



The Complete Guide to Creating Oils, Soaps, Creams, and Herbal Gels for Your Mind and Body: 101 Natural Body Care Recipes (Back-To-Basics)

By Marlene Jones

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Your body is a temple – one that has need of many different things that it normally does not get. The right mixture of oils, with the right amount of different minerals, vegetable, fruit, and plant extracts can provide the body and mind with a much needed, highly therapeutic boost that can have a myriad of different positive effects. With the health and wellness industry taking off in recent years, it has become apparent that Americans are highly interested in developing a keener relationship with their bodies, using oils and the like to improve everything from digestion to mental acuity.

This book will walk you through the seemingly complex, but realistically simple process of creating your own oils, soaps, creams, and gels, utilizing them effectively to boost your health both in mind and body. You will learn how to start recognizing scents and how they interact with each other in the form of oils for your body and mind. You will learn how to start buying and using essential oils and how to recognize the properties of various pure essential oils. You will learn which common and uncommon essential oils are out there and what they entail as well as how to start blending them. The various equipment you will need, carrier and base oils, and solutions and dilutions used are outlined for you here.

The top experts in aromatherapy and natural body care have been interviewed as well and alongside the recipes are a number of tips that help you to know exactly when and how to use each recipe, which variations you can make and what these various products can help you benefit from. You will learn how to create recipes for cleaning around your home and how to use essential oil mixtures for essential beauty, baths, bath salts, herbal baths, children's baths, foot baths, hand and nail care, hair oils, shampoos, rinses, and perfumes. Additional uses, including everything from oils for the elderly and sick to your pets are provided as well. No

matter what you are using your oils and natural body products for, this book will help guide you through the process of creating and forming them.

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Editorial Review

Review

The Complete Guide to Creating Oils, Soaps, Creams, and Herbal Gels for Your Mind and Body covers information on aromatherapy and provides many recipes for product making as well as presents information on extraction of oils, diffusion, carrier oils, essential oils, recipes for home use, bath salts, making soap, and beauty and wellness treatments. The book is interesting, well written, and recommended as a basic text for learning how to safely and effectively use essential oils for many different situations. --Jeffrey Schiller - Making Scents Magazine

About the Author

This is Marlene Jones first full-length book but she has been writing professionally since 2001 right after leaving journalism school. Over the years, she has written pieces on a variety of subjects, focusing especially on issues of health and wellness related to low-income and minority communities. Her interest in all things natural sparked in 2005 after the birth of her first child and after being prompted by her older sister's quest to eliminate synthetic and chemical-laden products from her diet and cosmetics. Marlene's upbringing in Kenya is also a major source for learning how to be one with nature. She continues to learn the many different aspects of natural living and uses her platform as a journalist to inform others about the benefits available. When Marlene is not writing and researching, she is parenting her precious three babies, dabbling in politics, traveling the world, and working hard to be active."

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