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Jeanne Rose's Kitchen Cosmetics: Using Herbs, Fruit And Flowers For Natural Bodycare



Synopsis

Jeanne Rose is one of America's best known herbalists and Kitchen Cosmetics is her most intimate guide to natural health and beauty. Over 100 of Jeanne's favorite recipes and tips provide safe and simple applications created by Jeanne for her own family's needs. Based on common kitchen and garden ingredients - from yogurt to berries to rosemary - these lotions, creams, and other moisturizers, masks, teas, toothpastes, deodorants, shampoos, and conditioners are easily prepared in the home. Shopping suggestions, herbal cosmetic techniques for the whole body, and fascinating herbal lore make Kitchen Cosmetics a valuable and charming guide to natural beauty and health care. Since its publication in 1978, Kitchen Cosmetics has become the leading title in home preparation of natural cosmetics. It is used by apartment dwellers who buy herbs, gardeners who tend a few pots in sunny windows, and gardeners with spacious beds...a steadily growing number of people who want to 'take back' the pleasure of working with herbs themselves - and want more control over what they put on their hair, face, and body.

Book Information

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Customer Reviews

"A splendid little book with beautiful illustrations. It's extremely well-designed and printed. It's exactly the way to interest someone like you and me in the 'old receipts'!" -M.F.K. Fisher

Jeanne Rose is the author of eight books on herbal practices, and a consulting medical herbalist. She lectures to groups and companies, including the Clairol Corporation. She maintains an herbal

practice in San Francisco and is the founder of Herbal BodyWorks, which supplies herbal products to stores and individuals.

I truly LOVE this book and it's offerings. My second sister had given me a copy, which she had owned for quite awhile. I used some of the recipes, the facial creame was the first one that I made. Lovely! Then in a whim I gave it away (and I truly hope that the current user enjoys what is offered) and have mildly regretted it. I recently realized that I am tired of purchasing ready made facial cream and other body treatments and the unknown ingredients. I have been a faithful user of Burt's Bees products for quite a while. I am choosing to make my own with the satisfaction of knowing what is in the product and what I apply to my body for the sake of health and well being!

Fast shipping and excellent service. By far one of my favorite books by Jeanne Rose. You will not be disappointed. Very pleased.

Amazing book!!!!

This book was just as described and delivered when expected.

I ordered a book from this seller almost a month ago. This book has not been sent yet. This is a irresponsible seller. Jeanne Rose's Kitchen Cosmetics: Using Herbs, Fruit and Flowers for Natural Bodycare.

If you already incorporate herbs into your life, this book is wonderful for making your own cosmetics using items you probably already have in your kitchen. Definitely worth the price...I still refer to mine today!

Don't be misled by the attractive book cover. In comparison with current books on making natural skincare items, this one is moldy in both content and appearance. You'll get much better information and recipes from: 1) 'Make Your Own Cosmetics' by Neal's Yard Remedies. 2) 'Natural Bodycare' by Julia Meadows. 3) 'Natural Beauty at Home' by Janice Cox.

In general I like this book. Although it doesn't have a wide variety of recipes. Anyway, it is rather dated. For instance, I followed the recipes for shampoo. Yikes! Her amounts of tincture of benzoin in

there made the shampoo stick to the measuring cup! And nevermind what it did to my hair (hey, I had an open mind). So maybe the way tincture of benzoin is made is different from how it was back then. I don't know, but head's up. This is the only natural bodycare book I have, but I hear there are better out there.

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Jeanne Rose's Kitchen Cosmetics: Using Herbs, Fruit and Flowers for Natural Bodycare ROSE BUSH: LEARN HOW TO GROW A ROSE BUSH FROM A BUD, BLOOM OR BEYOND (: Rose bush, rose bush growing, rose bush ready to plant, rose bush plants, rose bush cover, rose bush potted, rose bush seeds,) Easy & Elegant Rose Recipes: 75+ Inspiring Uses for Rose Petals, Rose Water, Rose Hips & Rose Essential Oil Flower Pictures Names And Descriptions.: Flower pictures names and descriptions. flower care, annual flowers, bulb flowers, orchids flowers, perennials flowers, roses, wild flowers, organic flowers. How To Dry Herbs At Home: The Ultimate Guide To Drying Herbs (Herb Gardening, Herbs And Spices, Condiment Recipes, Condiment Cookbook, Herbal Recipes, ... Mixing Herbs, Spices, Sauces, Barbecue) Homemade Makeup and Cosmetics: Learn How to Make Your Own Natural Makeup and Cosmetics American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves Jeanne Rose: Herbal Body Book: The Herbal Way to Natural Beauty & Health for Men & Women Perfumes and Spices - Including an Account of Soaps and Cosmetics - The Story of the History, Source, Preparation, And Use of the Spices, Perfumes, Soaps, And Cosmetics Which Are in Everyday Use Percutaneous Absorption: Drugs--Cosmetics--Mechanisms--Methodology: Drugs--Cosmetics--Mechanisms--Methodology, Third Edition, (Drugs and the Pharmaceutical Sciences) Poucherâ"ç's Perfumes, Cosmetics and Soaps: Volume 3: Cosmetics Herbs:How To Dry And Prepare Your Herbs - A Herbal Beginners Guide: :: Easy To Follow And Learn How To Dry And Store Your Herbs ONLY! The Clayborne Brides: One Pink Rose, One White Rose, One Red Rose (Claybornes' Brides) Drying Garden Herbs: The Ultimate Guide To Drying Herbs - Amazing Tips And Tricks On How To Easily Dry Fresh Herbs Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) 101 Easy Homemade Products for Your Skin, Health & Home: A Nerdy Farm Wife's All-Natural DIY Projects Using Commonly Found Herbs, Flowers & Other Plants Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) The Natural Soap Making Book for Beginners: Do-It-Yourself Soaps Using All-Natural Herbs, Spices, and Essential Oils Growing and Using Herbs and Spices (Dover Books on Herbs, Farming and Gardening) Natural Organic Hair and

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