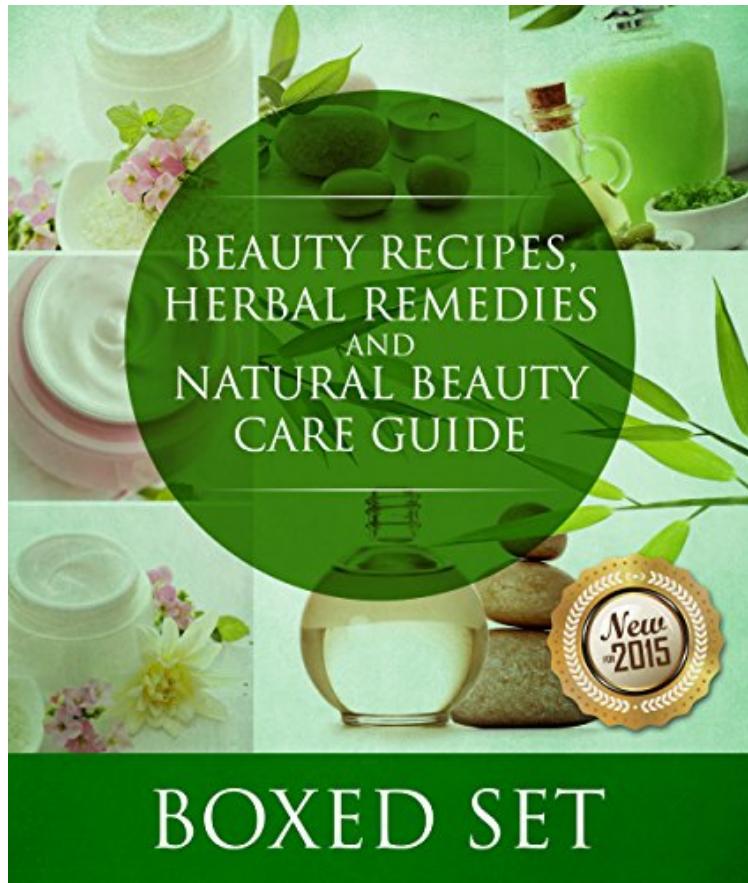


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1 of 1 people found the following review helpful. It covers vitamin content and the benefits of the ingredients used for promoting a healthy and better functioning body. By Moondancer The first book in this collection covers various skin types and recipes for caring for them. There are recipes for your face and body such as body and hair masks and moisturizers, body and facial scrubs, masks, cleansers and toners. The second book in the collection covers herbal remedies for all sorts of ailments. It discusses the facts about using herbal ingredients vs. Western medicine. Safety issues of these are touched upon. Legal issues, disadvantages and advantages of using certain herbals are mentioned. Treatment for everything from skin treatment, asthma, stomach pains, insomnia, to congestion, aches and pain, stress relief, Alzheimer's, ADHD and more are discussed. Purchasing, harvesting and storing herbs are also mentioned. The third book in this collection gives the reader smoothies and juices that can be made in 5 minutes. It covers vitamin content and the benefits of the ingredients used for promoting a healthy and better functioning body. Yoga is also

discussed. There are instructions on making smoothies and juices. More recipes for beauty and other ailments to increasing your energy and detoxing your body. A bonus at the end of this collection are the Smoothie lifestyle poems from A-Z. All the recipes in this collection are simple and actually make you want to try them all. 0 of 0 people found the following review helpful. Suitable for beauty enthusiasts as well as professional beauty practitioners. By N-SLearn insider secrets to making your own herbal skincare 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. The book contains recipes and step-by-step techniques used by the author. Free from 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 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, sun protection and baby care products. Facial cleansers, moisturizers, anti aging serums, sun protection lotions, and can be prepared easily at home using only natural, easily available ingredients. In just minutes, you will be able to prepare herbal beauty product at a fraction of a cost of conventional chemical brew. You can pamper yourself head to toe with luxurious masks, deep cleansing home facials, aromatic massage oils, nourishing body lotions, and age-rewinding moisturizers in the most natural, luxuriously way! The seller, in exchange for an honest and unbiased review, supplied me with this product for free or discounted price. What you have read and watched is solely my very honest opinion based on my experience with this product. ***** IF THIS REVIEW WAS HELPFUL PLEASE HELP OTHERS FIND IT BY CLICKING YES BELOW ***** 2 of 2 people found the following review helpful. Excellent tips and information for herbal remedies, juicing and smoothies for inside and outside healthy beauty. By C. ROMERO As we are following a healthy lifestyle that includes beauty care, as face, neck, hands, hair and the rest of the body needs external care as much as internal care; therefore, this set of four books represent good tips and basic knowledge of beauty care that is helpful for everybody, since beginners until pros. Health and being healthy are two different concepts that must be observed by any person. Beauty habits, intake of natural supplements, healthy diet, beauty treatments, your own habits and way of living will affect positive or negative towards your health. These books will provide you with several tips and comments for you to enjoy a healthier and beautiful skin and body through several chapters written in a friendly format and easy to understand language structure. The 1st book is the one I liked the most. It contains excellent information presented in a structured friendly format and easy to read language. The book contains 60 secrets to care for the skin which I've found them quite useful, practical and reliable. You can learn about the best natural ingredients to hydrate your skin, know your skin type, some effective recipes like natural dry skin recipe, an all-natural face mask or oily recipe and more. You can also learn about the best soothing natural ingredients for sensitive skin, face cleanser recipes, natural ingredients for aging skin, natural ingredients known to fight acne, natural ingredients to soften the look of wrinkles and many, many more good recipes and beauty tips. On the 2nd book, you will find Natural Beauty Recipes and Herbal Remedies. You will learn about herbal supplements and the interaction to attain health and/or healing your body. You will learn how to choose any herbal natural supplement and the advantages and disadvantages about the use of Hemp Hype, consuming Pennyroyal and the many uses of Ginkgo Biloba. On the final chapters, you will find about how the St. John's Wort works on you, how to lose weight naturally, how to harvest, dry and store your own herbs and how to keep lower a high blood pressure condition by the intake of Hibiscus Tea. As an extra, you will find three more books which are about Healthy Herbal Smoothies (Juicing), the author has described his reasons and benefits for juicing as a healthier lifestyle. So, there will be several recipes for healthy smoothies (blender machine), juicing recipes (juicer machine), best juicing ingredients and, finally, a short book with poetry about smoothies. I like these two books and I hope that you will find them useful.

Beauty has less to do with natural inheritance than it does with work and effort, and the more you learn about beauty products, the more you grow to realize that you are better off making them yourself! In the first place, beauty recipes allow you to make beauty products for far less money than it would cost to purchase the products themselves. You can make many beauty products simply by raiding your kitchen! Also remember that beauty products made by home recipes are also free of most of the harmful chemicals that occur in regular products.