



Botanical Beauty: 80 Essential Recipes for Natural Spa Products

Aubre Andrus

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Soak, scrub, and soothe your way to relaxation with simple homemade spa recipes from award-winning author Aubre Andrus. Using some of nature's best ingredients, such as beeswax, sugar, coconut oil, shea butter, avocado, sea salt, essential oils, and more, craft everything from a Cooling Peppermint Hand Cream to a Vanilla Honey Body Scrub. Make practical products, like your own all-natural Bugs-Be-Gone Insect Repellent, Minty Homemade Toothpaste, and Natural Shaving Cream. Or pamper yourself after a long day with a Re-energizing Tub Tea, Lovely Lavender Bath Salts, and a Deep Conditioning Treatment. Nourish your body from head to toe with these organic, handmade recipes and crafts, or package them as a gift to share a fresh, fun spa experience.

Botanical Beauty: 80 Essential Recipes for Natural Spa Products Details

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Author : Aubre Andrus

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From Reader Review Botanical Beauty: 80 Essential Recipes for Natural Spa Products for online ebook

Candice Gigous says

Botanical Beauty features 80 easy to make recipes for natural bath, beauty, and spa products. The recipe directions are easy to follow and the ingredients are easy to find, most you will already have in your kitchen. To make the recipes, no special equipment is required and the ingredients are budget friendly. The book has recipes for everyday bath and beauty products for hands and feet, body, face, and hair using simple, natural ingredients. You will find recipes for scrubs, soaks, sprays, creams, perfume, deodorant, face masks, lotion bars, toner, lip balm, face wash, toothpaste, mouthwash, hair products, and more. The book also features some DIY craft projects for hair wraps, headbands, nail art, eye pillows, sachets, and more. The book also has tips on storing the finished products, cleaning up, and giving your homemade products as gifts. With all the toxic and chemical ingredients in most beauty products, making your own natural ones is great idea. The only problem that I had with this book was that vegan alternatives were not included for the non-vegan ingredients. Candelilla Wax can be substituted for beeswax and Agave Nectar can be substituted for honey. I recommend this book for people looking into making their own natural beauty and spa products. For another beauty product making book, you may want to check out the Compassionate Chick's Guide to DIY Beauty. I received an advance copy from NetGalley in exchange for an honest review.

Hilary says

Pamper yourself with homemade beauty products using the simple recipes from award-winning author Aubre Andrus, who is also the former Lifestyle Editor of American Girl Magazine where she developed crafts and recipes for readers around the world. Using natural ingredients such as beeswax, sugar, coconut oil, shea butter, avocado, sea salt and essential oils, Andrus walks readers through the steps to make body scrubs, hand creams, toothpaste, and even insect repellent. The selection of recipe is wide and varied. The results offer the opportunity for a rejuvenating spa-day at home or a thoughtful DIY gift. Colorful photos and eye-catching layouts make the attractive book exciting to page through while helping to clarify the steps of each project. Intended for middle school students, this volume will appeal to readers of all ages.

Judy says

geared for teens, this is a great, simple book with some wonderful 'recipes' for making your own natural products. only 3-4 ingredients and sticking with the basics, a good introduction to making your own beauty products.

Olivia (The Candid Cover) says

4.5 Stars

This is not a book that I typically review, but when I saw it on NetGalley, I couldn't resist checking it out for

all of those awesome DIY spa recipes! Botanical Beauty has a multitude of great recipes and ideas to make your own bath bombs, lotions and many other beauty products. This book is gorgeous and contains very simple instructions and tips. The only criticism that I have is the fact that some of the required items, such as essential oils are quite expensive.

If you are like me, bath bombs and salts have become a frequent purchase that can really add up. For gift giving, they are my favourite go-to items. Since I have had a copy of this book since before the holidays, I was able to create a few of the recipes for friends as gifts. Not only did I have fun, these gifts were just a little bit more special, as they were handmade.

Many of the ingredients are most likely already in your cupboard, making many of the recipes super easy to put together. The tub teas are a mix of sea salt, oatmeal and essential oil. They are not only easy to make, they are customizable, as you can choose the scent that you would like. I have had lots of great feedback as well and I can honestly say that they are soothing and skin softening.

While there are quite a few bath products and gifts that can be made with just a few ingredients from your kitchen, some of the more elaborate recipes will require a trip to a natural food store. Items such as coconut oil, shea butter and essential oils are needed to create the lotions and lip balms. I found that a few of these products were a bit more pricey than I expected, so I suggest that you shop for deals or investigate the cost of the necessary items ahead of time. It is definitely worth the cost up front if you do intend on making a large quantity of certain recipes.

If you are looking to try your hand at creating some of your beauty products, I highly suggest checking out Botanical Beauty. This book is jam-packed with recipes that are easy to follow and the images are also quite stunning. I have been whipping up quite a few of the tub teas and while I love shopping for those expensive bath products, these recipes are fun and definitely well-received gifts!

Erin *Proud Book Hoarder* says

I've read several of these sorts over the years. Some useful, some common sense, some a little silly. Botanical Beauty is one of the better ones, filled with beautiful pictures and a wide variety of botanical products to make at home.

They don't skimp at all on the pictures. Bright colors, large details, entire pages covered with images that have overlaying text. Creative layout of images blends with the text blocks. Visually pleasing.

Try this one for creative size - homemade nail wraps using plastic shopping bags as a secret ingredient in the blend.

I was surprised the muscle cream/butter didn't use any menthol crystals. Most of the blends do in general and it makes it more effective.

There are scrub recipes a-plenty....several for the hands, the feet, and then the body scrubs.

More than just beauty product recipes, there's interesting instructions for a bath spa towel wrap that will have long-time use, temporary pedicure sandals, and something called "Shower steamers." Never heard of the shower steamers before, which are basically showering air fresheners. The crafty instructions in this book that went above and beyond just skin recipes makes it better than a lot out there right now on the market. There's a few crafts for hair too.

If you enjoy these types of books, I recommend this one - plenty of stuff to make and keep you occupied. The end of the book even has some creative ways to put these together by theme for gifts.

Thank you to netgalley for providing this.

debbicat ?~Traveling Sister says

I really enjoyed this! 5 huge stars from me!

I am eager to try out some of these spa recipes. I have become more and more interested in making my own products in recent months. I was just reading an article online last night that advertising can be very false..and sometimes, well, "all natural" isn't that all natural at all.

I am also in the process of switching all my products to natural ones, or ones made by cosmetic companies who do not test on animals. I am a big fan of LUSH cosmetics for that reason. But, when I was reading this book and jotting down recipes to try for softer feet, silkier, smoother skin, lots of bath essentials, I thought to myself, "I can make these! And not spend all that money online ordering from LUSH!" Hah!

I can hardly wait to try out a few of the sugar scrubs. There is a little boutique down the street that sells those nice homemade ones for a pretty penny. They do smell so nice. They usually have a sample in the bathroom to try for your hands. I will be trying out a few of those from this book first, and making my own for much less.

Many, many thanks to Netgalley and the publisher for giving me a digital copy of this book in exchange for a review. I highly recommend it! I also plan to go out and purchase a copy for myself when this book is published. I am thrilled to have an ARC of this! A great resource for any gal to have.

Cheri says

!! NOW AVAILABLE !!

Last year, in the time leading up to Christmas, we made candles, a certain 10-year-old girl and I. She had wanted to dabble in making lotions and soaps and such, but I didn't get the right supplies in time to do that, and so we made beeswax candles, which was a lot of fun with her. She made one for everyone in the family and some of her friends.

This year, I was hoping that if I started planning a little earlier I might manage to come up with some "beauty" treatments for her to make for gifts, and this book truly excels in everything beautiful. Not only are

the photos beautifully done, but also the choices of “recipes” are terrific. Toothpaste. Scrubs. Lotions. 80 Recipes.

Most of the ingredients are things you’d likely have in your cupboard, if not, these are all ingredients you should be able to find at a store local to you. All natural beauty products.

Hands and Feet: 16 recipes

Body: 15 recipes / instruction

Face: 15 recipes / instructions

Hair: 18 recipes / instructions

There are so many to choose from, and they can be done fairly easily. If you (or your teen) can follow instructions on a cake mix, you can follow these. I am sure we’ll be creating many of these!

Pub Date: 1 March 2017

Many thanks to Capstone / Switch Press, Netgalley and to author Aubre Andrus for providing a free copy for reading and review

Heidi Pepin says

Love it! Perfect for the pre-teen through the adult, the recipes and ideas are simple but effective. My 8yo daughter loved the tub teas, the dry shampoo, and the cinnamon vanilla whipped body butter, in addition to the others.

There's also a plethora of craft ideas - how to decorate a body pin, how to decorate a gift, even hair teas and headbands.

Some things are definitely geared towards the younger set but there are plenty of good ideas for adults too. The coconut lip balm and minty homemade toothlaste caught my eye.

We got this book out of the library but I may gift it to my daughter for Christmas too! (And then borrow it!)

roxin Net says

I was definitely on the lookout for an updated DIY spa-book and this one was perfect! Simple spa suggestions and explanations of the ingredients really helped me focus on which remedies I wanted to try. It also includes packaging, cleaning, and safety tips which are fantastic. Some recipes really were good enough to eat (or smelled good enough to eat) which was also something I really appreciated!

Shari says

This is really an awesome book for homemade beauty products. I made lip balm last month for Christmas and I liked it so much, I’m never buying it at the store again. I want to try making my own soap next! This

book has a ton of recipes to try and most of them are really simple.

Jana says

Botanical Beauty contains 80 "essential recipes for natural spa products" written and compiled by Aubre Andrus, and most of these recipes seem like they would be a lot of fun for group activities like sleepovers, birthday parties, or bridal/baby showers. Quite a lot of them have easily-accessible ingredients like sugar, salt, coffee grounds (unused, of course!), or Epsom salts. The quantities made by each recipe tend to be quite small, making a single face mask or a few ounces of a freshening spray, so the products should be easy to use up before the ingredients go bad, which is a definite point in the book's favor. The last thing anyone needs is to open a drawer or medicine cabinet and discover that a jar of solid perfume has turned rancid! There are also some fun fabric crafts that readers can make, like shower poufs or hair wraps, which don't require any exotic-sounding elements, but will require familiarity with scissors and fabric glue.

I have sensitive skin and generally don't keep items like jojoba oil or beeswax pastilles around, so I didn't try anything as daring as the "Acne-Fighting Face Lotion" or "Strengthening Lavender Balm," but I did have the ingredients on hand to make the recipe for "Vanilla Coffee Lip Scrub," so I gave it a shot. Mixing together a small batch was easy, and rubbing the scrub on my lips did make them a little smoother, though the coffee aroma lingered longer than I thought it might.

I definitely appreciated that Andrus included a lot of information with regards to safe handling of ingredients and finished products, especially if ingredients need to be heated or if the product is meant to be used in the shower. There's nothing wrong with being cautious, and coating your tub with coconut oil is a good way to end up injured. Her overall tone is encouraging and informative, though I would have liked to see a little more information about what types of essential oils she intends for her recipes, since some of them aren't intended to be ingested or used on skin. Overall, this would be a good book for teen readers (or older), but I'd recommend adult supervision for them when purchasing and mixing ingredients.

I received a free advanced review copy of this book from the publisher in exchange for an honest and unbiased review.

Review cross-posted at Amazon.

Jessica ? says

It is impossible to read this book and not feel inspired to create. The recipes inside are easy to understand and use accessible ingredients -- no more having to order obscure things off of the internet. Inside, you'll find bright and colorful photographs of the products themselves, so you don't have to guess what it's supposed to look like when it's finished.

This is a great addition to any library collection, and a great gift. Many of the recipes could be made by all ages and would be a popular group craft in social settings, like home parties or community programs.

I received this book via Netgalley in exchange for an honest review.

Tami says

Copy received from NetGalley for an honest review.

I loved this! I love essential oils and I make a lot of my own products, so I can't wait to try out all of these recipes.

This book is full of so many products - like hand cream, muscle butter, shaving cream, face masks, lip balm, mouthwash, and more! They all looked easy and inexpensive too, which is a plus.

I feel like this is a book that every DIY beauty lover should own.

Dorothea Collyear says

This is a little gem of a beauty book , packed full of fun ideas for " all natural and organic " beauty products! Young girls need to learn early how to pamper and take care of themselves at the same time , and they just can't do that by putting harmful chemicals onto their delicate skin .This book shows you how to do that , all in fun and easily accessible ingredients and recipes. I loved the lavender bath salt recipe and the wonderful smelling honey /vanilla body scrub recipe.

Thanks to Netgalley for this wonderful ebook in exchange for my honest review.

Robin Willson says

I have an autoimmune disease and I'm on a natural diet. I was looking for some natural solutions for hair and body, so I thought I'd take a look at this. Honestly, I wasn't expecting much. Over the years I've seen recipes for home made beauty products and I've never been impressed. But this book is full of great ideas and recipes that I can't wait to try.

Simple, natural healthy ingredients you mix together in the right proportions. Since there are no preservatives or chemicals, they have a shorter shelf life. But the idea of freshly made products appeals to me too. There are some ingredients that I truly would never think of using.

I was also pleased to see great packaging ideas and cool tricks. Neat things to do with nail polish, a plastic sandwich bag, ribbons and cardstock. Make neat foam pedicure slippers, hair holders and towel wraps.

A good investment!

I received this book from the Publisher in return for an honest review. My remarks are my own opinion about the book.

