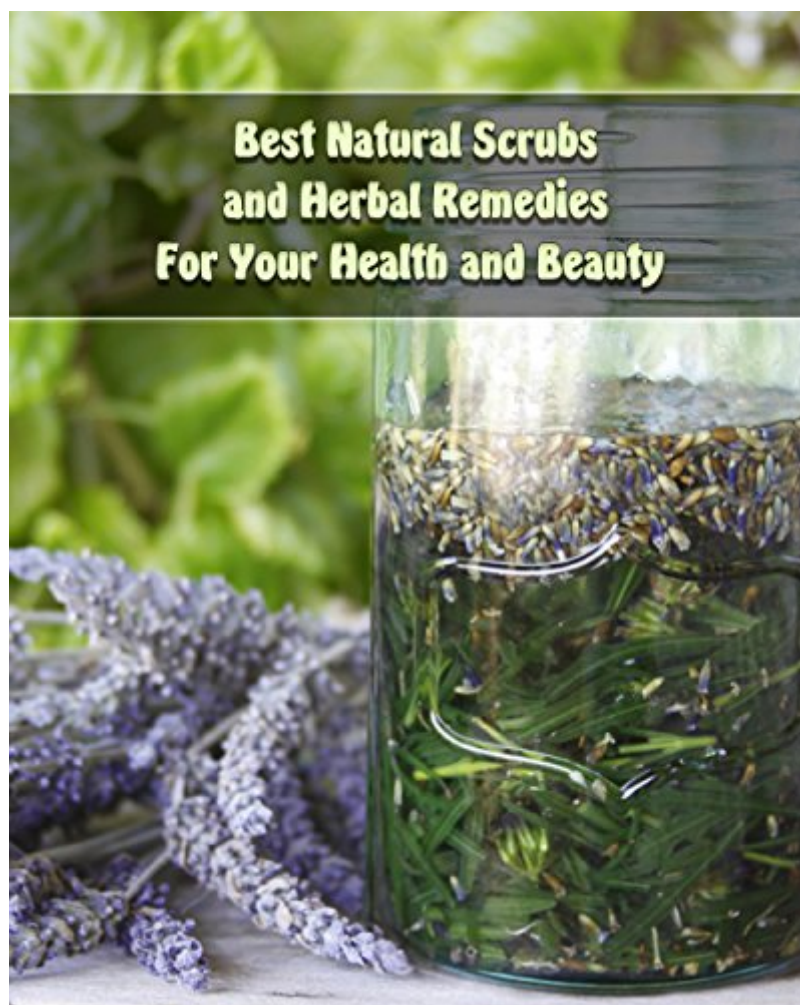




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Best Natural Scrubs And Herbal Remedies For Your Health And Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body And Face Scrubs, Herbal Medicine)





Synopsis

Best Natural Scrubs and Herbal Remedies For Your Health and Beauty Book 1 Body Scrubs: 35
Natural DIY Scrubs for Body and Face for Radiant and Youthful Skin You have seen many scrubs in the store for your body and face. You have seen the results of using them, but the problem you would like to save money by making your own. Youâ™ve looked all over the internet to find information on how to make scrubs on your own, but the flood of information is difficult to parse and find just what you are looking for in order to get started. In this book, I use my over twenty years of natural health experience to walk you through everything you will need to get started and eventually make your own. I will teach you the basics and leave you feeling like you can start making your own recipes and using them. By purchasing this book, you are ready to get started on a new way to take care of your skin and your body. This book will walk you through the steps and show you: What scrubs are and the different types What essential oils are and how to use them The best ways to combine the essential oils Recipes with step-by-step instructions on how to make and store the scrubs I will present the information in a fashion that is easy to understand without leaving you with more questions. I will walk you through every step of the process. Book 2 Herbal Medicine: 30
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