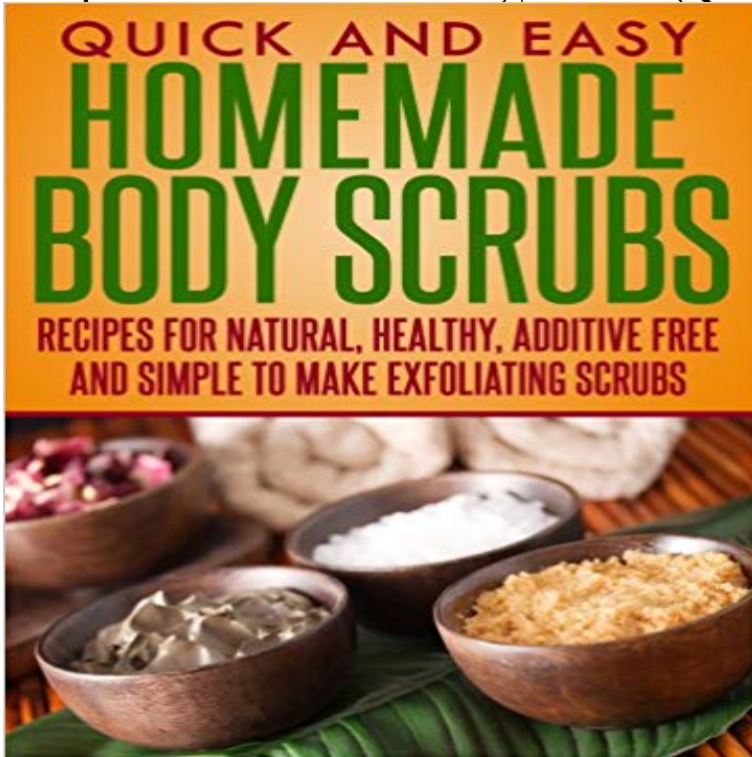


Homemade Body Scrubs: Recipes for natural, healthy, additive free and simple to make exfoliating scrubs (Quick and Easy Series)



Learn how to make Homemade Body Scrubs! Tired of wasting money on store bought overpriced body scrubs that contain nothing more than sea salt, oil, a fragrance, and other additives? At Dogwood Apps, we thought so too so we created the Homemade Body Scrub ebook for the Quick and Easy Series. What's wrong with store bought Body Scrubs? Store bought body scrubs can contain additives and chemicals that can be harmful to your body. Most store bought cosmetic products use chemical compounds and other petroleum based gels as a base. One of the most common ingredients in beauty and cosmetic products is mineral oil which can irritate your skin, interfere with your skin's natural healing process, and possibly even cause respiratory problems. Mineral oil also clogs your skin's pores which can lead to acne breakouts and other blemishes. Why should you learn how to make your own Body Scrubs? Making your own body scrubs at home is not only healthier because you will use only naturally occurring organic oils, but it's also a much cheaper. Our body scrub recipes contain nothing but natural, soothing, and exfoliating ingredients that will leave your skin feeling clean and great! Making your body scrubs at home is good for the environment, good for you, and good for your wallet! Is it easy to make your own body scrubs? Absolutely! Most of these recipes can be made using ingredients and food items that you probably already have in your home. Even if you don't have the proper ingredients, just pick some up on your next trip to the grocery store! This book teaches you step by step how to make the following homemade body scrub recipes: Light brown sugar & jojoba oil body scrub, Caster sugar & olive oil body scrub, Turbinado sugar & ginger body scrub, Brown sugar & pumpkin spice body scrub, Brown sugar & banana body scrub, Brown sugar & rosemary body

scrubWhite sugar & sweet almond oil body scrub with vanilla tingePure cane sugar & lemon and lime body scrubWhite sugar & strawberry body scrubCoarse sea salt & lavender oil body scrubDead Sea salts & hemp seed oil body scrubSalt & sweet almond oil body scrub with grapefruit tingeSalt & peppermint and lavender oils body scrubKosher salt & lemon and thyme body scrubSea salt & cherry body scrubSea salt & calendula body scrubCoffee grounds & olive oil body scrubCoffee grounds & yoghurt body scrubCoffee grounds & carrot body scrubCoffee grounds & orange body scrubCoffee grounds & cocoa body scrubOatmeal & yoghurt body scrubOatmeal & milk body scrubOatmeal & honey body scrubAspirin & mineral water body scrubCornmeal & orange juice body scrubAvocado & fennel seed powder body scrubPoppy seeds & olive oil body scrubSandalwood powder body scrubLoofah body scrubWe hope you enjoy it! Please dont forget to leave us a review!

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Ingredients: Epsom salt (or coarse salt crystals), olive oil, lemon or lime juice, It naturally softens skin, sloughs away dead cells, reduces inflammation, and relaxes muscles. **Homemade Coconut Oil Sugar Scrub - coconut oil, granulated sugar** Explore Summer Ideas, Summer Time, and more! Natural cups .. Mother Body Scrub Recipe from Martha: Many of those pricey jars of body scrub contain **Homemade Body Scrubs: Recipes for natural** - Editorial Reviews. About the Author. Natural and Holistic Health Books that Improve Your Send a free sample. Deliver to your . and Easy Recipes for. Homemade Simple all Natural Scrubs and Masks: Make Healthy, Quick and .. DIY Crafts: Make Your Own Lip Balm With These 35 Quick & Easy Recipes! 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