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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 where 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, supple skin with a clear complexion. The other two are oily and dry skin types.

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Customer Reviews

This is another short but to the point book from Paleo Wired. In it, Jasmine Wood presents a quick overview and description of the five skin types (normal skin, oily skin, dry skin, sensitive skin, combination skin). This is followed by a brief description of the essential ingredients in homemade all-natural creams (honey and beeswax being the most important). Then come the recipes for DIY lotions and cream. These include: Body lotion, body cream, autumn cream, anti-wrinkle cream, hand lotion, face creams (for the different skin types), lip chap, and all natural toothpaste. Each recipe gives a list of ingredients, followed by directions on how to make the lotion or cream. The ingredients are readily available in health food stores or online. Most of the creams and lotions are quite easy to make, and the directions are clear and easy to follow. This is a great little book for anyone looking for an all-natural way to keep their skin smooth and youthful looking.

Anytime that you add water to make a lotion or a cream, you MUST use a preservative! If you do not bacteria will grow in your lovely lotion you just made. It does not matter that it is distilled water, it will still grow mold. The author should be flat out ashamed of herself for not bothering to mention this. Even if you cannot see it, it is still lurking there. If you want to make a Safe lotion/cream to use at home that does not contain water, and does not require a preservative, check out the books on how to make your own all natural body butter. This book deserves zero stars, but since that isn't an option...it gets the one. I do not recommend this book at all. Save your money and a potential trip to the Doctors, and give this one a pass. It's Organic rubbish and needs to be shredded and added to the compost pile.

I must say a wonderful book that i bought. I thoroughly enjoyed reading the book as this is loaded with some amazing information about making organic lotions that can be made at home which is useful for all types of skin. The book is written very well. Organic and natural products are always healthy for skin the author has suggested many tips to keep our skin hydrated and glowing. Overall a great read and highly recommended one!!!!

A lot of good ideas for anyone that likes to make their own skin care creams and wants to use natural skin care products!!

This book is really great, easy to understand. Everything is properly mentioned in this book. Containing all the hot topics for example Lotion Vs Cream. There are 3-4 types of ways to make Lotion at home and can be use on every type of SKIN

Have not had a chance to make recipes but they sound good

Good information, presented in easy to understand instructions, I've tried some of the recipes and am enjoying the whole process. Not difficult at all, and what a difference! My skin is softer and I'm no longer vulnerable to all the unpronounceable ingredients and additives in commercially made lotions.

Since we are now in the middle of winter, it is dry hands and dry lips season. I picked this book up since I wanted to dabble in making my own lotions instead of buying them from the store. I'm glad i got this book, some of the recipes are great! I especially like the chocolate chap stick. Offers a tasty solution to the bland store-bought stuff!

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