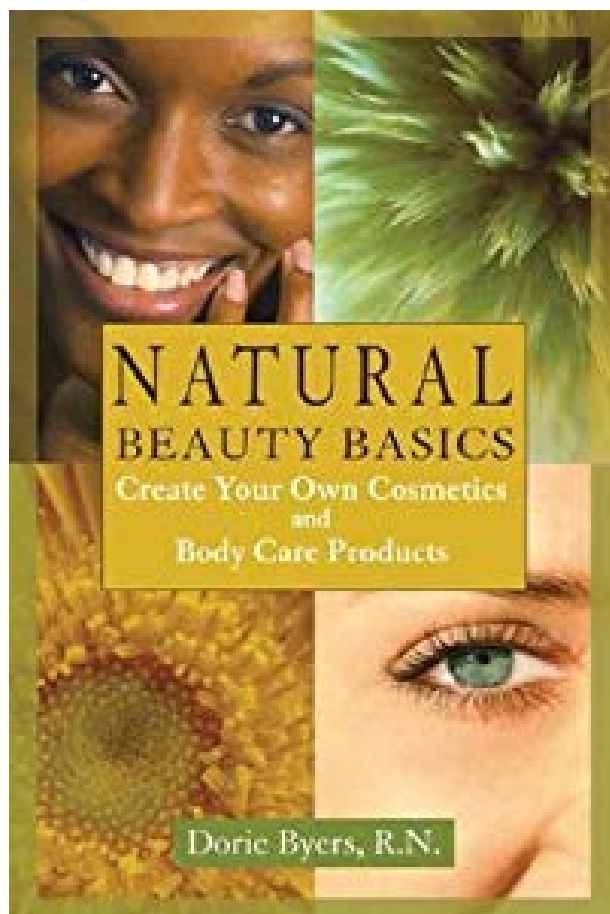


# Natural Beauty Basics: Create Your Own Cosmetics and Body Care Products



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Every day, television and magazine ads tell us that beautiful skin and hair are available only through the use of expensive brand-name products. But the fact is that you can attain a radiant, healthy appearance by using products made inexpensively at home. That's what Natural Beauty Basics is all about. First, author Dorie Byers guides you to the equipment and ingredients you'll need to make your own products. She then presents easy-to-follow recipes for over 150 hand creams, body powders, shampoos, soaps, and more products that are effective, all-natural, and allergen-free. You don't have to spend a lot of money to get the best possible care for your hair, skin, and nails. Whether you enjoy making your own beauty products at home, you are in search of products that are allergen- and chemical-free, or you simply love to pamper yourself, your first stop should be Natural Beauty Basics. "