



the complete guide to **natural homemade beauty products & treatments**

Pamper yourself naturally. These 175 soothing, luxurious homemade beauty products contain 100% natural ingredients that cater to your skin's unique needs. Based on aromatic and medicinal plants, flowers, fruits and essential oils, these easy-to-follow recipes will make you feel beautiful outside while they increase your well-being inside. You'll learn how good nutrition and health-enhancing habits can help bring out your natural beauty and give you a youthful, gorgeous glow. And with recipes that treat everything from your hair down to the soles of your feet, you'll discover formulas that are perfectly tailored to every inch of your body.

Look younger and feel healthier from head to toe! Make your own all-natural products and treatments for face, eyes, mouth, hands, nails, hair and body, plus relaxing bath soaks, scents and sun-care formulas



Nourishing Almond Oil Cream



Dandruff-Fighting Avocado Softener

AMELIA RUIZ is a cosmetologist, an esthetician and the technical director of Fahle Ecolines, a distributor of natural and organic cosmetics. She trained in Germany in the natural esthetic methods of the world-renowned Dr. Hauschka Skin Care. Since 2000, she has taught estheticians across Spain how to make these holistic beauty treatments.

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175 recipes
from scrubs
& masks to
moisturizers
& shampoos

Amelia Ruiz