



# **Organic Body Care Recipes: 35 Homemade Beauty Recipes To Hydrate, Nourish And Exfoliate The Skin (Organic body care, Body scrubs, Homemade beauty products, Organic beauty recipes Book 1)**

*Katherine Hopkins*

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Organic body care recipes: 35 homemade beauty recipes to hydrate, nourish and exfoliate the skin

“Wow you look so beautiful! I can’t see a trace of makeup, there have been no recent spa appointments either; how have you managed to restore your youthful skin even now when kids are at college Maya?”

Such questions are nothing but sheer delight to a woman’s ears – when you can look good without makeup, that’s the real beauty, isn’t it? Anyone would feel frustrated if they have to conceal their lines, blemishes, marks and acne under layers of makeup day in day out. Why not go the natural way and let nature take care of your skin in such a way that it glows from within and you get that perfect radiance each day, every day! A dream come true – right?

It isn’t a dream anymore. It’s been seen that doing organic does you a lot of good – and not just eating organic is great for bodily health, but even applying organic scrubs will go a long way in ensuring you look and feel your best, with all the radiance of an infant’s skin and feel like a goddess!

It’s been found that scrubs are a good step towards wellness – they’re great to exfoliate, rejuvenate and moisturise. They make the skin clean as well as nourish it with essential moisture and oils, making it soft subtle and delightful! People with bodily odour find it beneficial for reducing the stench and keeping them fresh for longer.

But cosmetic companies are charging a bomb for even a teeny – tiny bottle of scrub – how to make it a daily habit? Also, how does the consumer come to know if the product is actually organic or not? This e-book attempts to encourage you to create your own organic body scrubs, form the choicest organic ingredients and not just save a lot of cash but also feel better and look gorgeous! Everyday kitchen ingredients make for the best scrubs, they are fresh and pure and you can customise the quantity and quality according to your own need and convenience. Customise the scrub descriptions in ratio and you have your own personal beauty line! Is it not so cool? Also, store the scrub packs in glass containers with lids and you have a professional looking, almost market bought, beautiful and organic wellness product right there in front of your eyes. Just get creative!

Scrubs also make great gifts – make your own, help friends and loved ones look beautiful organically and save a bomb on store bought cosmetics. Everyone likes a handsome gift, why not surprise someone right out of their shoes?!

So let’s centre in to the amazing world of beauty, finesse and being organic to the very core! We hope you enjoy the recipes provided in this book. Each recipe also contains a descriptive note about how beneficial it is for your skin. Read up and use; we have something for all your needs, be it exfoliation, glow, clean-up or

hydration. A word of caution – do not use any ingredient for which you have known allergy, intolerance or repulsion. It'll just defeat the entire purpose of the exercise.

What's inside?

• A short go on how to scrub correctly

The Recipes:

- Banana sugar body scrub
- Citrus salt or sugar scrub
- Grapefruit greatness
- Lavender and grape seed happiness
- Lemon and rosemary fun
- Pumpkin and honey desert scrub
- Coco-coffee scrub
- Gram and almond oil scrub
- Nourishing cucumber scrub
- Green tea aromatic scrub
- The pumpkin pie
- Very easy salt scrub
- The gentle oatmeal
- Peppermint and lavender foot scrub
- Orange ginger foot scrub
- Acne scrub
- Mint sugar scrub
- Olive oil scrub – Mediterranean style
- Blueberry lemon delight
- Satsuma and honey sugar scrub
- Peppermint candy cane scrub
- Baby scrub for soft skin
- Orange and clove wonder
- Stress buster
- Cinnamon vanilla soothing scrub
- Walnut fun
- Almond meal scrub with oils of choice
- Yogurt scrub
- Rice scrub with honey and lemon mango heaven scrub
- Grape body scrub
- Salt with a dash of Aloe Vera scrub
- The Pina Colada
- The pink pass

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