



## **Herbs for Natural Beauty: Create Your Own Herbal Shampoos, Cleansers, Creams, Bath Blends, and More. A Storey BASICS® Title**

*Rosemary Gladstar*

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Look great, smell wonderful, and feel good as you make your own homemade natural body care products. In this Storey BASICS® guide to holistic beauty, Rosemary Gladstar shares more than 30 simple recipes for cleansers, moisturizers, and creams comprised of essential oils and herbs. Make unique shampoos for lustrous, fragrant hair and learn Gladstar's amazing five-step system for glowing skin. Skip the harsh commercial ingredients and use nature's closet to keep your body healthy and beautiful.

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Author : Rosemary Gladstar

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# **From Reader Review Herbs for Natural Beauty: Create Your Own Herbal Shampoos, Cleansers, Creams, Bath Blends, and More. A Storey BASICS® Title for online ebook**

**Abigail says**

Really great information & very clear fast read! One of my favorites!

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**Janis Lai says**

Can't wait to try out these formulas for wholly home-made skincare! I've been more and more dissatisfied with factory made skincare products that are pricey and non-effective. Knowing what actually goes onto my face is important to me as skin is how we interact with the outside world, and absorbs a lot of toxins every day! I like that this book gives a great overview on what each common ingredient generally comes from and what they do. I wouldn't mind more technical details but this is fine too. I especially love the facial routine part!

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**Kei says**

She has a wonderful voice and approach to herbs and healing and beauty.

Most of what was in here I had read previously in one of her other books, but there was a bit of new, and having the smaller - more specific - reference is not a bad thing.

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**Rachel says**

Great read and very informative.

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**Lorraine Adams says**

Rosemary Gladstar is the queen of herbal knowledge, as far as I am concerned. Every book I have read I have loved and learned much. Highly recommended, especially if you are a woman.

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**Todd McGinnity says**

**Love Rosemary!**

A great book for those seeking ways to be a natural beauty. Rosemary Gladstar is a brilliant herbalist. I just love her work.

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### **Marisa says**

We are new to this world of clean living and Herbs for Natural Beauty is the perfect book for someone like my daughter and myself. There is so much information here and the recipes are easy to do. We have enjoyed playing around with them. I especially love the face cream and bath salts. Great book for us to have.

This ARC was given to me by Netgalley for my unbiased review.

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### **Melissa says**

I received an advanced copy of this book from the publisher through NetGalley.

This is a fantastic book for learning the basics of all natural skin care. When you do an Internet search for all natural beauty recipes the results can be overwhelming. But Rosemary Gladstar has made a simple yet effective guide for anyone who is just starting to make and use their own beauty remedies.

Gladstar begins with giving us a list of necessary kitchen tools and ingredients. One of my favorite recipes in the book is the "Green Goddess Facial Serum." The serum includes a list of the best ingredients that will make your skin glow and the serum is very easy to make. I prefer making serums over creams or lotions because they are easier and quicker to put together.

Another of my favorite recipes in the book is the one for tooth powder. I have been making and using my own tooth powder for about a year now and my family's dental health has never been better. Gladstar recommends putting some ground myrrh powder in the mix, which is something that I have never tried before.

HERBS FOR NATURAL BEAUTY is a fantastic resource and I highly recommend it for anyone who is tired of putting toxic and expensive unguents on the face and getting no results. Natural is the way to go!

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### **Holly says**

If it seems like making your own concoctions for health and beauty products is "in" right now, you're probably right. Bloggers everywhere have jumped aboard, there are recipes everywhere for body scrubs and face washes, and Internet sources abound for essential oils and herbs. But what if you're new to this, and you're not sure where to start? What if you just want a simple guide for beginners? Rosemary Gladstar, lifelong herbalist, is here to help.

"Herbs for Natural Beauty" is one in Storey's new series of books about using herbs for everyday things. In this book, Gladstar presents the basics of how to make your own herbal beauty products, from skin care products (including facial scrubs, moisturizers, and even aftershave) to bath products (bath salts, body scrubs, and tooth powder) to hair care products (herbal shampoos and ideas for using henna to color your

hair). This is by no means an exhaustive guide to making your own anything, but it does cover the basics quite adequately, using supplies that are readily available at your local health food store or online. Her instructions are straightforward and she provides a detailed explanation of the different kinds of ingredients she uses, as well as what purpose each one serves. This is a great starter guide.

Review originally written for San Francisco Book Review.

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### **penny shima glanz says**

This is an invaluable resource to beginning to make your own facial cream, body butters, massage oils, bath salts and scrubs, lip balms, and more -- right in your kitchen with many ingredients already found in your pantry. Gladstar's experience is distilled into clear instructions full of common sense and helpful tips and charts for going beyond the recipe. She also explains how to use the items with helpful routines, such as a five step skin care routine, a step-by-step guide to applying henna, and the secrets to the perfect pampering bath.

Note: I received an advanced copy of this book from the publisher through NetGalley.

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### **Emily says**

I like Rosemary's personality and philosophy. The book contains foundational information and recipes that seem very approachable. I like to try some soon, especially the hair and teeth products.

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### **Deborah Davis says**

This is an excellent book for creating your own beauty products, from hair care to make up, but my favorite parts are about baths. A must read for anyone trying to break away from the mystery chemicals plaguing our cosmetics.

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### **Kate Grandbois says**

Fun, easy read with accessible recipes!

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