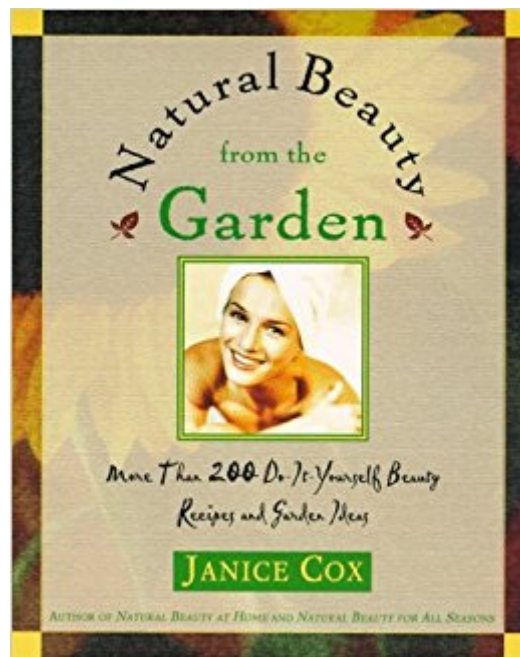




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# Natural Beauty From The Garden: More Than 200 Do-It-Yourself Beauty Recipes & Garden Ideas



## Synopsis

The third book in the very successful Natural Beauty series with sales over 70,000. If Natural Beauty at Home was inspired by the kitchen, and Natural Beauty for All Seasons was inspired by gift-giving, this book is inspired by the garden. Here, author Janice Cox presents over two hundred brand-new recipes for home beauty treatments that make use of common flowers, plants, herbs, grasses, and trees to create useful and lovely products for all aspects of skin, hair care, and bathing enjoyment. Readers will have her trademark step-by-step recipes for such items as Sunflower Seed Scrub, Aloe and Calula Cream, Rose Geranium Splash, Apricot Baby Oil, Scented Bath Pillow, and many, many more. In addition, over one hundred garden notes are sprinkled throughout the book, containing information on soil type, tools, containers, growing tips, and simple, whimsical garden designs. But, although gardeners will be drawn to this aspect of the book, you don't have to have a garden, or even a window box, to make the recipes here, since all ingredients can be found in natural food stores or farmers' markets. Natural Beauty from the Garden simply captures the spirit of the outdoors while promoting a fun, economical, natural beauty regime. This is a charming collection of beauty and garden freshness that anyone who loves to pamper herself or grow a garden full of flowers will want to have.

## Book Information

Series: Natural Beauty

Paperback: 336 pages

Publisher: Holt Paperbacks (March 15, 1999)

Language: English

ISBN-10: 0805057811

ISBN-13: 978-0805057812

Product Dimensions: 7.3 x 0.9 x 9.2 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.4 out of 5 stars 17 customer reviews

Best Sellers Rank: #1,297,048 in Books (See Top 100 in Books) #56 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Cosmetics #850 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

## Customer Reviews

Janice Cox has been making her own beauty treatments for twenty-five years. She is the author of Natural Beauty at Home and Natural Beauty for All Seasons. She lives in Medford, Oregon.

I am all about the natural body and hair care and love diy projects. Plus my sister just started her buisness making natural care products these books have given us so much inspiration and ideas. A must buy for any naturalista.

If you're like me, and like to give yourself an impromptu facial with the avocado left over when making guacamole, then this book is for you. I have always been allergic to grass and cats. I like natural products to use on my face since my skin is sensitive. The problem is that they quite often include chammomile (a grass relative) and I can't use them. I hate standing in the natural food stores reading every single bottle only to find that I can't use it. This book is great. Even though I don't use all of the products that might be in a recipe, I can find things that I like and that work well. This is great fun year round when you end up with more produce than you need. I have found great things to do with strawberries, honey, carrots, cucumber, sugar, lemon juice, etc. and this book has been a great inspiration.

I have two other books from Janice Cox and I love them, too - great recipes that are actually do-able in your kitchen without a lot of hard-to-find ingredients, and they work! She includes some neat information/background with each recipe, and there are tips and hints tailored to the subject of the book scattered throughout the books (in this case, gardening). Highly recommended!

I have not read this yet, however, judging by her other books, I am sure to love it. I use her books for lip balms, lotions and bath ideas.

Really well done. Definitely worth the money. I was looking for recipes that I could make with all local ingredients, this fit the bill. I live in the Northeast, USA.

I really love the book. My grandchildren and I will be making lots of gifts and having fun together they are really excited

I own all Janice Cox's books and I love them all. The recipes are awesome, easy to make and work great.

Ok!

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