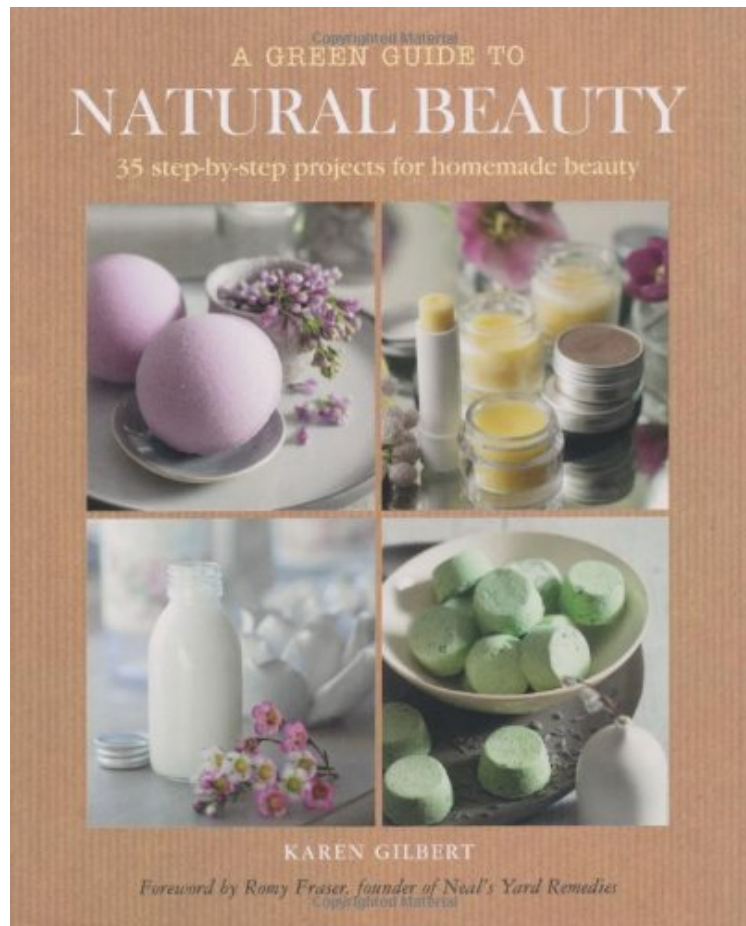


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## A Green Guide to Natural Beauty

Karen Gilbert

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**Karen Gilbert : A Green Guide to Natural Beauty** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Green Guide to Natural Beauty:

8 of 8 people found the following review helpful. Not to badBy SayresOverall this is a good beginners book. With many recipes to choose from, it offers a wide array of natural products. The forward is a great overview for the beginner and the recipes have ingredients that are easy to find on the web. Each recipe has a picture to go with it. Very nice lay out in the book. I have only given it 4 stars because of the dual measurements. In some recipes she uses grams and teaspoons along with milliliters and drops. What is annoying about this is grams can easily be converted to teaspoons and so on, I do not understand why the author did not stick to one unit of measurement. This is my only complaint about the book. I would have also like to see a few more recipes that were not so basic.0 of 0 people found the following review helpful. Not Just Another Soap BookBy Nancy BorutaThe soaps and creams in this book are very luxurious and elegant. However, the ingredients are hard to find and sometimes expensive. Also, the measurements a lot of times are put in g or ml instead of in ounces. It got to be too frustrating for me. If you know the

equivalents, have the money and the time then, I would definitely recommend buying it. The book was written by a woman in the UK and therefore lies the problem. If you go to her website noted in the book she will communicate with you and try to help you. With mixed feelings I'm not sure if I would recommend it. 4 of 4 people found the following review helpful. Simple BasicBy chloekI always like a challenge and making my own body butters, lotions and soaps seemed like it would be fun. I bought several books and this book is by far the better of all the books that I bought, reviewed and used. It has simple recipes for beginners, it explains the how's and what for's and gives complete concise directions for a newby. This is a great book and I would recommend it easily.

Packed with pampering recipes to create your own beauty essentials for face, body and hair. Most of us use a huge variety of beauty products on our skin and hair every day - from shower gel and shampoo to moisturiser and hand cream - but the majority of these products contain a variety of chemicals. In *A Green Guide to Natural Beauty*, natural skincare and fragrance expert Karen Gilbert shows you how to make your own lotions and potions at home, using easy-to-obtain, natural ingredients and easy-to-follow methods. For the face, there are moisturizers, face masks and cleansers; for the body choose from scrubs and shower gels, soaps and body lotions. And when you need some extra-special pampering, try the recipes for lip balms, massage bars, bath oils and eye gels. So try your hand at making a neroli hydrating spritz or a jojoba and aloe vera moisturizer, a mango and lime body butter or lemon and tea tree foot balm, bergamot and grapefruit wake-up wash or cocoa butter lip balm - the hardest part is choosing which of the pampering projects to try first! Each recipe has clear step-by-step photographs to guide you, and there are numerous variations to try.