



Homemade Beauty: 150 Simple Beauty Recipes Made from All-Natural Ingredients

Annie Strole

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150 all-natural skin, hair and body care recipes that are inexpensive, toxin-free, and easy for readers to make themselves.

Homemade Beauty is a beautifully packaged collection of 150 all-natural skin, hair and body care recipes. From turning blueberries into a lush detoxifying mask to fresh lemongrass into a non-toxic bug repellent, *Homemade Beauty* takes the ubiquitous eat-local, farm-to-table concept and brings it to the beauty category.

As reports on the dangers of chemicals in cosmetics become increasingly alarming and the aspiration to live a more natural life grows, many of us are eager to take beauty regimens into our own hands to ensure we are putting only the safest and most natural ingredients on our bodies. Commercially available organic beauty products are expensive, but they are easy and cheaper to make at home and most require 5 simple ingredients or less. Recipes like Almond Rose Body Lotion, Coconut Lavender Shampoo, and Brown Sugar Vanilla Scrub will enchant you with heady scents – and thrill you when you realize these pampering products take only 5 minutes to make!

Homemade Beauty: 150 Simple Beauty Recipes Made from All-Natural Ingredients Details

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Aneth Manía says

Hoy a diferencia de lo que acostumbro reseñar en el blog me gustaría compartirles un poco sobre mi opinión de este libro de Annie Strole.

Todos alguna vez hemos recurrido a las famosas recetas de la abuelita, esos remedios caseros que nos han sacado de más de un apuro y resultan ser un tanto milagrosos.

Cuando me enteré de este libro supe que era indispensable tenerlo en mi librero, ya que nunca está de más contar con estas recetas que nos pueden ayudar en la vida diaria tanto a hombres como mujeres, y en Cosmética casera me encontré con un excelente contenido que nos proporciona tips para cuidar la piel, el cabello y el cuerpo; desde cómo mantenerlo hidratado, limpio, dietas détox buenísimas y como un extra también nos dice como mimarlo desde casita sin pagar grandes cantidades en el Spa, porque de vez en cuando es vital consentirnos ya que el cuerpo cobra factura de las actividades que realizamos diariamente.

¡Son 150 recetas! No les miento, ya probé haciendo algunas mascarillas y me encanta el resultado. Y la mayoría de los ingredientes son muy fáciles de conseguir y económicos. Sin duda mantendré este libro a la mano para recurrir a él con frecuencia.

Donna Zigmont says

I borrowed this book from the library. I'm trying to get into a more natural and organic routine for my skin and hair. This book was very helpful for my research and had lots of great information. I look forward to getting started.

Samantha says

This is awesome! It offers the ability to still use products that make us look and feel beautiful. I like knowing what is going into the things that I am using and knowing there are no chemicals to harm me or the environment. Thank you Annie Strole!

Ky says

I was so happy when I finally received this book! I won it through Good Reads First reads and was waiting impatiently for it to come in the mail.

First off this book is so pretty. I wasn't expecting a finished copy but I'm so glad I did! The cover is really eye catching and the inside doesn't fail to excite! With wonderfully coloured typography and simple doodle-

like illustrations the only thing that could be more fun than making the recipes is reading about them!

That being said the recipes in this book are amazing! They are quick, simple, and perfect for gifts to friends, family, co workers and yourself! There are few ingredients that you would have to go out and buy, most everything in this book is made from what you can find right now in your kitchen cabinet!

Everyone wants to pamper themselves, but they don't want to dig deep or pay an arm and a leg to do so; if that sounds like you then look no further than 'Homemade Beauty'!

Cari says

The recipes are easy to read and simple; most of the ingredients I already have in my kitchen. I am especially excited to try out the lip balms, body scrubs, and hair products. What a great way to use natural products and save money!

Quite a few of the recipes would be great for gifts, and with Christmas coming up, I received the book (for free through Goodreads First Reads) just in time!

Laura says

This is a fun book with lots of easy recipes for all natural beauty products. She's got a very clear labeling system by skin type, and also gives good information about what each ingredient does.

This would be a great book for a cosmetics junky; also would be fun for a party (like a spa night) or a good gift for a teen just getting into skin care.

Jodi says

I am so excited to try a bunch of these recipes! Several of them are similar to ones I currently use and there are many new to me.

The author included many informative tips about the different ingredients and their properties, explaining what, exactly, are their functions in any given recipe. Very helpful!

Carrie Anderson says

Great ideas in here but nothin earth shattering especially for anyone with a mediocre understanding of Pinterest. I was hoping more more shampoo/conditioner/body wash/lotion recipes. As it was it felt like most of the recipes were for sprays or skin oils.

Emily says

Definitely have to buy the ingredients to try out some of these recipes. They look really good.

Sydney Drinkwater says

Packed with DIY recipes using only natural ingredients. So many I can't wait to try.

Lauren Read says

I might want a copy of this book, because this library borrow currently has about 30 sticky tabs in it! A straightforward collection of recipes for its namesake, the book has everything from makeup remover to custom moisturizers for different skin types and more. Icons indicate whether something makes a great gift or a one-time application and what skin types are best suited for a homemade product. Just gloss over the bits that suggest using animal secretions.

Taylor says

This is certainly one of the most useful books I've read on homemade health products, and as someone who's been doing this for a while, I found it really helpful, especially with the index, to find ideas for new recipes. It's a great place to start from and it's also great for more experienced DIY-ers to use the recipes and tweak them to what suits their needs. I definitely would suggest this to anyone interesting in learning or furthering their knowledge [and expand recipe books!] of homemade beauty products.

Tameeka says

Good book for those looking to get into creating their own body products. There's a code system to help you know what skin type these products work best with. I couldn't find shelf life info for many of these recipes. If you're making from all natural ingredients, will it need to be refrigerated, etc? The book also included a recipe for homemade sunscreen which I personally wouldn't attempt to make. I wouldn't want to get to the beach and discover that my homemade sunscreen does not offer the coverage a store bought one does.

lisa says

Great index!!! I don't believe natural beauty products work half as well as unnatural ones. Sorry to say, but when I was living with hippies and using tea tree oil to combat my dandruff and coconut oil to moisturize my skin, I was miserable, flaky, and breaking out in an insane rash/acne, when I had never had skin problems before in my life. The second I started using products full of ingredients I couldn't pronounce was when I started seeing a huge improvement, and I haven't looked back. I will never again believe that natural beauty

products do any real good at all, besides making us feel a little less guilty, and a little less vain. With all that out of the way, I did enjoy this book, and was intrigued about some of the recipes. (Other than the blush/face powder crap made out of arrowroot powder and cocoa, which made me scream with laughter. No one is going to put that nonsense on their face. Anyone that interested in saving the environment is going to just skip wearing make-up.) What made me give this book three stars, and not dismiss it completely, was the amazing index. All non-fiction books should have an index that is this great. Good book to recommend to weirdo types who think they can look just as great as a model while wearing bananas and mangos on their face.

lauren says

Totally decent book of recipes for simple homemade lotions and potions. Nothing is too difficult to make, and the stuff I've made has turned out nicely.
