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Make Your Own Essential Oils And Skin-Care Products



Synopsis

There are many books available on using essential oils - now there is one on how to make your own. Making your own essential oils can be a fascinating hobby or, for the professional aromatherapist, a way of ensuring that your products are fresh, unadulterated and organic. The book also describes how to make creams, lotions, balms, gels, tinctures and other skin-care products from the essential oils and distillate waters you have produced.

Book Information

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Customer Reviews

I had never tried making lotions before, but after becoming aware of all the harmful ingredients in commercial products and the outrageous prices for 'natural' products, I thought I would give it a try. This book gives you the perfect formula, works everytime, and I can add whatever I like as additives. At first I had difficulty finding the emulsifiers listed in the book, but they have become readily available and at reasonable prices. I find them at the hearbie. Read the book several times and ensure you understand the process, I convert the metric measurements to ounces by using resources on the internet to make like a little easier. It doesn't take long to make about 16 ounces of creams or lotions and I've even made hair conditioners as well. The title is misleading as making essential oils is not the only information this book offers. The emulsifiers used in the book are some the most non-toxic I've been able to locate that are available to the home lotion maker. I've used beeswax to make lotions before but this is too greasy for my taste, this book provides you with a way to make non-greasy, commercial quality skin care products, quite easily. I don't have a hotplate, I just use the kitchen stove and measuring cups in pans of water. I use a stick blender for

the initial mixing, but then revert to a whisk as the stick blender adds too much air into the creams. I love this book and highly recommend it to anyone who wants to make a commercial quality lotion or cream at a fraction of the cost of store prices, that can be customized to your personal needs.

I love the book and all of the details in the book. My only complaint is that some of the suppliers (such as the one for the distiller kit that is used in this book) no longer carry the items that are described! That was disappointing! But otherwise the book is great!

Look no further this is IT. I bought this as a companion to my new still and would have been lost without it. Clear, concise and applicable to the process. It reads and functions just like a cookbook!

This book is excellent and thorough..however you almost have to have a certain level of chemistry knowledge to put any of it to use.

A very informative book! Now I just need a steam distiller to make my own essentials. I doubt I will use the press/oil method as I am not that committed and can purchase quality jasmine oil at my local health store.

I bought this book to learn how to distill oils. it goes through a lot of info on the many different types of extraction processes and equipment involved.

I like this quite a bit only because it is hard to find other references for making your own oils. Goes into making skin care products which may or may not be useful to you.

Great book, explains in layman's terms chemical procedures of distillation various products like for example essential oils.

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