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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

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## Customer Reviews

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.

I rarely say this, but this is a book that I regret purchasing. The recipes sound interesting but many of the items I would have to order. They are generally items that I have not heard of before or are expensive essential oils. Even though I am a soap maker, the ingredients still were not what I consider to be easily accessible. I ordered other books by Janice Cox and those books were so much more enjoyable and I know I will make many of the cosmetics/facials. I found myself skipping through pages in the book by Susan Curtis because it seemed to read more like a textbook. This is a book I will not use often.

This book is great for the beginner and for home use. If you are looking for practical information or for resale ... this is NOT the book.

The ingredients listed inside this book are either very expensive (i.e. rose absolute) or extremely difficult to find. Also, the recipes are not that appealing or practical. My conclusion, the Author either doesn't want to share practical recipes or is out of touch as to why a person would want to make their own products --- simple, good recipes and more importantly it doesn't break their wallet. This book is definitely not worth buying!! There are better books out there.

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