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# Make Your Own Cosmetics: Recipes, Skin Care, Body Care, Hair Care, Perfumes, And Fragrancing, Herbs, Essential Oils, Cosmetic Ingredients... (Neal's Yard Remedies)



## Synopsis

The staff of Neal's Yard Remedies share their closely guarded secrets and give away many special recipes for natural skin and hair care preparations that can be made at home. They also give a directory of Neal's Yard shops around the world. '

## Book Information

Series: Neal's Yard Remedies

Paperback: 144 pages

Publisher: Aurum Press (October 1997)

Language: English

ISBN-10: 1854104691

ISBN-13: 978-1854104694

Product Dimensions: 8.6 x 6.7 x 0.4 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.0 out of 5 stars 11 customer reviews

Best Sellers Rank: #765,649 in Books (See Top 100 in Books) #27 in [Books > Engineering & Transportation > Engineering > Chemical > Cosmetics](#) #29 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Cosmetics](#) #168 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Dermatology](#)

## Customer Reviews

Great book with enticing photos that will get the herbal creativity inside of you gathering all of the ingredients.

Great recipes!

It make the process of putting different ingredients together very easy. And making gifts with a personal touch of the person choice scent

I love this book. It was one of my first recipe making books on my bookshelf. I now have 200 books and this one is at the top of my list. Easy to follow instructions.

Make Your Own Cosmetics is another invaluable book written by Susan Curtis. This book includes a chapter on body care and health care issues such as the importance of a good diet and exercise.

Make Your Own Cosmetics also gives a very detailed list of supplies needed to make the recipes included in the book. There are excellent photographs demonstrating the "how to" of making infusions, tinctures, herbal oils, and creams. Recipes included in Make Your Own Cosmetics cover hair, skin, eye, mouth, ear, hand, foot and body care products. A good 1/4th of this book covers Aromatherapy, the use of essential oils and how to blend and make your own fragrances and perfumes. I am one who looks for some very specific qualities in the books I buy; such as good quality paper, photographs, a well organized Glossary and qualified authors in the Bibliography. All of these are included in Make Your Own Cosmetics. I have made several of the creams, scrubs, and oils from this book and have liked the quality of each one. As usual, Susan Curtis has included a useful Appendix of addresses for supplies through out the world and resources for further information. This is a book to be added to anyones library if they are interested in top quality skin care products.

Probably the best kept secret on homemade personal care products. This one is infinitely better than more expensive books I've seen. Comprehensive information, beautifully presented. Nothing trendy or trivial. Loads of easy, laboratory-tested recipes and great color photos. Very clear, step-by-step instructions on making deluxe vegetable-based cosmetics for five different skin types. Among the many topics covered: Skin, body and hair care, natural hair dyes, several types of liquid, cream and lotion bases, herbal preparations, use of essential oils, fragancing, perfumes, toothpastes, mouthwashes and general health issues. An excellent glossary of herbs and cosmetic ingredients is included. London-based Neal's Yard Remedies deserves the loyalty of their international clientele. I wish the U.S. had a few of their wonderful shops. While you're at it, "The Bath and Body Book" by Stephanie Donaldson is a perfect companion volume. Beyond gorgeous and reasonably priced. Superb information on homemade skin care products and inexpensive ways to create some of the most luxurious bathrooms imaginable. Breathtaking color photos. Also sold by .com.

Had this book before and had purchased this book at a Barnes and Nobles and now, I know they carry this item on . So happy to have come across this book. I had lost the book and will be purchasing this some time soon. Thank you for carrying this as I have not been able to find this book again.

I find the first part of this book the most helpful for me. I own a book on essential oils by Neals Yard

(which is excellent by the way) but most of the information in the second half of this book is contained in the essential oil book I already own. So this book is great if you don't have any or much information on essential oils, especially by Neals Yard.

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