

The book was found

Make Your Own Essential Oils And Skin-Care Products



Synopsis

There are many books available on using essential oils - now there is one on how to make your own. Making your own essential oils can be a fascinating hobby or, for the professional aromatherapist, a way of ensuring that your products are fresh, unadulterated and organic. The book also describes how to make creams, lotions, balms, gels, tinctures and other skin-care products from the essential oils and distillate waters you have produced.

Book Information

Paperback: 206 pages

Publisher: Low-impact Living Initiative (LILI); 2 edition (December 23, 2013)

Language: English

ISBN-10: 0956675158

ISBN-13: 978-0956675156

Product Dimensions: 6.1 x 0.4 x 9.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #1,093,633 in Books (See Top 100 in Books) #41 inÂ Books > Engineering & Transportation > Engineering > Chemical > Cosmetics #84 inÂ Books > Science & Math > Chemistry > Clinical #632 inÂ Books > Textbooks > Engineering > Chemical Engineering

Customer Reviews

I had never tried making lotions before, but after becoming aware of all the harmful ingredients in commercial products and the outrageous prices for 'natural' products, I thought I would give it a try. This book gives you the perfect formula, works everytime, and I can add whatever I like as additives. At first I had difficulty finding the emulsifiers listed in the book, but they have become readily available and at reasonable prices. I find them at the hearbie. Read the book several times and ensure you understand the process, I convert the metric measurements to ounces by using resources on the internet to make like a little easier. It doesn't take long to make about 16 ounces of creams or lotions and I've even made hair conditioners as well. The title is misleading as making essential oils is not the only information this book offers. The emulsifiers used in the book are some the most non-toxic I've been able to locate that are availiable to the home lotion maker. I've used beeswax to make lotions before but this is too greasy for my taste, this book provides you with a way to make non-greasy, commercial quality skin care products, quite easily. I don't have a hotplate, I just use the kitchen stove and measuring cups in pans of water. I use a stick blender for

the initial mixing, but then revert to a wisk as the stick blender adds too much air into the creams. I love this book and highly recommed it to anyone who wants to make a commercial quality lotion or cream at a fraction of the cost of store prices, that can be customized to your personal needs.

I love the book and all of the details in the book. My only complaint is that some of the suppliers (such as the one for the distiller kit that is used in this book) no longer carry the items that are described! That was disappointing! But otherwise the book is great!

Look no further this is IT. I bought this as a companion to my new still and would have been lost without it. Clear, concise and applicable to the process. It reads and functions just like a cookbook!

This book is excellent and thorough..however you almost have to have a certain level of chemistry knowledge to put any of it to use.

A very informative book!Now I just need a steam distiller to make my own essentials. I doubt I will use the press/oil method as I am not that committed and can purchase quality jasmine oil at my local health store.

I bought this book to learn how to distill oils. it goes through a lot of info on the many different types of extraction processes and equipment involved.

I like this quite a bit only because it is hard to find other references for making your own oils. Goes into making skin care products which may or may not be useful to you.

Great book, explains in lay manâ™s terms chemical procedures of distillation various products like for example essential oils.

[Download to continue reading...](#)

Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergie) Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Make Your Own Skin Care Products:

How to Create a Range of Nourishing and Hydrating Skin Care Products ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Big Collection Of Essential Oils: Amazing DIY Recipes Of Essential Oils Blends, Soap Making And Repellents: (Diffuser Recipes and Blends, Skin So Soft Insect ... (Natural Remedies, Essential oils) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Make Your Own Essential Oils and Skin-Care Products Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Make Your Own Cosmetics: Recipes, Skin Care, Body Care, Hair Care, Perfumes, and Fragrancing, Herbs, Essential Oils, Cosmetic Ingredients... (Neal's Yard Remedies) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Skin Picking: for beginners - How to recover from Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment and Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Eczema: The Definitive Eczema Cure - How To Overcome Eczema Forever And Live Your Life! (Skin Conditions, Dermatology, Eczema, Acne, Psoriasis, Skin Care, Essential Oils Book 1) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes

[Dmca](#)