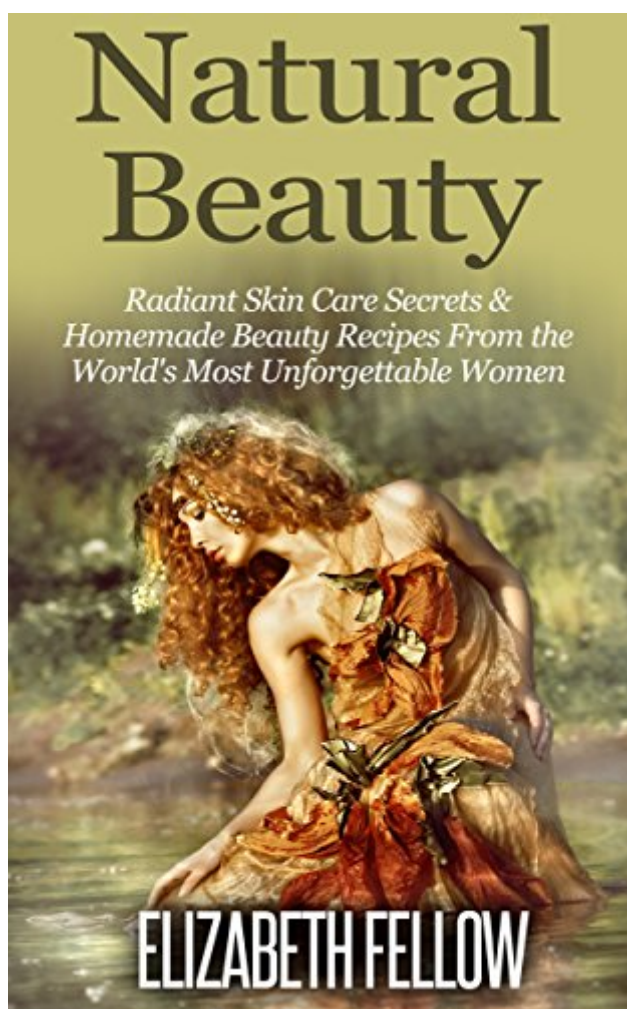


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# Natural Beauty: Radiant Skin Care Secrets & Homemade Beauty Recipes From The World's Most Unforgettable Women (Essential Oil For Beginners Series)





## Synopsis

\*\*\*\* #1 Best Seller in Beauty & Fashion Skin Care \*\*\*\*Beauty has turned a corner. We have gone back to our roots. The savvy woman understands she does not have to spend thousands of dollars on skin care to get amazing results. But just because she's not supporting the beauty industry doesn't mean she can't have amazingly luxurious creations with which to adorn herself. For thousands of years women, and their attendants, have blended, experimented, and concocted custom products to suit their needs. Healing the skin, the body, the emotions, and even the mind. With that idea in mind, multiple #1 Best Selling author Elizabeth Fallow brings you "Natural Beauty: Radiant Skin Care Secrets & Homemade Beauty Recipes from the World's Most Unforgettable Women." This is no ordinary natural beauty book. Looking through the lens of history at some of the most unforgettable women the world has ever seen, it explores their secrets and how you can bring a bit of their lives into your own. You'll get secret beauty recipes for: Princess Diana's Rosewater Toner Nefertiti's Shea Butter with Jasmine, Patchouli & Neroli Mary Magdalene's Foot Balm of Biblical Proportions Cleopatra's Milk Bath with Rose Petal & Myrrh and many many more This book is opulent and opinionated, sage and sexy, with easy to follow recipes for newcomers to natural healing and professionals alike. Within these pages you will learn: The secrets of how to use precious stones to nourish your skin, essential oils to soothe and heal, and fruits and soils to cleanse and detoxify. Discover why your skin is dry or oily, and how to get rid of blackheads for good. For the days when the zipper on your jeans refuses to zip, there's even a remedy for that. An inch off the hips... in 20 minutes flat| seriously! You'll even learn how to make an edible chocolate body cream infused with gold-leaf to indulge in with your lover! In short, "Natural Beauty" is for every girl who has an inner beauty just waiting to burst out, and that's all of us! This is not a book which celebrates skinny, though we certainly don't mind it. It applauds curves and kindness and even mad-cap passion. This book loves women, and we truly believe women will love this book. Join us on a humorous journey through time and imagination with the wise but often deliciously catty and judgmental Healer. As she travels through space and time and visits some of the World's most memorable women, she describes how the oils chosen for the recipes might otherwise have been used. This super-bitch with a warm and healing heart wants to show you how to unleash the secrets of the earth and reclaim your Natural Beauty. So scroll up and get your copy of "Natural Beauty: Radiant Skin Care Secrets & Homemade Beauty Recipes from the World's Most Unforgettable Women" right now|

## Book Information

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## Customer Reviews

This is one of the most creative beauty books I have ever read. In general when I talk with friends about different beauty regimes and products it is always in the current moment and what is available right now. This book has a nice twist to it in that it starts with beauty procedures and products from as early as Cleopatra in 31 BC. It then moves slowly forward in time and explains beauty regimes and products for famous people such Mary of Galilee to Lucrezia Borgia and many more. The second section of the book explains various body parts and their requirements for keeping them healthy and an extensive list of ingredients including essential oils, fruits and vegetables and bases. This section is very informative and educates and prepares you for the last section. The last, and third section is the recipes. This of course is where everything "comes together". All the history and education will help you in deciding what your beauty regime will start out as and help you to plan on where you would like to go with all the options available to you. A book like this does not come along

everyday and I found it to be creative, educational and entertaining. Highly recommended.

This is definitely a different book as the author chose to share a dream sequence as a way to introduce various health and beauty recipes while telling the stories of legendary beauties through the ages. Don't worry, though, the author also captured all the recipes in one section that you can immediately find. The beauty recipes include the use of essential oils and gems. When's the last time you used emerald? You'll find recipes for the face, body, skin, feet, as well as a few detoxing ones, too. Good explanation of the use of beauty products and what is needed in order to follow a natural beauty regimen.

I really, really like this book! It's a really creative and imaginative way to introduce and explain products that you make yourself, with fruits, essential oils, and more. From Mary Magdalene to Marilyn Monroe, so good!

This book "IS" full of secrets! Love, Love, Love It!

good book

Couldn't follow all the history, but there were some interesting tips and recipes at the end.

Not impressed.

Wow this book is full of great beauty recipes along with information about women through the ages. The information on fruits and vegetables and how they can be used in beauty I found most helpful. This is the perfect beauty read and I look forward to trying some more of the masks. The Jessica Rabbit cleanser is great :)

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