



Organic Body Care Recipes: 175 Homemade Herbal Formulas for Glowing Skin & a Vibrant Self

By Stephanie L. Tourles

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Editorial Review

Review

“...an excellent reference book for those interested in “cooking up” their own products.”

From the Back Cover

Nurture Your Natural Beauty

Discover the joy and fun of crafting your own personalized body care products using herbs and other natural ingredients that nourish, pamper, cleanse, and protect the skin without using irritating or harmful chemicals. In just minutes, you can whip up dozens of organic treatments that will make your face radiant, your skin glow, your hair shine, and your hands and nails beautiful. From head to toe, you'll find the perfect treatment for every part of your body, whether you're looking for a relaxing bath blend, a stimulating facial mask, a natural bug repellent, a refreshing mouthwash, or a sensual body cream.

Be your beautiful best, inside and out!

About the Author

Stephanie L. Tourles has been practicing and teaching healthy living for more than 25 years. She is a licensed holistic esthetician with a strong background in Western and Ayurvedic herbalism, has extensive training in the nutritional sciences, and is an avid organic gardener. Tourles is also a certified aromatherapist, a Maine-certified reflexologist, and a professional member of the National Association for Holistic Aromatherapy. She is the author of the best-selling books *Organic Body Care Recipes* and *Raw Energy*, as well as *Making Love Potions*, *Naturally Bug-Free*, *Raw Energy in a Glass*, *Hands-On Healing Remedies*, *Naturally Healthy Skin*, *365 Ways to Energize Mind, Body & Soul*, and *Natural Foot Care*. She lives in Orland, Maine.

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