



# Do-It-Yourself Herbal Medicine: Home-Crafted Remedies for Health and Beauty

*Sonoma Press*

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**The Modern Guide to Using Herbs and Essential Oils**

You don't have to identify with the goddess or Earth Mother labels to get going with holistic treatments for your everyday health needs. If you already buy organic produce, make an effort to eat whole foods, and tend to choose Method products over Windex, it only makes sense that that you'd approach your health, wellness, and beauty regimen with a similarly all-natural approach.

*Do-It-Yourself Herbal Medicine* inspires you to easily and affordably take charge of how you look and feel by sharing simple and fun recipes that use Mason jars, sauce pans, and even your French press in creative ways. In these pages, you'll find:

- Down-to-earth info on the exploding popularity of essential oils and why they're so effective
- In-depth profiles of 5 must-have herbs to kick off your herbal medicinal projects, as well as 30 additional herbs to get to know and use
- Over 200 recipes for face and hair care, body and skin care, intimate care, mental health and wellness, common ailments, home cleaning products, and self-care for the day common occurrences, from a hangover to a Netflix binge watch

Improve your health and empower yourself today with these simply, powerful remedies.



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People live in this new day time of lifestyle always make an effort to and must have the free time or they will get great deal of stress from both everyday life and work. So , once we ask do people have free time, we will say absolutely indeed. People is human not just a robot. Then we question again, what kind of activity have you got when the spare time coming to anyone of course your answer can unlimited right. Then do you ever try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read is definitely Do-It-Yourself Herbal Medicine: Home-Crafted Remedies for Health and Beauty.

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