



# Organic Body Care: Homemade Organic Beauty To Nourish, Hydrate And Exfoliate The Skin

*Katherine Hopkins*

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Organic body care: Homemade organic beauty recipes to nourish, hydrate and exfoliate the skin With the plethora of beauty products available in the market these days, choosing skin care products has become a hard task because everything is inevitably synthetic and the few organic and natural products that you do see, are priced sky high! So, how then do you take care of your skin and protect it from the harsh pollution that surrounds our lives? Natural and homemade recipes for skin care are the answers to these incessant issues that plague us so. In addition to being easy on your pockets, these natural recipes are free from chemicals that can have adverse effects on your skin. There are many advantages in homemade products that you may miss when compared to the products available in the market. For one, you can customise the homemade recipes according to your likes and preferences. The lotions and moisturisers you'll create will smell great while also being non-greasy. What's more, these do not require any fancy tools either, you just need a pan to melt the ingredients, a low flame and an air-tight container to store the goods. This e-book gives you some simple recipes to try out and follow on a day-to-day basis to liven up your skin tone and make your body feel soft and supple! You don't need fancy serums or impossible to find ingredients to make the recipes found inside. In fact, almost all the ideas are borrowed from the things in your kitchen. Whether it's lemons, potatoes, tomatoes, milk or fruits, all the elements are everyday purchases that you may in fact make on a subconscious basis. This will help you stay true to your budget, yet change the way you look at beauty products. Everyone deserves some 'me' time and pampering yourself is the best way to get this. You can relish in the goodness offered by these simple home remedies that promise to provide some life altering solutions to life's little problems. Stay natural, stay nourished!! Nourish, hydrate and exfoliate your skin.

What's inside? • All you need to know about body scrubs • The Gram face pack • Lemon and honey scrub • Oatmeal mask • Shea butter hands moisturiser • Fun with face masks • Honey n peach mask • For a softer and lighter you • De-tanning face pack • Simple de-tanning recipe for those who need some lightening of the skin • Potato power pack • Sandal pack • Saffron cream pack • Wheat flower pack • Healthy hair care tips • Conditioner recipe • For lack-lustre hair • Homemade jojoba conditioner • Dry hair grievances • For frizzy hair • Lip love • Easy lip balm recipes • Easy lip stick recipes • Dazzling deodorant recipe • Lotion for your lovely self • Easy lotion recipe • Smooth and silky cream

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