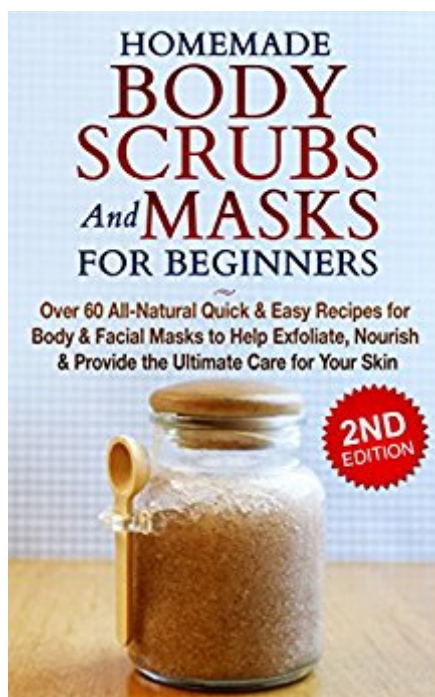


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# **HOMEMADE BODY SCRUBS And MASKS For BEGINNERS: All-Natural Quick & Easy Recipes For Body & Facial Masks To Help Exfoliate, Nourish & Provide The Ultimate ... Men's Fashion, Homemade Kindle Book 1)**



## Synopsis

2nd Edition Just Released February 2015! More Valuable Content Added! Discover Homemade Body Scrubs and Masks for Beginners: All-Natural Quick & Easy Recipes for Body & Facial Masks to Help Exfoliate, Nourish & Provide the Ultimate Care for Your Skin~READ FOR FREE WITH KINDLE UNLIMITED~BONUS: Special Bonus for All Readers Found At the End of the Book What makes this book different from other books available on this topic? This book has a number of things that make it stand out from the crowd. Here are a few of the highlights:

1. Over 60 All-Natural Recipes: Carefully curated recipes proven to help exfoliate, nourish and provide the ultimate care for.
2. Key Takeaways: This section allows you to briefly go back and summarize what this book is about at anytime -- you don't have to re-read the entire book again.
3. Resources List: This well researched list provides you with a number of further references and ideas if you'd like to continue looking into this subject.

**Why Would You Want to Make Homemade Body Scrubs and Masks?** Here's a look at just some of the reasons why:

- \*Using all natural organic oils is much healthier for your skin than the store bought versions
- \*Store bought products are filled with so many additives that they can clog your skin leading to acne and blemishes
- \*The recipes in this book contain nothing but the essential ingredients guaranteed to leave your skin looking and feeling amazing
- \*Not only are homemade body scrubs and masks good for your skin and the environment, it's also good for your wallet!

**Here Is A Preview Of What You'll Find Inside:**

- \*Coffee Grounds for Oily Skin
- \*Refreshing, Hydrating Cucumber Mask
- \*Avocado Mask for Dry Skin
- \*Exfoliating Peach Scrub Mask
- \*Almond Scrub
- \*Vitamin C Packed Skin Brightening Mask
- \*Moisturizing Carrot Mask for Glowing Skin
- \*And much, much more!

**Want to get all the information you'll ever need on this topic? Download this Book TODAY!**

ps: Your skin will thank-you-----

Tags: Homemade, Homemade Beauty, Facials, Homemade Kindle, Beauty Books for Women, Men's Fashion, Homemade Kindle, Scrub, Body Scrubs

## Book Information

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## Customer Reviews

I have learned a lot from reading this book. I have been wanting to make my own body scrubs and masks for a very long time and now I have finally found a book that has great information on how to exactly do that! The author has put in different types of natural materials into the book that you will need to make your own natural body scrubs and masks, which was extremely helpful when I made my own. The recipes in this book are great! I tried the coffee grounds for oily skin and it has made my face feel wonderful without all the extra oil. This is a wonderful book and I highly recommend it!

I must confess I am one of those people that has a bathroom full of lotions and potions; many of which deliver promises that typically do not come true and most products are abandoned after a short period of time only to gather dust in some deep, dark corner of my bathroom closet!! try where I can to be natural but even the big name 'natural' companies deliver potions with a list of items I can barely pronounce! I do buy fresh masks now and then, and have a pantry full of things like coconut oil, oats and sugars that would lend well to natural products as well as save me money, but time, convenience and most pertinent, know how, send me back to those big names time and time again! This book was a great choice! As stated, this is for beginners, so these recipes are simple, easy, some are not new - you may have read them in beauty magazines in the past - but there are also some involved recipes that I have not seen before, yet conveniently enough, I have the ingredients sitting in my kitchen! It begins with a look at the beauty industry and creates a need for being natural, after all, our grandparents were probably not spending thousands on little jars of cream, yet look just fine! Not so long back I bought a scrub here on which arrived with a dirty big label right on top "contains ingredients known to cause cancer"!! It made me think twice and if more

products arrived with said labels right on top, I would probably think twice before using them! It also prefaces itself as a beginners reference with ideas of where to find further ideas which was nice. This book also goes beyond recipes with basic, yet common sense skin care advice, for face, body, eyes, feet; then is broken up in sections for different body areas together with recipes for each! The nice thing - there is no requirement to go out and spend a fortune on odd and hard to find ingredients - many you will have at home and this will save me dollars in the end! There is a section on getting going - when and how to use these recipes, and also a guide to essential oils as a bonus! Finally there is a VERY comprehensive guide to learning more with links to websites and blogs on natural health which was a nice touch! As a parent I think this will lend to a bunch of fun projects to do with the kids then some "spa" nights that are cheap, fun and not filled with chemicals! Great book!

Awesome Book!!!! I really loved it and when it comes to beauty, I guess anybody would love to take care of it. Home scrubs and masks are just great to try as they are all done naturally using the basic home products available in our day-to-day life. We can just say a big bye-bye to the much expensive cosmetic products and try these basic home remedies available so that we can protect ourselves from the chemical mixes available in the cosmetic products. Highly recommended book!!!!!!

Very helpful skin formulas from scrubs and more. I use a natural soap and been searching for natural beauty products, this book by Jacobs is the solution. I will put many of these tips to use.

I really liked this book. There are a lot of great recipes. It is well written and has different scrubs or masks for different parts of the body. It also explains why an ingredient is a good choice for a certain part of the body, i.e. for cellulite or for the mouth (lips).

I have never made a face scrub before, but this book helped me do that. I made a few different face and body scrubs for my wife for her birthday and she loved them. I can't thank this author enough for the recipes that are in this book. It truly was the best gift I could have gotten my wife, simply because I made it all myself.

This book contains useful information for the beginner along with great Masks, Scrubs and even Foot Soaks! It is easy to follow and broken down into categories, very user friendly. My favorite has got to be the Milk and Tea Foot Soak. After using it, I'm able to get the dead skin off with ease using

a generic PedEgg. On the tops of my feet, I simply rub and the skin peels away like magic. I'm very happy with my purchase and look forward to using this book for a long time. Debi B.

Great book on how to make own body scrubs and masks at home. I'm all for natural ingredients to make skin smooth and healthy so I'm really pleased with this book. The recipes are easy to do and the ingredients are easy to find. Can't wait to try all of them!

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