

## Organic Body Care Recipes Stephanie Tourles

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1 cup distilled water; 1 tbsp crumbled, dried orange rind; 1 tsp rose petals; 1 tbsp vegetable glycerin \* (In saucepan, bring water to boil, remove from heat, add the herbs, cover, and steep for 45 minutes. Strain into a storage container and add glycerin; refrigerate for up to one week.)

Organic Body Care Recipes by Stephanie Tourles

For the beginning to intermediate body care product crafter, Organic Body Care Recipes is a must-have for your personal library. This 378-page book includes valuable introductory information, relevant facts and tips, an ingredient dictionary, and as the book title implies, a large selection of recipes.

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Stephanie Tourles, author of The Herbal Body Book, A Spa of Your Own, and Naturally Healthy Skin, has graced our 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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Stephanie Tourles is the author of Organic Body Care Recipes (4.03 avg rating, 777 ratings, 60 reviews, published 2007), Raw Energy (3.94 avg rating, 438...

Stephanie Tourles (Author of Organic Body Care Recipes)

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Stephanie L. Tourles – Healing Remedies From Nature February 21, 2013 by MJ Hanley-Goff in Woman Around Town The Natural Beauty Workshop blog, review of Organic Body Care Recipes by Stephanie Tourles, click here Stephanie Tourles makes the case for raw food

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Westword, January 7, 2010 BY AMBER TAUFEN Holistic Esthetician Stephanie Tourles

About Stephanie Tourles | Herbal Skin and Body Care Expert

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

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Discover the joys of all-natural body care. Stephanie Tourles shows you how to use fruit, flowers, herbs, and minerals to craft healthy products that promote radiant skin, strong nails, shiny hair, and an elevated mood. Pamper yourself from head to toe with products like Strawberry Cleanser, Pineapple Sunflower Scrub, and Almond Rose Body Lotion. Gentle on your skin and free of harsh chemicals found in commercial products, you ' ll want to indulge yourself over and over with these luxuriously aromatic bath blends, face masks, and body scrubs.

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Make your own fresh, organic, and effective spa, skincare, hair-maintenance, and cosmetics recipes at home. Stephanie Gerber, founder and editor of Hello Glow, believes the journey to well-being can (and should!) be simple and beautiful, natural, and stylish. This is why her site, HelloGlow.co, is the trusted destination for organic wellness, nutrition, and skincare ideas. From masks of all flavors for all skin types,

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to soothing bath oils and invigorating scrubs, and from treats for your tresses to beauty-boosting DIY cosmetics, Hello Glow has you covered. Start your journey to a healthier life and look with this all-inclusive guide to natural beauty. Featuring a collection of favorite recipes, Hello Glow readers will discover: For the Face—more than 50 recipes to put your best face forward Brightening Geranium Moisturizer Cranberry Lip Gloss+Cheek Stain Balancing Rosemary-Thyme Toner For the Body—an indulgent collection of soaps, perfumes, bath mixes, and more Revitalizing Herbal Detox Body Wrap Cellulite-Soothing Kiwi Scrub Zinc-Coconut Sunscreen For the Hair—have a good hair day with these shampoos, masks, scalp scrubs, and sprays Ginger Hot-Oil Treatment Rose-Water Anti-Frizz Spray Nourishing Peach Scalp Scrub MORE THAN 100 DIY RECIPES: Find head-to-toe care solutions containing natural, easy-to-find ingredients HELPFUL STARTER SECTION: Get a comprehensive primer in basic skincare and organic ingredients to stock up on BONUS CONTENT: Includes favorite DIY recipes for facials and aromatherapy found in Stephanie ' s newest books: Hello Gorgeous and Essential Glow

Presents recipes made with raw foods for trail mixes, parfaits, energy bars, juice blends, smoothies, soups, veggie chips, dips, candies, and cookies that contain less than 250 calories per serving.

Keep your family healthy and chemical free by making your own natural remedies. Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments to treat a wide range of conditions. This comprehensive guide is filled with safe and effective cures for scores of common ailments, including headaches, backaches, arthritis, insomnia, splinters, and more. Take control of your well-being and stock your family ' s medicine cabinet with gentle, all-natural homemade healing formulations.

The Natural Beauty Recipe Book includes easy-to-make, homemade herbal recipes for the whole body. If you suffer from dry or oily skin, eczema, blemishes, or other common skin issues, trying out the natural recipes in this book may make a world of difference for you. Plus, replacing synthetic products with natural ones is better for your health, environment, and even your wallet! This book begins with a chapter outlining the different ingredients that you'll need in your home supply: oils, butters, waxes, essential oils, botanicals, and more. The rest of the book is broken into five chapters of simple beginner recipes for natural beauty. Scrubs, Lotions, & Potions covers exfoliating sugar and salt scrubs for your whole body, as well as homemade lotion, toner, face masks and even a portable hand sanitizer. Balms and Butters covers the basics of making balms like lip balm, cuticle repair, solid perfume, as well as body butter and even an all natural vapor rub recipe for cold and flu season. Tub Time! takes us to the bath with herbal salts, bath bombs, tub teas, melts, and soaks to soothe and repair tired bodies and minds. Many of these also make fantastic homemade gifts. Summer skin needs a little bit extra love and you'll find it in the chapter on Summer Skin Care. From sunscreen lip balm and sunburn lotion to bug sprays and insect bite relief, this chapter pampers your skin in every way under the sun.

Treat your feet with your own homemade and luxurious all-natural creams, lotions, and soaks. Stephanie Tourles offers easy-to-follow herbal recipes that provide gentle, soothing solutions to common foot ailments — from corns, bunions, and rashes to chronic dryness and cold feet. Tourles also includes illustrated instructions for a relaxing foot massage and suggests a number of exercises designed to strengthen and stretch your feet. Take a natural step toward soft skin and strong soles, and discover how good your feet can feel.

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All-natural beauty product recipes for healthy, glowing skin and a happier you! Stimulate your senses with Lemon Poppy Seed Scrub. Rejuvenate your skin with a Glowing Goddess Face and Body Mask. Wash away your worries with a Fizzy Mojito Foot Spa. Filled with all-natural ingredients like shea butter, essential oils, and brown sugar, each recipe in 100 Organic Skincare Recipes gives you the opportunity to mix up your own beauty products--without any of the hazardous chemicals you'd find in store-bought brands. Whether you have sensitive skin or just want to switch to a natural beauty routine, these step-by-step instructions will teach you how to use oils, herbs, and other easy-to-find ingredients to make amazingly effective organic skincare recipes. You will enjoy creating your own one-of-a-kind home spa products, such as Invigorating Ginger Citrus Body Wash, Carrot-Coconut NutraMoist Mask, and Chocolate Lip Scrub. With the beautiful, soothing products in 100 Organic Skincare Recipes, you'll always be just a few moments away from the luxury of your very own home spa experience, and an easy escape into tranquility, relaxation, and indulgence.

Garden Alchemy is a hands-on guide for do-it-yourself gardeners who want to turn their garden into gold using natural recipes and herbal concoctions (while saving both time and money!). This gardening recipe and project book is packed with over 80 ideas to naturally beautify your garden, using organic methods that regenerate your soil and revitalize your plants. By following the processes that are closest to nature, it brings the gardener in sync with the garden, allowing plants to thrive with less effort and less cost. Recipes for mixing your own potting soils and homemade organic fertilizers give you the freedom to choose what ingredients make their way into your garden. Step-by-step instructions for building a compost pile, concocting soil tests, and constructing inexpensive DIY seed-starting equipment are accompanied by gorgeous, full-color, step-by-step photography. You'll also find recipes for natural pest deterrents and traps, garden teas, and growth-boosting foliar sprays to help your garden grow strong all season long. Garden Alchemy starts with home experiments to help you get to know your soil and customize recipes for your individual needs. The rest of the chapters share how to decipher and combine natural ingredients to make the best quality amendments and elixirs. Detailed descriptions of earth-based materials demystify common ingredients, such as mycorrhizae, biochar, and greensand, and help you learn how to fix common garden problems with minimal effort. The simple method of making use of what you have available supports plants better than brand-name products. Dozens of recipes and projects include: Homemade seed bombs, disks, and tapes Granular and liquid natural fertilizer recipes DIY rooting hormone Herbal anti-fungal spray Plant propagation instructions Soil care recipes to adjust the pH and manage fertility 13 specialty potting mixes 7 clever traps for common garden pests Written by Stephanie Rose, the creative gardener, permaculturist, and herbalist behind the popular website Garden Therapy, this fun and beautifully illustrated book is packed with great ideas and inspiration for DIY gardeners who want to embrace their creativity and have more control of the garden's care.

Protect yourself, your children, your pets, and your home from bugs — without using harsh or toxic chemicals! Herbalist Stephanie Tourles offers 75 simple recipes for safe, effective bug repellents you can make at home from all-natural ingredients. For protection from mosquitos, ticks, and other biting insects, there are sprays, balms, body oils, and tinctures, with scents ranging from eucalyptus to floral, lemon, vanilla, and woody spice. There are also recipes for pets, such as herbal shampoo, bedding formulas, and flea-and-tick collars and powders. And Tourles includes repellents for the home, such as sachets that repel moths, carpet powders that repel fleas and ants, and

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essential oil repellents to keep your pantry pest-free. A detailed ingredient dictionary explains the properties of all the herbs, essential oils, and other key ingredients.

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