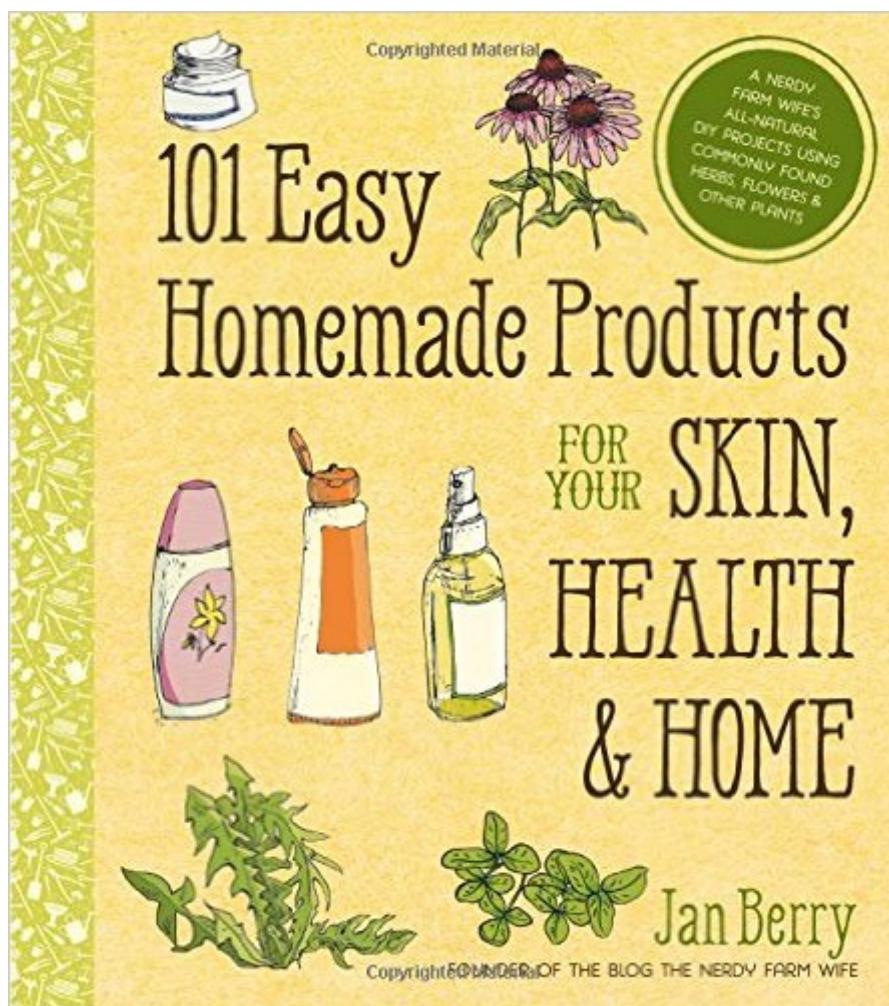


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# 101 Easy Homemade Products For Your Skin, Health & Home: A Nerdy Farm Wife's All-Natural DIY Projects Using Commonly Found Herbs, Flowers & Other Plants



## Synopsis

Go Green in Every Part of Your Life with These Easy, All-Natural Herbal Products Kick toxic, synthetic skin care products and cleaners out the door and bring the healing joy of nature into your life with the simple, versatile projects in 101 Easy Homemade Products for Your Skin, Health & Home. In this incredible resource, Jan Berry teaches you the basics of making your own skin care and hair care products, health remedies and household cleaners • then how to customize them into truly unique and personalized items! You'll learn how to make:- Honey, Rose & Oat Face Cleanser- Cool Mint Body Wash- Basic Calendula Lotion- Floral Salt Foot Scrub Bars- Basil & Lime Lip Balm- Lavender Oatmeal Soap- Violet Flower Sore Throat Syrup- Thyme Counter Cleaner- Lavender Laundry Detergent- And so much more! All of the projects are easy to make and use commonly found herbs, flowers, oils and other natural ingredients. No fancy equipment or previous experience required! If you don't have a certain ingredient on hand, Jan provides tips on how to substitute and what works best. Going green has never been easier or more affordable. With this book, you can use local, natural ingredients to make something beautiful, effective and good for you and your family.

## Book Information

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## Customer Reviews

I love this book! If you're into DIY natural products at home this book is for you. Most recipes require only a few ingredients, ingredients easy to find at vendors who sell oils and herbs like Mountain Rose Herbs, and most you can pick right from your yard like dandelion and sunflowers. I know a lot

of these recipes are effective because over the years I myself made very similar versions and had great results. I never wrote them down, so I am pleased to have Jan's book as a reference now. The pictures are stunning, the recipes easy to read and uncomplicated. I love that she gives a customizable recipe for the lotions, balms and salves so that you have a basic recipe to follow. There is even a section to making natural soaps and basic instructions- and unlike Anne-Marie Faiola who wrote Pure Soapmaking ( a joke about natural by the way)- Jan Berry's recipes ARE Natural and effective. (This girl is all about Natural). By far Jan is the Soap Queen of natural soaps and I have had way better success using Jan's natural soap recipes. There is no hidden agenda in this book either- she's not selling her company like the other Queen- Jan is a very knowledgeable in her field and loves to share her passion. She is bright, respectful and very helpful in her field. Her FB page is one of the best groups- informational supportive and full of great insight. I love that she included a small pet section and I am eager to try the dry shampoo on my short haired terrier when the snow stops blowing. There is a section for homecare and some great natural recipes. You can always double up her recipes to make larger batches. The beginning of the book explains about oils, butters and other additives, and even recommends tools you may need. Most of it we have or can purchase at second hand stores.

(PLEASE SEE UPDATE AT THE END OF THE REVIEW)I can not tell you how excited I was to receive this book. I mean, I LOVE making my own cosmetics and home products. Although I have had a few recipes I have used over time and a couple of books I refer to occasionally, this book, well, it really makes me excited.WHAT IS THIS BOOK LIKE?The book itself physically is delightful to look at and use. The cover is thick and textured with beautiful colors on it. It is not shiny, however, so if you spill on it, it might not wipe off as easily as you would like. The pages inside are thick and easy to use with a slight sheen to them so if you quickly wipe them off, they won't suffer too much. The color is like a tea tinted off white which makes them look delightfully antiqued. The font used is like old fashioned typewriter, another personal touch. The photos are beautiful and inspire me to want to make all of the recipes. The binding seems to be a lay flat binding, making it easy to use for recipes.LAYOUTThis book shines in this department. Very well organized, the layout is wonderful. In the Getting Started chapter, there is a great outline of common herbs and flowers with benefits. In each description you not only read a little blurb about the plant, but you get a list of recipes with page numbers that use this plant- that is STELLAR in my experience.Other sections of introduction teach you about ingredients, their uses, and drawbacks and longevity expectations. There is a great outline of tips and practical suggestions as well as equipment needed and preparation

times.RECIPESThe recipes are wonderfully laid out. There are many photos, but not every recipe has one with it.

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