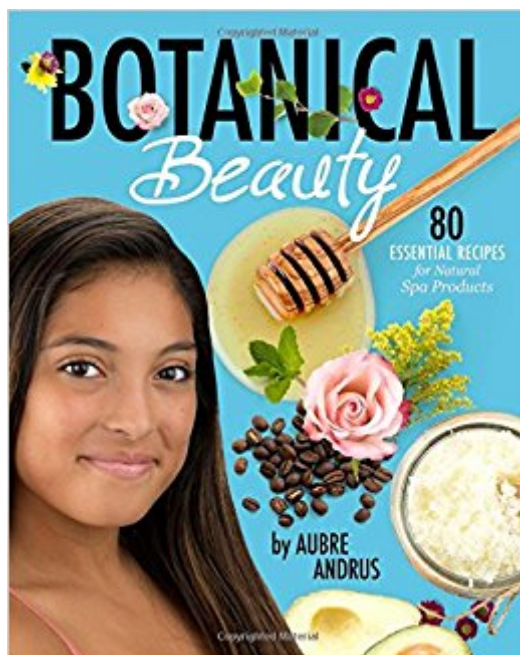


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# Botanical Beauty: 80 Essential Recipes For Natural Spa Products



## Synopsis

Soak, scrub, and soothe your way to relaxation with simple homemade spa recipes from award-winning author Aubre Andrus. Using some of nature's best ingredients, such as beeswax, sugar, coconut oil, shea butter, avocado, sea salt, essential oils, and more, craft everything from a Cooling Peppermint Hand Cream to a Vanilla Honey Body Scrub. Make practical products, like your own all-natural Bugs-Be-Gone Insect Repellent, Minty Homemade Toothpaste, and Natural Shaving Cream. Or pamper yourself after a long day with a Re-energizing Tub Tea, Lovely Lavender Bath Salts, and a Deep Conditioning Treatment. Nourish your body from head to toe with these organic, handmade recipes and crafts, or package them as a gift to share a fresh, fun spa experience.

## Book Information

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## Customer Reviews

Aubre Andrus is an award-winning children's book author with books published by Scholastic, American Girl, and more. She cherishes her time spent as the Lifestyle Editor of *American Girl* magazine where she developed crafts, recipes, and party ideas for girls. When she's not writing, Aubre loves traveling around the world, and some of her favorite places include India, Cambodia, and Japan. She currently lives in Los Angeles with her husband. You can find her website at [www.aubreandrus.com](http://www.aubreandrus.com).

Last year, in the time leading up to Christmas, we made candles, a certain 10-year-old girl and I. She had wanted to dabble in making lotions and soaps and such, but I didn't get

the right supplies in time to do that, and so we made beeswax candles, which was a lot of fun with her. She made one for everyone in the family and some of her friends. This year, I was hoping that if I started planning a little earlier I might manage to come up with some "beauty" treatments for her to make for gifts, and this book truly excels in everything beautiful. Not only are the photos beautifully done, but also the choices of "recipes" are terrific. Toothpaste. Scrubs. Lotions. 80 Recipes. Most of the ingredients are things you'd likely have in your cupboard, if not, these are all ingredients you should be able to find at a store local to you. All natural beauty products. Hands and Feet: 16 recipes Body: 15 recipes / instruction Face: 15 recipes / instructions Hair: 18 recipes / instructions There are so many to choose from, and they can be done fairly easily. If you (or your teen) can follow instructions on a cake mix, you can follow these. I am sure we'll be creating many of these! Many thanks for the ARC provided by Capstone / Switch Press

Botanical Beauty contains 80 "essential recipes for natural spa products" written and compiled by Aubre Andrus, and most of these recipes seem like they would be a lot of fun for group activities like sleepovers, birthday parties, or bridal/baby showers. Quite a lot of them have easily-accessible ingredients like sugar, salt, coffee grounds (unused, of course!), or Epsom salts. The quantities made by each recipe tend to be quite small, making a single face mask or a few ounces of a freshening spray, so the products should be easy to use up before the ingredients go bad, which is a definite point in the book's favor. The last thing anyone needs is to open a drawer or medicine cabinet and discover that a jar of solid perfume has turned rancid! There are also some fun fabric crafts that readers can make, like shower poufs or hair wraps, which don't require any exotic-sounding elements, but will require familiarity with scissors and fabric glue. I have sensitive skin and generally don't keep items like jojoba oil or beeswax pastilles around, so I didn't try anything as daring as the "Acne-Fighting Face Lotion" or "Strengthening Lavender Balm," but I did have the ingredients on hand to make the recipe for "Vanilla Coffee Lip Scrub," so I gave it a shot. Mixing together a small batch was easy, and rubbing the scrub on my lips did make them a little smoother, though the coffee aroma lingered longer than I thought it might. I definitely appreciated that Andrus included a lot of information with regards to safe handling of ingredients and finished products, especially if ingredients need to be heated or if the product is meant to be used in the shower. There's nothing wrong with being cautious, and coating your tub with coconut oil is a good way to end up injured. Her overall tone is encouraging and informative, though I would have liked to see a little more information about what types of essential oils she intends for her recipes, since

some of them aren't intended to be ingested or used on skin. Overall, this would be a good book for teen readers (or older), but I'd recommend adult supervision for them when purchasing and mixing ingredients. I received a free advanced review copy of this book from the publisher in exchange for an honest and unbiased review.

I am naturally skeptical of books collecting recipes that can be found easily online but Aubre Andrus has won me over. She has used her skills as a book editor and designer to present a coherent set of recipes and patterns aimed at the older teen, although, of course, spa recipes might appeal to people of any age. The 80 recipes use a narrow range of ingredients, scents, and household items to produce skin scrubbers and softeners and accessories to help you enjoy them. Thus we have made-at-home hair gel, face masks, painted bobby pins, decorated ribbons, a turban hair wrap, foot scrubs, and a range of items made from knotted crew socks. The book is designed in pastel pink and blue with lots of bows and ribbons but instead of being kitsch, I think it's cute. I have two complaints about the discussion of essential oils, one of which is very important. Ms Andrus does not explain the difference between food grade, cosmetic grade, and common grade scents and essential oils. These are different products and the common or industrial scents (the kind used for candles or oil burners) are not interchangeable with cosmetic or food grade scents that you would use on your skin or lips. My other complaint is that too few scent options are presented. Lavender is used in a number of these recipes and I would have liked to see an expanded range of ideas for those of us who can't stand lavender. For example, I make solid perfume using a recipe similar to the one in the book. It's great for travelling because it causes no fuss with TSA and I never have to worry about spills. But I use my favorite commercial perfume instead of random essential oils. I also use a range of natural scents I get from suppliers in Nepal that go far beyond the lavender, orange, peppermint and tea tree (which is a kind of eucalyptus, think Vicks) that Ms Andrus suggests. All in all this is a fun book that gave me some ideas. Who'd have thought that knotted socks could be so versatile? I received a review copy of "Botanical Beauty: 80 Essential Recipes for Natural Spa Products" by Aubre Andrus (Capstone ÆfÂçÃ â ÑÃ â œ Switch Press) through NetGalley.com.

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