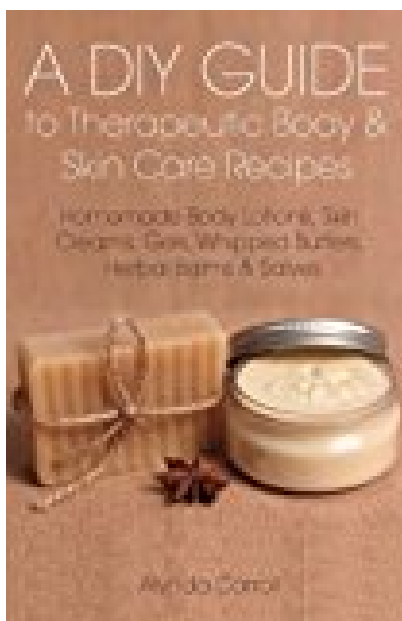


# A DIY Guide to Therapeutic Body and Skin Care Recipes Homemade Body Lotions Skin Creams Whipped Butters and Herbal Balms and Salves The Art of the Bath Volume 3

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## BOOK DETAILS

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## **BOOK SYNOPSIS**

Save money and time when you create your own face, hands, feet, and body spa treatments at home with these homemade beauty recipes using essential oils and kitchen pantry products. Today's spa experience is not complete without facials, massages, and baths to beautify the face, hands, feet, and body. Treatments include those which exfoliate, detoxify, moisturize, and tone the skin and body. The recipes in this book are a great way for you to have your own spa treatments at home. Exfoliate, detoxify, moisturize, and tone your skin and your body. Benefits: Relax tense muscles - Relieve stress - Increase circulation - Strengthen the immune system. Scroll up and buy your copy now-and get your free bonus report of The Art of Self-Massage, too.

**A DIY GUIDE TO THERAPEUTIC BODY AND SKIN CARE RECIPES  
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