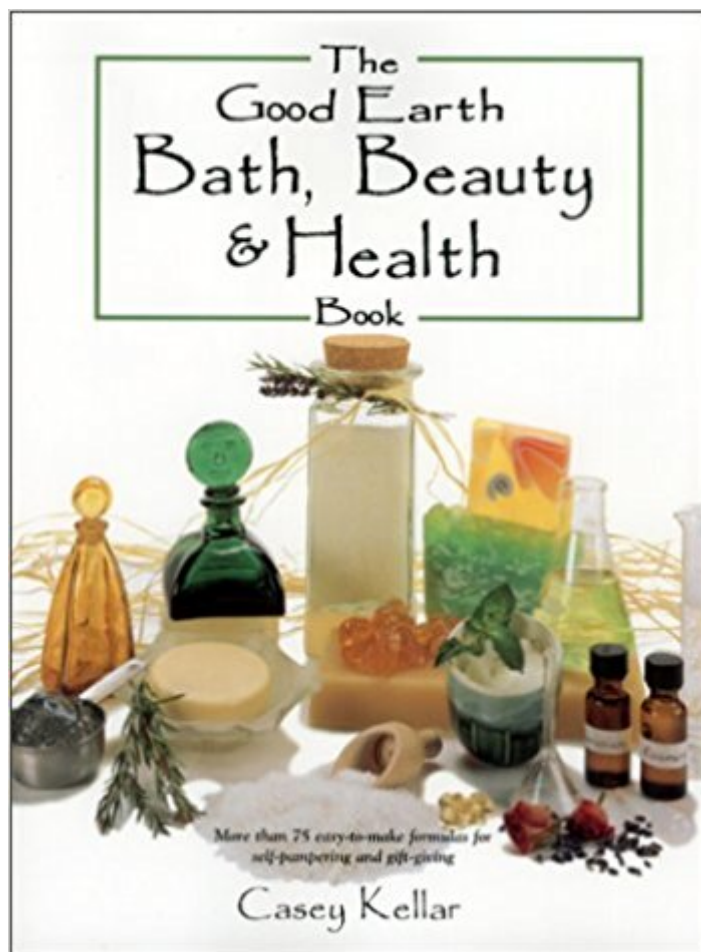


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# The Good Earth Bath, Beauty & Health Book



## Synopsis

This practical guide to beauty and well-being shows readers how to make lotions, toothpaste, bubble bath, massage oils, cough syrup, lip balm, perfume and hair-care items with ingredients that are readily available from shops. The book features more than 75 formulae.

## Book Information

Paperback: 112 pages

Publisher: Krause Publications (February 1, 2001)

Language: English

ISBN-10: 0873419545

ISBN-13: 978-0873419543

Product Dimensions: 10.9 x 8.2 x 0.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #652,476 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Cosmetics #25 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Flower Arranging & Crafts > Potpourri

## Customer Reviews

You don't have to spend a fortune at upscale toiletries shops to amass a wonderful collection of soul-satisfying beauty products. Beauty consultant Casey Kellar has filled The Good Earth: Bath, Beauty, & Health Book with simple formulas for cleansers, masks, perfumes, lotions, toners, hair care materials, bath items, herbal remedies, eye balms, hand and foot treatments, soaps, and even mouthwash. Tempting recipes and lovely photos help you transform your home into a mini-spa using common household goods like baking soda, vanilla, and spices, and some readily available specialty articles like essential oils, glycerin, and beeswax (which are available at pharmacies and health food stores). Most products have a shelf life of at least a few months, so you can concoct lots of potions at once and then enjoy them for some time to come, and you'll know exactly what you're pampering yourself with, since everything's all natural. If you can bear to part with any of these goodies, you can also assemble one of the suggested gift packages for a friend. --Amy Handy

Wow...I must have either not read any reviews on this book or hit a wrong button meaning to order a different book. This book is a waste of time and money. Recipes for "natural" things like lip balm tinted with crayons...yea, I'm sure there are crayola trees just growing out in the wild...mouthwash

laced with vodka...mmmmm yea, the kids will love that! Well at least I can throw it into the recycle bin...

Great book

Bought this book due to a friend of mine having it and my 12 year old and I wanted to do some of the projects in it. Was in great shape considering it to be a used book. More than worth the \$3.00 I payed for it including shipping!!

Thank you, much...

Love this book , i lot of recipes.

Best book I have ever ordered and received. Just what I have been looking for. Just the book for those who are interested in making their own bath and body personal items.

This is a great beginner book for those who want to try to make their own personal care products. Easy to follow recipes using products that are readily available at your local health food store with some being available at your regular grocery store. Good variety of recipes.

What I did like about this book is the fact that it truly is a book based on natural products you can make yourself, and if it is a natural ingredient, it probably is healthy. The one thing that puzzles me, is where on Earth are busy, working people going to find the time to not only go out and purchase some of these little basic ingredients, but find the time to mix up the wonderful little potions and lotions? I have a top-management position and a family that keeps me going from sunup to sundown. Then, there is the clean-up afterward. With all the brands in existence today, I cannot for the life of me figure out why I would want to make my own toothpaste! I barely have time to brush my teeth, let alone make the toothpaste. If I am fortunate enough that my husband has time to give me a message at the end of the day, there are times when I would not know if he was using an exotic message oil or WD-40 for his car! For those people on a limited budget, by the time you run around and buy the basic ingredients (even "basic" can be expensive today,) I cannot see where this would really be a great money saver. "Dollar Stores" sell the finished product for less than some of these basic ingredients, and it is certainly not a time saver. Is it better for you....worth the hassle? I

guess that is a matter of personal opinion. As for the book, it was ... in Canadian funds and definitely not worth the price!

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Science (Living with the Earth: Concepts in Environmental Health Science)

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