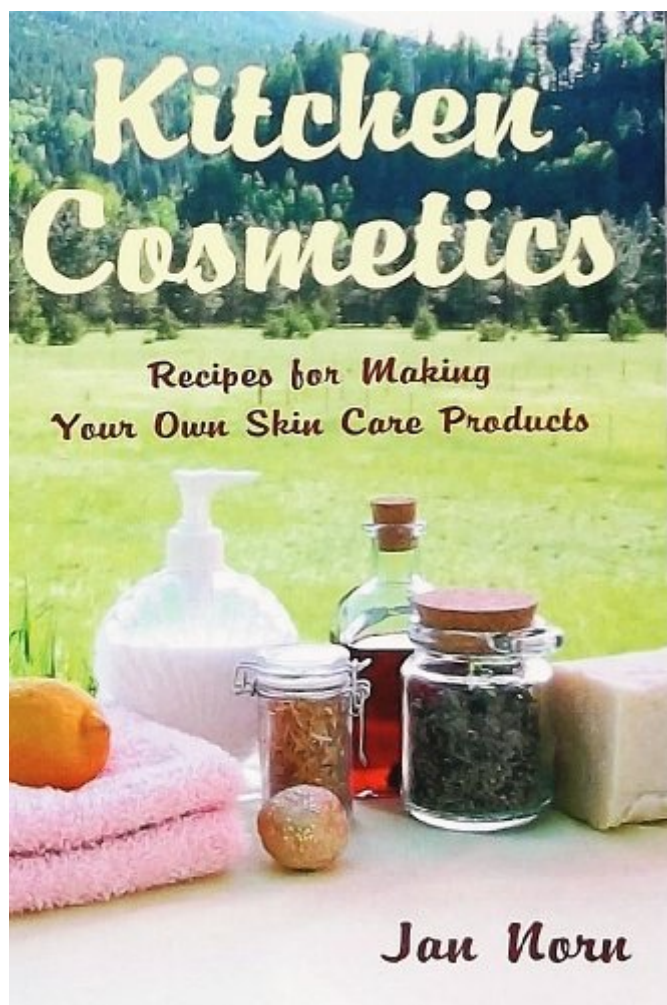


The book was found

# Kitchen Cosmetics: Recipes For Making Your Own Skin Care Products



## Synopsis

Since the dawn of time, women have loved cosmetics. From bear-grease and woad to complex modern lotions, we cherish beauty aids, but now that cosmetics have become a huge and expensive industry, we need to bypass the loop and make our own products from ingredients that we trust. Protect your immune system, eliminate cancer-causing ingredients and DO IT YOURSELF. Jan's recipes are simple and effective. They explain HOW and WHY each ingredient works. Cosmetic cookery is fun. You can save a lot of money - make a whole batch of creams or lotions for the price of one pot of 'commercial' stuff. Your friends will enjoy testing your creations (they make great gifts as well). Learn to make soap, lotions, creams, deodorants, shampoo, baby powders and oils, safe sun-screen, herbal bug-repellent and many other skin-care solutions.

## Book Information

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## Customer Reviews

The book does have a lot of good recipes, especially if you want to make your own soap. But if you're not looking to make soap then it is not the book for you

the kitchen part threw me because I don't keep most of these in my kitchen, I was hoping for more

ordinary products such as oatmeal ,salt ,sugar ect.

Have been using recipes in this book for a long time now.

This was a very informative, well researched book. The recipes seem simple enough for even me ! I am looking forward to trying them.

In this book you will find simple remedies to develop natural products that help restore the beauty and aesthetics in a natural way.

Very helpful.. great price! Good information. Easy recipes. Author is obviously very knowledgeable and uses these practices in her own life

As a beginner in homemade cosmetics I was totally blown away by Jan Norm's 'Kitchen Cosmetics.' The book is loaded with information that is easily explained and recipes that any one can follow once the ingredients are available. Ms. Norm started with 'How to wash your face.' which was a big surprise to me and very helpful indeed. I also admired the way she used chapter 46 to inform the reader of the products she don't use and why. This book is a must have for beginners who want a great start in homemade cosmetics. I think I am very fortunate to have a copy of this book in my possession. Great job Ms. Norm! Thanks.

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