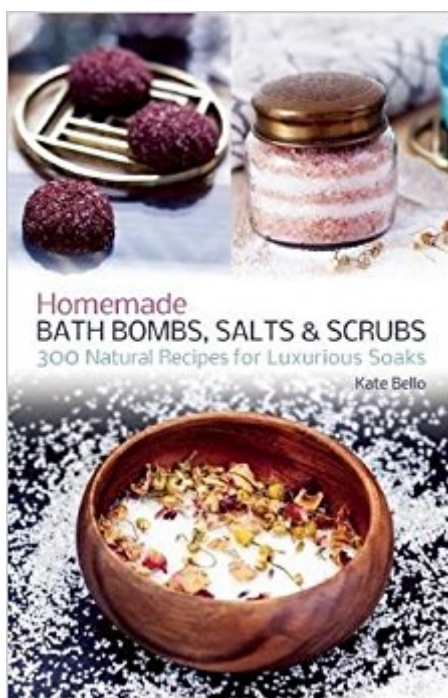


The book was found

Homemade Bath Bombs, Salts And Scrubs: 300 Natural Recipes For Luxurious Soaks



Synopsis

SOOTHE STRESS, HEAL THE BODY AND SMELL FANTASTIC WITH LUXURIOUS HOMEMADE BATH PRODUCTS A revitalizing bath will transform your day, mood and health like nothing else. Homemade Bath Bombs, Salts & Scrubs offers 300 easy, fun, DIY recipes. These personalized creations utilize fragrant petals, powerful essential oils and exotic ingredients like: SAGE ROSE LAVENDER SANDALWOOD PATCHOULI PEPPERMINT FRENCH GREEN CLAY JASMINE KUKUI NUT BERGAMOT NEROLI HIMALAYAN SEA SALT Made of all-natural ingredients, these bath additions elevate your soak and help to relieve everyday ailments, including: Allergies Common Cold Stress Acne Dry Skin Sunburn

Book Information

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Customer Reviews

Kate Bello is a writer and photographer living in the community of Leucadia in San Diego. Inspired by the beach, music and art, her blog is an eccentric mix of fiction, beach living, mind expansion and the humor of daily life as well as natural beauty and wellness. A beach bum at heart, you can find her most days wandering the streets of Leucadia, barefoot, making her way to the water. You can find her rambles, photography and recipes at her blog, katebello.com.

This book is jammed packed with different recipes for with salt soaks, salt scrubs and bath bombs for all kinds of ailments. It has easy to follow instructions with a list of supplies and ingredients. I have been to many farmers markets and craft fairs and I have always seen these salts soaks, salt scrubs and bath bombs. I have even bought some bath bombs for gifts at Christmas and birthdays. I

didn't realize all the benefits that they had. I just liked them for the smells. This book goes into great details about the different oils and the benefits of each of the baths. There are several baths or soaks for any ailment that you can think of, from dry skin baths to infection-fighting baths. I haven't searched where to get all the ingredients, but it would be a great way to personalize a gift for a friend. These are not just for the great smells they are much more.

Okay, so bath salts are already awesome and I like to pretend I'm crafty, so this is so the book for me! Why do I spend so much money on bath salts when it really doesn't take much for anyone to do it themselves? Okay, convenience and laziness BUT Kate Bello and her how-to guide are showing me the way! I loved this book because it really broke down all the benefits of using bath bombs, salts and scrubs. There are more benefits than just feeling smooth and luxurious! Ease of distress and fatigue as well as detoxification all can be a part of a good soak. But did you know one can also soak to ease asthma, congestion, BRONCHITIS and urinary tract infections? Neither did I until I read this book. I haven't been this excited for a book in a while. Kate Bello really took the time to put together a quality book. No matter what I'm looking for, I'll find it easily and with great detail. Kate separates chapters by seasons, traditional soaks from around the world, scrubs for men, scrubs by scent, scrubs for pregnancy, scrubs for healing. And that's not even the half of it. I can't wait to get in a bath and align my chakras, rebalance my Libra and get myself in the mood!

So I picked this up because I'm a little obsessed with Lush's Bath Bombs and I love to craft. I thought this would be the best of both worlds, and I WAS RIGHT. Beyond that, this book pleasantly surprised me! Not only does this book provide explicit and easy-to-understand instructions, it provides specific recipes for salt soaks for everything: flu prevention, de-stress, athlete's foot, fever-reduction, arthritis, and a ton more. This book utilizes essential oils, salts, small amounts of flowers, and more. My personal favorite of the salt soaks is the Mental Fatigue Salt Soak. After a long day, I like to mix this up quickly and just unwind. In the beauty section, there are so many salt soaks for all sorts of reasons- the Dehydrated-Skin Salt Soak did wonders for me. As for those bath bombs I totally adore? My favorite in this book is the Grapefruit and Rose Bath bomb- mm! There are bath salt and bomb recipes based on chakras, star signs, seasons, aphrodisiacs, and some from around the world! There are so many in this book, I haven't had time to try them all out. I can't wait to make my way through, especially in the floral bath bombs section. There's even a "For Him" section, and I'm dying to try some of these out for my boyfriend. All in all, great buy.

I can relate so much to the author of this book! As a 28 year old who spent most of her life as the skinny girl, I never had to worry about my health, my weight or anything like that. Fast forward to my late 20's and I am now starting to truly understand the meaning of taking care of myself. I am an avid hot tubber as well as bath girl because it helps release toxins but mostly because it helps release stress. A girlfriend of mine got me hooked on bath salts and ever since I've been looking for a book that really helps me make my own. This book not only helps with bath salts but it opened up a whole new world of bath bombs and scrubs - I literally had no idea such greatness could truly exist in the world, but apparently it does. This book is great - every single thing you need to create the perfect bath bomb, salt or scrub is included in this book. Highly recommend taking a minute to pick up this book and enjoy your next bath - these will change your bathing life!!!! If you're hard working and enjoy your bath time as much as I do - this book will honestly change your life. Do it, you deserve it.

Lots of ideas for Salts, Scrubs and Bombs with a lot of different ingredient combinations. Would have liked more than just the pictures on the front cover though. The author only gave one source. Recipes for bath bombs do not say how many they will make or what size. With the quantities of the ingredients listed- I would not think more than one or two of the larger bath balls.

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