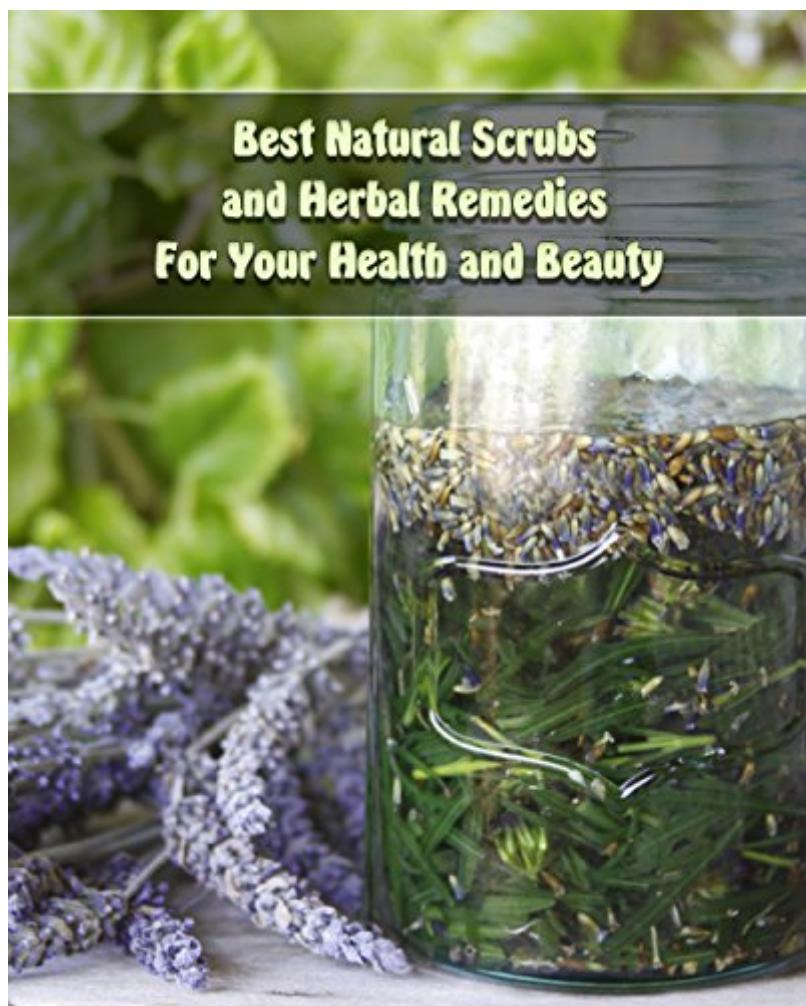


The book was found

Best Natural Scrubs And Herbal Remedies For Your Health And Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body And Face Scrubs, Herbal Medicine)





Synopsis

Best Natural Scrubs and Herbal Remedies For Your Health and Beauty Book 1
Body Scrubs:35
Natural DIY Scrubs for Body and Face for Radiant and Youthful Skin
You have seen many scrubs in the store for your body and face. You have seen the results of using them, but the problem you would like to save money by making your own. You have looked all over the internet to find information on how to make scrubs on your own, but the flood of information is difficult to parse and find just what you are looking for in order to get started. In this book, I use my over twenty years of natural health experience to walk you through everything you will need to get started and eventually make your own. I will teach you the basics and leave you feeling like you can start making your own recipes and using them. By purchasing this book, you are ready to get started on a new way to take care of your skin and your body. This book will walk you through the steps and show you:
What scrubs are and the different types
What essential oils are and how to use them
The best ways to combine the essential oils
Recipes with step-by-step instructions on how to make and store the scrubs
I will present the information in a fashion that is easy to understand without leaving you with more questions. I will walk you through every step of the process.
Book 2
Herbal Medicine: 30
Herbal Remedies to Heal Common Ailments
Buy downloading this eBook, you are ready to start down the road of taking care of yourself through natural means. This book is an introduction to natural health. I will walk you through:
A short history of herbalism
Possible side effects and drug interactions
How to listen to your body
How to make herbal preparations and their shelf life
Tools you need to make the preparations
Each of the body systems
Descriptions of the most common ailments of each system
Recipes for herbal remedies to help treat the ailments
This book is written for you to be ready to make your remedies and experiment with your own combinations of remedies.

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