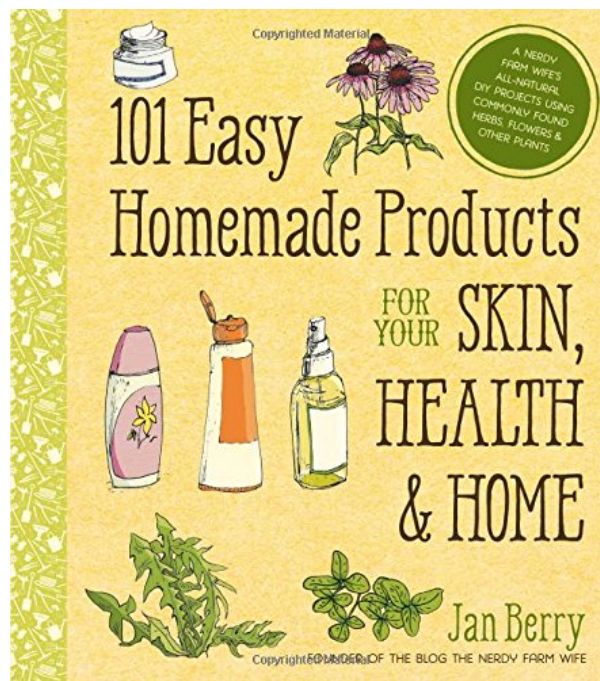
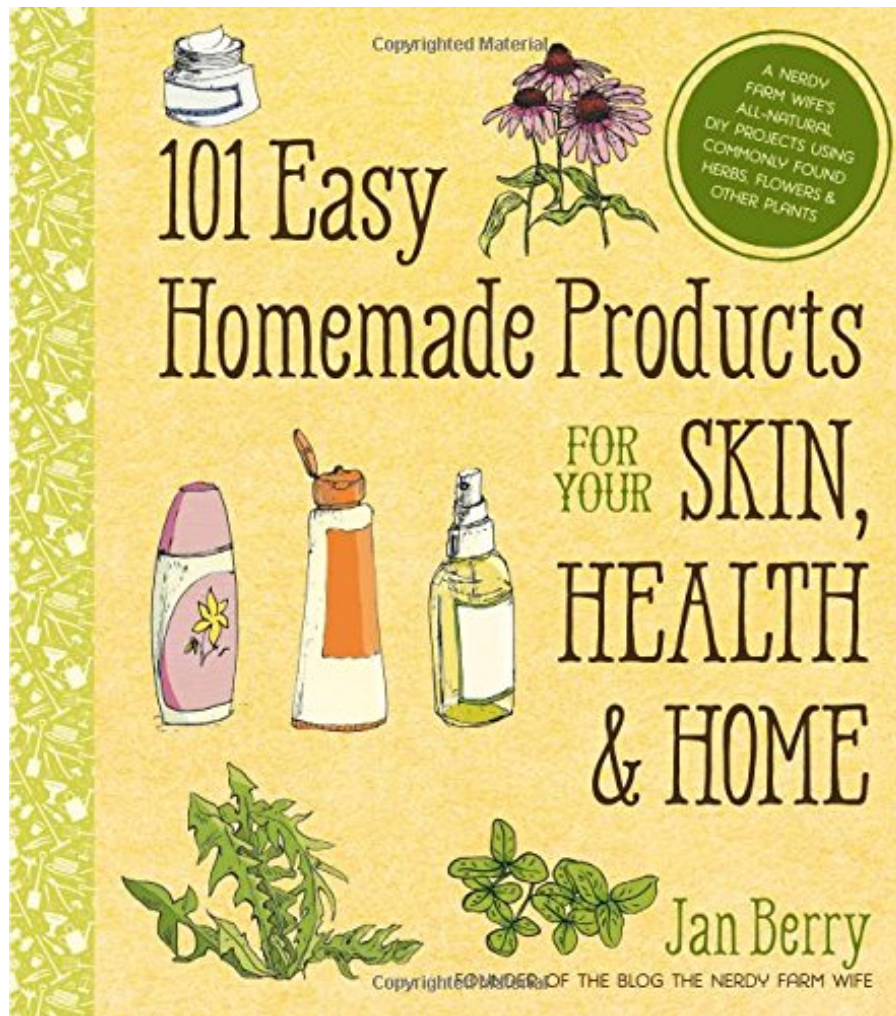


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Go Green in Every Part of Your Life with These Easy, All-Natural Herbal Products

Kick toxic, synthetic skin care products and cleaners out the door and bring the healing joy of nature into your life with the simple, versatile projects in 101 Easy Homemade Products for Your Skin, Health & Home. In this incredible resource, Jan Berry teaches you the basics of making your own skin care and hair care products, health remedies and household cleaners?then how to customize them into truly unique and personalized items! You'll learn how to make:

- Honey, Rose & Oat Face Cleanser
- Cool Mint Body Wash
- Basic Calendula Lotion
- Floral Salt Foot Scrub Bars
- Basil & Lime Lip Balm
- Lavender Oatmeal Soap
- Violet Flower Sore Throat Syrup
- Thyme Counter Cleaner
- Lavender Laundry Detergent
- And so much more!

All of the projects are easy to make and use commonly found herbs, flowers, oils and other natural ingredients. No fancy equipment or previous experience required! If you don't have a certain ingredient on hand, Jan provides tips on how to substitute and what works best. Going green has never been easier or more affordable. With this book, you can use local, natural ingredients to make something beautiful, effective and good for you and your family.

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Features

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Most helpful customer reviews

2 of 2 people found the following review helpful.

i feel like i bought the perfect diy skin & body care ...

By linda

i feel like i bought the perfect diy skin & body care book for my level of experience with jan berry's book. i have a little experience with homemade recipes but not too much and jan's recipes will encourage me to make products & use ingredients beyond the real basics. actually, her book would also work for a complete beginner if they omit the optional ingredients. they could even use the oils without the infused herbs or flowers although that is half the fun! she also gives many alternate recommendations for more unusual

ingredients like rose hip oil that a beginner might not have. in this case, she recommends, among other oils, sweet almond oil which is a commonly used diy ingredient.

this book has a wonderful selection of recipes for skin & body care, household cleaning recipes, pet recipes and soapmaking. she covers the gamut so if you are primarily looking for a wide assortment of recipes this one book will be a great resource. the recipes themselves are easy-to-follow and most have lovely full-page color photos. also, she always gives shelf life & safety info for every recipe which is really important. she knows her stuff and will tell you if an ingredient or essential oil has safety limitations say for certain health reasons. for example, on her flea powder pets recipe she recommends using the lavender plant but not the lavender essential oil as that can be too strong and harmful to some animals. she'll also tell you to keep your balm with honey in a small glass jar so it won't rust a metal tin. both things i didn't know and she lets you know when not to use products if pregnant or on children. another great feature of the book is the 'create your own' sections where you are encouraged to come up with your own recipes with her guidelines. she also helpfully lists recipes at the beginning of the book for each herb or flower to easily find them. now i know what to do with the rest of the huge bag of calendula flowers i bought. highly recommended book!

11 of 12 people found the following review helpful.

An inspiration

By Caliaha

I have been making my own face creams for years, but I was looking for some new inspiration and this is it! It has a huge variety of recipes to try including skin care (cleansers, toners, and masks), salves and balms, body butters and lotion bars, creams and lotions, bath soaks and scrubs, lip care, hair care, homemade soaps, home remedies, nontoxic cleaners for your home, and all-natural pet care.

I love the format of the book. It is very earthy feeling with type-writer style text and beautiful full-cover photographs of EVERY SINGLE RECIPE!!! I can just sit down and flip thru this book and get so motivated to try it myself.

Recipes are easy to follow. I was jazzed to learn about herbal infusions and home made soap. This book covers it in a simple way and opens up a new world for me of homemade, all natural products.

I love this book!!! Check out my photos of examples of this lovely book.

2 of 2 people found the following review helpful.

100% satisfied, better than I had hoped!

By Amazon Customer

First of all, I want to make it known that I did not get any discount or anything whatsoever for writing a review. I just wanted to make that known before I write a glowing article. This book is FANTASTIC. For starters, it's labeled as \$22.99 on the back and was on amazon for under \$13.00, and it is an amazing deal. There are so many recipes for many different home, health, and skin care products. There is also a lovely introduction chapter about measurements, shelf life, preservative, etc. I love this woman's blog, and I love her book just as much. This was a GREAT purchase and I would recommend it to everyone.

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