



Making luxurious, heavenly scented homemade beauty products is surprisingly simple and incredibly satisfying



MAR GÓMEZ has a diploma in naturopathy, dietetics and nutrition, and collaborates with a variety of media outlets. She also leads workshops on making natural products and has written several books.

the best natural homemade skin & hair care products

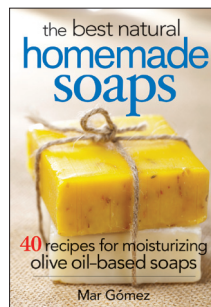
Discover and create skin-care formulas that are just right for your face and your body. Designed to treat dry skin, oily skin and everything in between, these simple-to-follow recipes feature a wide range of therapeutic and health-enhancing oils from around the world, including everyday favorites such as flaxseed and peanut oils, and exotic options such as baobab and argan oils. With these rich oils and other widely available natural ingredients, you'll be able to create soothing, effective creams, ointments, balms, masks, body scrubs, shampoos and even sunscreen!



Featuring:

- 175 formulas to treat all types of skin
- Step-by-step instructions
- Handy tips for buying ingredients and getting started, plus helpful storage information for your finished products

Also available



\$24.95 USA
\$24.95 CAN

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175 recipes for creams, balms, shampoos & more

Mar Gómez

Author of *The Best Natural Homemade Soaps*