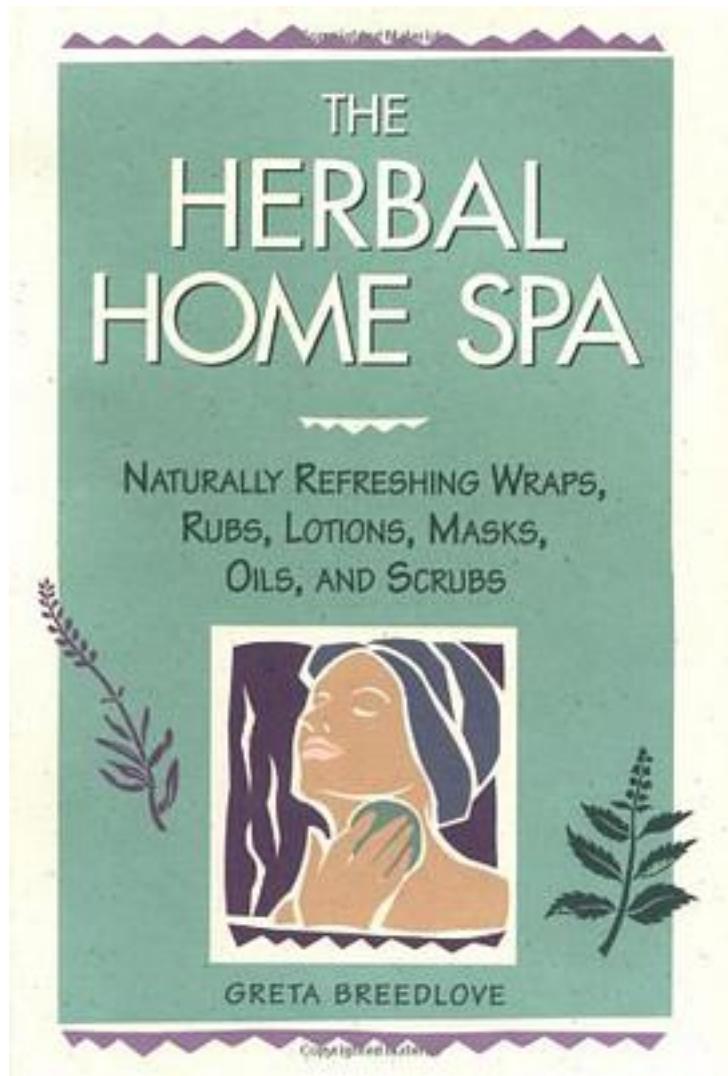


The Herbal Home Spa



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出版者:Workman Pub Co

出版时间:1998-4

装帧:Pap

isbn:9781580170055

Can't afford a week at a spa? Now you can recreate the same soothing spa atmosphere and pamper yourself from head to toe with the luxurious, yet easy-to-follow recipes in "The Herbal Home Spa." Virtually every page is packed with recipes for all-natural personal care products that are healthier, less expensive, and often more effective than those pricey items in spas and salons. You'll also learn how to combine several recipes for an all-day spa treatment, or incorporate individual treatments into your daily, weekly, and monthly routines. These easy-to-make recipes include facial steams, scrubs, masks, and lip balms; massage oils, baths, rubs, and wraps; hand, nail, and foot treatments; and shampoos, dyes, and conditioners. Includes bathing rituals and massage techniques.

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