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Each formula is clearly presented in recipe style, with notes on prep time, storage, and uses. Many products can be

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customized according to personal needs, whim, or mood, and they all use readily available, natural ingredients. Organic Body Care Recipes is a natural treasure for every body.

Organic Body Care Recipes by Stephanie Tourles

A fun collection of body care recipes for

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total body pampering. I love the fact that these can be made with easy-to-find organic ingredients, and are not too complicated. We used some of the recipes in a recent girlfriends' get-together, and had a fabulous time making wonderful face cleansing creams, masks and scrubs that worked great, and looked so pretty in our little

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decorated jars and tins.

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Stephanie L. Tourles is the author of Pure Skin Care and Stephanie Tourles's Essential Oils: A Beginner's Guide, as well as the best-selling Organic Body Care Recipes, Hands-On Healing Remedies, and Raw Energy. As a licensed holistic esthetician with a strong background in Western and Ayurvedic

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herbalism, she has been practicing and teaching healthy living for more than 25 years.

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shelves with yet another of her wonderful books. Organic Body Care Recipes features a whopping 175 recipes for all natural skin care. There is a great variety of recipes including cleansers, toners, serums, body oils, bath recipes, scrubs, and more.

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recipes for make-up, moisturizers, body scrubs, lip balms, sunscreens and much more. I've even got a fun section for (ahem) natural sensual products. When you make your own beauty and personal care products, you know EXACTLY what goes into everything you make. No more chemicals. No more junk.

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About Stephanie Tourles | Herbal Skin and Body Care Expert

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NOTE: This blog was written by Stephanie Tourles, lic. esthetician, herbalist, and author, and adapted from her book, *Raw Energy: 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body*. The information in this blog is true and complete to the best of her knowledge.

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