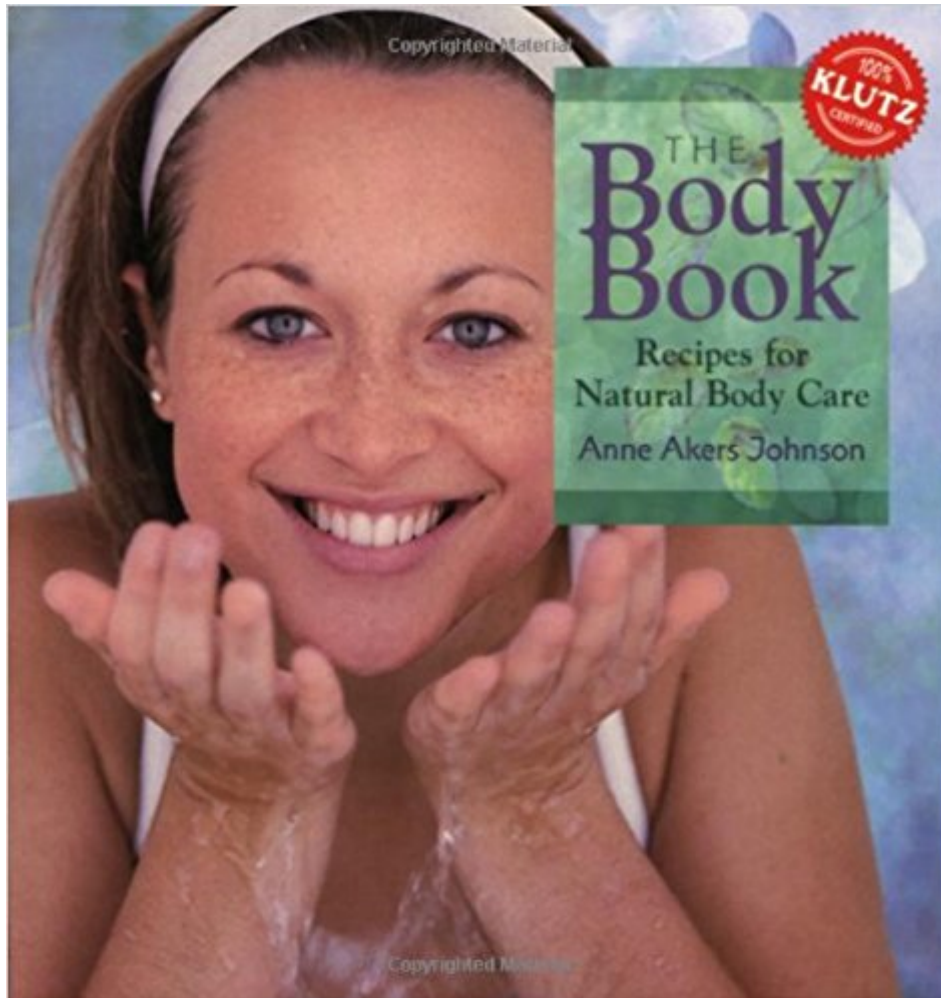




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# The Body Book: Recipes For Natural Body Care



## Synopsis

A cookbook of simple, natural recipes for treating hair, skin and nails. Comes complete with a home spa kit, including a nail buffer, facial brush, pumice stone, three essential oils (lavender, peppermint and tangerine) and more. For tweens and teens, this book is a natural. PUBCOMMENTS: Winner of Canadian Toy Testing Council Children's Choice Award, DiscoverySchool.com Award of Excellence

## Book Information

Spiral-bound: 80 pages

Publisher: Klutz; Book and Access edition (March 2001)

Language: English

ISBN-10: 1570545901

ISBN-13: 978-1570545900

Product Dimensions: 10.6 x 8.8 x 1.7 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.6 out of 5 stars 13 customer reviews

Best Sellers Rank: #2,008,571 in Books (See Top 100 in Books) #35 in [Books > Teens >](#)

[Personal Health > Personal Hygiene](#) #996 in [Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene](#) #4538 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Fun stuff for girls and boys to do with Moms or Aunties, ages 9 or 10 'til .... 13 or 14 for boys, but the girls still use some of these recipes in their 20's!! Some of the recipes are really effective, some are just fun. But a great book to use when wanting to introduce a more sophisticated level of skin care as well as the concept that everything does NOT have to cost a fortune.

The book arrived used and dirty! Even though it was suppose to be new. It was suppose to come with a kit but kit was missing. I was highly disappointed with this!

Bought two of these books as gifts for Christmas for neices (ages 13 & 14). Great book! Wish I'd had this at their age!

When I first bought this book, I was worried that it wouldn't be worth 20 bucks because it had only 70 pages, I was sooooo wrong! This book is my first spa recipe book, if I could describe it in one word, it'd be wow. Just wow. The nail buffer that comes with it is soooo cool. I never knew how to get rid of the ridges on my nails and make them shiny until I read this book and used the nail buffer. This book changed a part of my life! A biiiig part. It even comes with pumice! The miracle of this rock is fantastic, it removes dead skin cells (doesn't hurt a bit) Though I should tell you, it may be kind of a challenge to find rosewater and citric acid. (I haven't found it yet but I just got this book 2 days ago.) Anyway, EXCELLENT PRODUCT! a must-have for spa lovers or people who are really tense.

\*\*\*\*My mom bought this for 10-year-old Amanda, who has eczema, and has to be careful what she puts on her skin. ~ ~ ~ ~ For other pre-teens who need to be careful of skin, - this is great! You know what the ingredients are, as you make the concoctions yourself. Now all can join the herbal and scented shampoo/body lotion craze. \*\*\*\*Directions are easy to follow, but be prepared for a little searching for a couple ingredients (we initially had trouble finding sea salt which was used in one of the best recipes) Great recipes included milk bath for dry skin, and salt skin scrubs (seriously-feels great!) for mild exfoliating and skin softening. Pre-teens and teens can follow recipe instructions fairly easily, but may need help shopping for a couple of the more hard to find ingredients. (Natural beauty supply stores and the Internet helped) \*\*\*\*Lots of good, \*clean\*, healthy fun, attractive to young teen girls

I have to say, I'm a sucker for Klutz books. They give simple, easy to read instructions, and you get all of the supplies to do it with! How fun! The Body Book is my favorite book of all, though. It has tons of recipes for your skin, hair, face, hands, nails, and feet. All the ingredients I have tried so far have made a significant difference after I tried them! The book includes three essential oil bottles, a shower cap, tools for your nails, a foot scrub, and a face brush. The pictures in the book are beautiful as well, which makes it all the more worthwhile to read. Who would I suggest this book to? Girls 12 and up, teenage girls would especially love it, but I'm sure many women would too! It makes a great gift!

I LOVE THIS BOOK! This is the first spa book I ever bought and I LOVE IT! I wanted a beauty book for Christmas and my mom said if she could find one for a reasonable price she would get it. My favorite section in the book is Bath though the others are real good too. My mom loves the scrubs I

make for Her and when she touches my face she says: ohhhhh, your face is really soft!! I love how it gives little handy tips along the road to beauty(the book)! I recommend this book for any one who likes to indulge a little!

The quality of this spiral-bound book is wonderful and it is full of great, simple recipes for beauty care products you can make at home. Most of the items used in the recipes are items that I think most people have on hand in their kitchen. Reading the book brings the phrase "Quality Beauty on a Budget" to mind. The book even comes with a really nice spa pack that includes a facial brush, pumice stone, bath infusion bag, nail buffer, headband, and vials of essential oils. While the publisher has the book listed as appropriate for ages 12 and up, it is definitely not just for teenagers. It's been a long time since I've seen my teen years and there were several recipes in the book that I can't wait to try for myself. Great to give as a gift or buy for yourself.

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