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Essential Oils Beauty Secrets Reloaded: How To Make Beauty Products At Home For Skin, Hair & Body Care: A Step By Step Guide & 70 Simple Recipes For Any Skin Type And Hair Type



Synopsis

Essential Oils Are a Natural and Effective Way to Look beautiful and claim your perfect health! Do you want to find out how to create a healthier lifestyle for yourself and your family by using essential oils? Essential Oils Beauty Secrets Reloaded: How To Make Beauty Products At Home For Skin, Hair & Body Care Step by Step Guide is one of the most complete book on the subject, especially for the beginner. Inside this book you will discover simple recipes for making beauty care products at home , especially for skin care, hair care, lip Care, nail Care, eye care, body care and much, much more! Pick it up Today!

Book Information

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Customer Reviews

I had mixed feelings about this book. On the one hand the author provides some great information specific to some common oils, I really appreciated that! On the other, she doesn't do many favors to the EO industry by making some broad generalizations about the efficacy and safety. First for the bad, the author states that there's no harm in using EOs provided you're not allergic; not only is this statement blatantly inaccurate, it could be quite dangerous were a reader to focus on that part. She goes on to explain that the medical community has embraced the benefits of EOs for thousands of years, but then only 5 pages later states that they haven't quite given EOs the stamp of approval and therefore do not tout their therapeutic benefits. This contradictory explanation and double talk could easily turn a person off of trying EOs. My final chief complaint is the author's (or editor's) excessive use of the word "somehow" when clearly they mean "somewhat"- I know it's silly, but it

was distracting. She also states that using less expensive/impure oils is ok for certain uses and I'm going to have to disagree- the whole point of using pure EO is that there are no additives- she does, however, explain what the look and consistency of certain oils should be and how to do a simple at home test to check for additives. Now for the good: the recipes! The recipes were on point! She gave exact measurements, many EO directories only state to add a bit of this and a touch of that- I like specificity. Many of her recipes use common and readily available EOs that most people will have in standard "start-up" kits. She explains how to use them and the benefits and applications of her mixtures.

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