



**Organic Body Care: 30 Homemade Recipes -
Create Your Own Organic Body Scrub, Body
Butter, Body Wash, Bath Salt & Shampoo Recipes
(Organic Body Scrubs, ... Recipes, Homemade
Beauty Products Book 1)**

Katherine Hopkins

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Organic body care: 30 homemade recipes – create your own organic body scrub, body butter, body wash, bath salt and shampoo recipes.

Do you want to have soft, glowing, healthy skin and gorgeous, tangle-free hair? Do you want to follow a highly effective body care routine? If yes, then the first thing you will have to do is stop using body care products containing harmful chemicals. Are you wondering what would be the right replacements for those products? We would suggest you to go organic.

You must be aware of the fact that during the last few years, the organic industry has experienced significant upsurge. With every passing day, more and more people are replacing conventionally grown fruits, vegetables, meat, and dairy products in their diet with organically produced food items. Similar changes have been witnessed even in the beauty industry. Today, most of us are not oblivious about the ill effects of using chemical-based body care products and beauty products made using conventionally produced natural ingredients.

If you are not sure why we are asking you to stop using skin or hair care products made using conventionally produced natural ingredients, here's our answer. Standard methods of growing herbs and other natural ingredients involve use of pesticides and herbicides, which contain multiple harmful chemicals. So, beauty products formulated using those natural ingredients tend to contain remains of the perilous chemicals. Organic body care products, on the other hand, are absolutely devoid of any chemical as natural ingredients used to make them are produced without application of any pesticide or herbicide.

This book contains a huge collection of recipes for homemade beauty products. You will get the majority of the ingredients in your kitchen and the rest can be obtained easily from stores in your area. We feel preparing your own organic body care products is the most feasible option as the ones available on the market are exceedingly expensive.

Read the recipes, try them out and get rid of all the hair and skin problems you have. Take care, stay beautiful.

What are the recipes inside?

1. Body Butter for Excessively Dry Skin
2. Bronzing Body Butter: (it will play dual role of body butter and an organic bronzer)
3. Anti-Stretch Mark Body Butter: (for teenagers, people looking to lose weight and pregnant women)
4. Anti-Cellulite Body Butter

5. Body Butter for Sensitive Skin
6. Body Wash for Babies
7. Body Wash for Undernourished Skin
8. Body Wash for Sensitive Skin
9. Moisturizing Body Wash
10. Glycerin and Lemongrass Body Wash
11. Honey and Sugar Scrub
12. Milk and Almond Scrub
13. Candy Cane Scrub
14. Aromatic Green Tea Scrub
15. Aromatic Vanilla Scrub
16. Sugar and Lemon Scrub
17. Sugar and Banana Scrub
18. Satsuma and honey sugar scrub
19. Sugar and Mango Scrub
20. Coffee and Coconut Scrub
21. Fruity Sea Salt Scrub
22. Anti-dandruff Shampoo
23. Shampoo for Dry Hair and Scalp
24. Shampoo for Oily Hair and Scalp
25. Shampoo to Prevent Hair Loss and Promote Hair Growth
26. Lavender Bath Salt
27. Rosy Bath Salt
28. Citrus Bath Salt
29. Goat Milk Bath Salt
30. Mustard Bath Salt

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John Lien:

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Betty Walsh:

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Jennifer Witherspoon:

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