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Homemade Lotions: A Complete Guide For Beginners (Homemade Body Care Book 2)

Kathy Aquino

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Homemade Lotions: A Complete Guide For Beginners (Homemade Body Care Book 2)

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Homemade Lotions: A Complete Guide For Beginners (Homemade Body Care Book 2) Kathy Aquino Homemade lotions and body butters offer a great skin care alternative to commercial, store-bought lotions. Here are a few reasons why:

• They do a great job nourishing and protecting your skin
• They contain only those ingredients that you choose, so you can avoid harmful chemicals
• They are better for your skin, since you can customize them to fit your needs exactly
• They can be made with your favorite essential oils for custom fragrances
• They are lot cheaper than store-bought lotions and body butters

With this book, you will learn everything you need to know to get started with homemade lotions today. Here are just a few of the things this book will teach you:

• How to make homemade lotions
• How to make body butters and whipped butters
• How to make lotion bars
• What equipment you will need to make each kind of lotion
• How long your lotions will last under different conditions
• Whether you need to use preservatives to prolong your lotion’s shelf life
• How to clean up after making your lotion

This book contains recipes for homemade shampoos as well as for homemade conditioners. Here are some of the recipes you can prepare today:

• Olive oil and mango butter lotion
• Citrus body cream
• Vibrant summer lotion
• Soothing body butter for dry skin
• Whipped green avocado butter
• Chocolate and orange lotion bars
• Calendula summer lotion
• Dandelion lotion bars
• Green tea lotion bars
• Calendula and chamomile lotion
• Exotic wintertime lotion

If you want to try natural skin care, and you want an alternative to expensive and possibly toxic commercial lotions, then this book is for you.

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