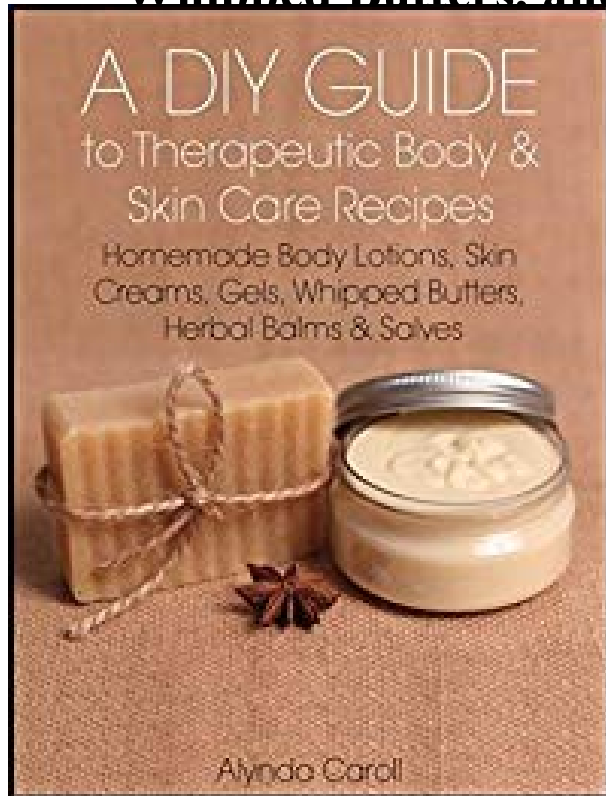


# A DIY Guide to Therapeutic Body and Skin Care Recipes: Homemade Body Lotions, Skin Creams, Whipped Butters, and Herbal Balms and Salves (The Art of the Bath Book 3)

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Make these easy DIY therapeutic skin care beauty recipes using essential oils for body lotion, skin cream, whipped butters, and herbal balms and salves. Practice the Art of the Bath: Perhaps, after relaxing in the bath and taking in all the benefits gained from a refreshing Art of the Bath ritual, you feel as though you are finished. Why wouldn't you? Maybe you spent some time first giving yourself a self-massage with one of those custom blended massage oils you created. You have probably spent leisurely time luxuriating in a warm bath with your choice of bath enhancements such as bath salts, bombs, or melts. You may be feeling good, but you're not finished. A DIY Guide to Therapeutic Body and Skin Care Recipes: Homemade Body Lotions, Skin Creams, Gels, Whipped Butters, Herbal Balms, and Salves is the third book in Alynda Carroll's Art of the Bath series.

Many folks find relief for many skin problems through the use of essential oils. This is a collection of recipes that will help hydrate, soften, and restore the skin. The best time to use them is right after a bath when your body is most receptive. You'll find lotions, creams, gels, butters, salves, and balms that not only hydrate but also heal the skin. Why not extend that bath into a wonderful and rejuvenating spa-like experience? What's inside? You'll find recipes like a lemon lift body lotion, a firming neck gel made from apples, lip balm, handy

herb-based salves for wounds and skin problems, even a lip balm and, of course, more. Scroll up and buy this book -- be sure and get your bonus report: Learn the Art of Self-Massage, too.