

The Herbal Home Spa: Naturally Refreshing Wraps, Rubs, Lotions, Masks, Oils, and Scrubs (Herbal Body)

Greta Breedlove

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Create naturally sumptuous personal-care products to pamper every part of your body. Master herbalist Greta Breedlove presents easy-to-follow recipes for making your own masks, rubs, and lotions that rival those found at high-end spas and specialty shops. Harness the properties of natural herbs to create unique products that soothe your body, smell lovely, and are free from any harsh ingredients. With a potpourri of shampoos, body scrubs, oils, and more, The Herbal Home Spa will have you feeling good from head to toe.



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