



# The Holistic Beauty Book: Over 100 Natural Recipes for Gorgeous, Healthy Skin

By Star Khechara

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## The Holistic Beauty Book: Over 100 Natural Recipes for Gorgeous, Healthy Skin By Star Khechara

Do you like to use only the best, chemical-free, hand-made holistic potions? Do you have sensitive skin and need very pure beauty products? Do you want to use ethical and environmentally friendly cosmetics? Then why not make your own? DIY skin care is fun, easy, and empowering, and *The Holistic Beauty Book* is packed with safe, luxurious, organic, affordable skin care potions you can make at home. It also includes hair products, baby care products, and healthy recipe ideas so you can feed your skin from the inside. Indulge in gorgeous body butters and bath scrubs, and pamper yourself with face masks, moisturizers, and massage bars. This book gives you all you need to create fabulous cosmetics that will help you care for your skin and the environment at the same time.

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### **Bibliography**

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## **Editorial Review**

### Review

“This is excellent—wonderful recipes for DIY natural beauty and skin care without compromising on feeling 'pampered'. You can have your natural cake and eat it!” —Janey Lee Grace, author, *Imperfectly Natural Woman*

### About the Author

**Star Khechara** is a natural skin formulator, using fragrant and therapeutic plants, exotic butters, and nutritional oils to create spa-quality holistic beauty products for all skin types. She has a professional background in aromatherapy and nutrition, and develops courses and programs the School of Holistic Cosmetology, teaching organic skin care formulation at an advanced and professional level.

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