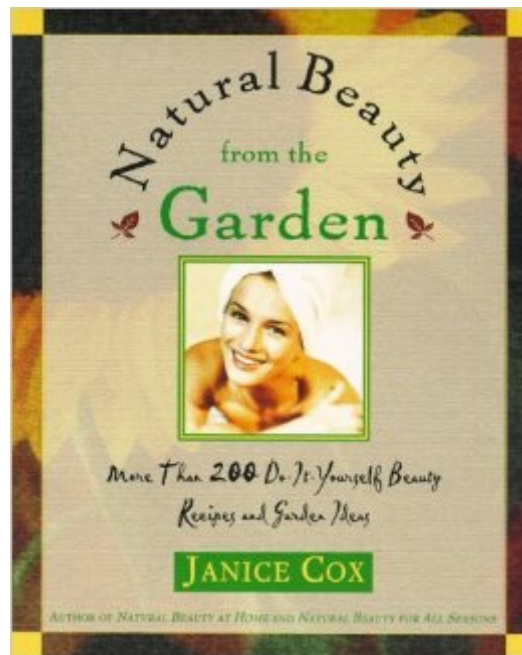


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# Natural Beauty From The Garden: More Than 200 Do-It-Yourself Beauty Recipes & Garden Ideas



## 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

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## Customer Reviews

I loved the other two books a lot. When I bought this book, I was hesitant that there could possibly be much more that Janice could show me... Was I wrong? YES! Filled with loads of information and

wonderful recipes and how-tos this book doesn't even reach the bookshelf, I keep it so handy! Great job Janice Cox!

I took this book out of the library and was pleasantly surprised! In the past I have found that beauty recipes can be challenging. With this book the ingredients are accesible and the recipes aren't difficult to make. I have started copying out recipes to try and will add this book to my christmas list!

This book is great in that it's easy to read, fun to skim through, and filled to the brim with useful recipes and ideas. From hair care, to skin, to lips, to homemade makeup and bath products, Cox covers just about all of it. Some herbs and natural remedies are covered with interesting folklore and background, such as the Hopi wedding Indian ritual. The reasons it only earns an average rating, however, is due to several issues. For one thing, it really is just beauty from the kitchen. The vast majority of these recipes are all those you make at once and use only once. No actual 'cosmetic' recipes or long lasting toiletries. Lotions and creams are pretty basic and are actually old fashioned, such as with borax and beeswax, not highly recommended ways of making lotion. Very little on herbs are covered, mainly with veggies and fruits and stuff such as that. The craft ideas are very basic but good ideas, such as creating a personalized hair brush. There are some great recipes for soaps but no beginner instructions or many safety precautions. The list is not long for these but she does cover just about everything in natural beauty, I just wish she covered it for more than just 'kitchen quick fixes'

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.

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!

You can get this book at your local library so if your interested check it out. It has everything from henna hair coloring to a dogwood toothbrush. I just want to buy the book and try every recipe out of the book after I seen it and looked it over in the library. I highly reccomend this book to anyone!

If you already own one of Janice Cox's books you might find this one redundant. It's nice that it uses plants/herbs though but I'm glad I bought it second-hand for cheap, not enough of a difference from her other books.

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 chamomile (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.

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