

The book was found

# Organic Homemade Lotion Recipes: How To Make Your Own Body Lotions For All Skin Types



## Synopsis

The first step in picking out the correct products and in making homemade creams and a lotion is to use something that's right for you. Depending on your age, diet and genetics you will primarily fall into one of the following 5 skin types: 1. Normal Skin The simplest to maintain normal skin has little to no oily spots, maintains regular circulation with little to no trouble spots. It's fairly elastic and looks healthy with very little make-up and attention. 2. Oily Skin Most prone to breakouts, the trouble zones are usually in the T zone of your face (forehead, nose and chin); oily skin tends to have oversized pores and can look greasy or shiny. With the right creams and proper diet its oil levels can be maintained. Oily skin tends not to have much wrinkling or aging. 3. Dry Skin Most people with dry skin feel tightness after washing their face and easily flake around the mouth and nose with dry spots. Dry skin is prone to aging and wrinkling and it's important to properly moisturize and nourish it regularly. 4. Sensitive Skin The sensitive skin type becomes irritated easily, gets red and dry spots and breaks out easily. This skin type is like a historical map " it tends to wear all of its battles for all to see. The type of creams and lotions applied on sensitive skin is extremely important as an irritation or reaction can occur with certain ingredients and chemicals. 5. Combination Skin The most common skin type in women, combination skin is both oily and dry. Combination skin tends to be dry on the cheeks and around the eyes and oily spots on the forehead and nose. IT requires more cleansing in the oily areas and sensitive creams without too much oil in the dry areas. In this guide we focus on the three extreme skin cases grouping normal, combination and sensitive into a Sensitive Category. Because combination and normal skin is the most adaptable to most products, anything created for sensitive skin will only promote health and the look of younger, suppler skin with a clear complexion. The other two are oily and dry skin types.

## Book Information

Paperback: 52 pages

Publisher: CreateSpace Independent Publishing Platform (January 26, 2015)

Language: English

ISBN-10: 1507741456

ISBN-13: 978-1507741450

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.5 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (35 customer reviews)

Best Sellers Rank: #1,150,996 in Books (See Top 100 in Books) #79 in Books > Cookbooks,

Food & Wine > Regional & International > Canadian #405 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Applique #423 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Organic

## Customer Reviews

This is a quick no-frills book on how to make homemade hand and facial creams. That will take care of dry or cracked hands feet and faces you will also learn that honey and beeswax are one of the most important parts of any hand cream, and why store-bought variations are so expensive (because it takes a fair amount of honey and natural beeswax to make a decent cream). I was very interested to learn the difference between a lotion and cream. The major difference is that lotion contains more water or other natural language, whereas the cream has far less water and is of a thicker consistency. I was interested in this book because I am outside a lot during the winter, and therefore end up with severely chapped lips and hands on a regular basis. And sadly, there aren't very many manly versions of protective hand creams available on the market that do not come with a fairly hefty price tag attached for what you get. So I decided to do some research and see if I could make my own natural-based creams to protect my hands and lips and save a little bit of money in the process. I stumbled across this book, and I must say I'm very pleased with the results. It explains the five major skin types and how to configure cream for let's say very dry skin versus skin and contains a lot of oil, as compared with what is considered to be normal skin. This one definitely has no-frills, and no gimmicks and his relatively short, but that is okay by me, because there is nothing in these pages that I don't absolutely need to know to make a usable. 100% natural, organic cream, when I need it. Of course there are creams in this book such as anti-aging and face creams.

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

Organic Homemade Lotion Recipes - For All Skin Types (The Best Lotion DIY Recipes): Lotion Making For Beginners (organic lawn care manual, organic skin care, beauty and the beast) Organic Homemade Lotion Recipes: How To Make Your Own Body Lotions For All Skin Types 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) Homemade Lotion Guide: 25 DIY Body Lotion Recipes From Kitchen Ingredients For Your Skin Herbal Body Lotion: 25 Ways To Make Lotion In Your Own Kitchen For Gorgeous And Radiant Looking Skin Homemade Lotion:: Homemade Lotion Complete Simple Guide for a Beginner Organic Body Care Recipes Box Set: Organic Body Scrubs, Organic Lip Balms, Organic Body

Butter, And Natural Skin Care Recipes BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Make Your Own Hand Lotion: A Healing Alternative to Traditional Lotions (The Backyard Renaissance Collection) 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) Organic Homemade Lotion: Over 50 Natural Recipes That Ensure Comfortable, Soft Skin And Long-Lasting Hydration Smart Lotionmaking: The Simple Guide to Making Luxurious Lotions, or How to Make Lotion from Scratch That's Better Than You Might Buy and Costs You Less Soap Making: How To Make Homemade Soap: 32 Easy DIY Homemade Soap Recipes for Home (Homemade Body Butter Recipes and Soap Book 1) 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) Soap Making: Essential Guide For Absolute Beginners. 20 Homemade Organic Recipes: (How To Make Soap At Home) (Aromatherapy, How To Make Soap, How To Make Homemade Soap) GREEN BEAUTY RECIPES: Easy Homemade Recipes to Make Your Own Organic and Natural Skincare, Hair Care and Body Care Products Homemade Repellents: 21 Natural Homemade Insect Repellents for Mosquitos, Ants, Flies and all the other Pests(Travel Insect Repellent, Organic Insect Repellent, ... Homemade Repellents, Natural Repellents) The Ultimate Guide To Skin Whitening: The Permanent, Most Effective Solution For Increasing Complexion And Having Beautiful Skin (Beautiful Skin, Improve ... Complexion, Become Fair, Skin Pigmentation) DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products) 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)

[Dmca](#)