



## Do-It-Yourself Herbal Medicine: Holistic Healing Recipes Using Herbs and Essential Oils (Paperback)

By Sonoma Press

Sonoma Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. The Modern Guide to Using Herbs and Essential Oils You don't have to identify with the goddess or Earth Mother labels to get going with holistic treatments for your everyday health needs. If you already buy organic produce, make an effort to eat whole foods, and tend to choose Method products over Windex, it only makes sense that that you'd approach your health, wellness, and beauty regimen with a similarly all-natural approach. Do-It-Yourself Herbal Medicine inspires you to easily and affordably take charge of how you look and feel by sharing simple and fun recipes that use Mason jars, sauce pans, and even your French press in creative ways. In these pages, you'll find: Down-to-earth info on the exploding popularity of essential oils and why they're so effective; In-depth profiles of 5 must-have herbs to kick off your herbal medicinal projects, as well as 30 additional herbs to get to know and use; Over 200 recipes for face and hair care, body and skin care, intimate care, mental health and wellness, common ailments, home cleaning products, and self-care for the day common occurrences, from...



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