



Naturkosmetik - Das Rezeptbuch: 160 Rezepte für Schönheit & Wellness (Anaconda Gesundheit und Wellness) (German Edition)

Brigitte Bräutigam

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Seit Jahrtausenden nutzen die Menschen natürliche Essenzen und Öle für Schönheit und Wohlbefinden. Moderne, selbst gemachte Naturkosmetik unterscheidet sich in Aussehen, Konsistenz und Wirksamkeit nicht von den meist teuren Trendprodukten aus dem Fachhandel. Übersichtlich und kompakt erläutert präsentiert dieses Buch 160 Rezepte aus der faszinierenden Welt der natürlichen Schönheitspflege. Die Bandbreite reicht dabei von revitalisierenden Hautcremes und Gesichtsmasken über erfrischende Deodorants und Wellnessbäder bis hin zu belebenden Körperpeelings und Massageölen.

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