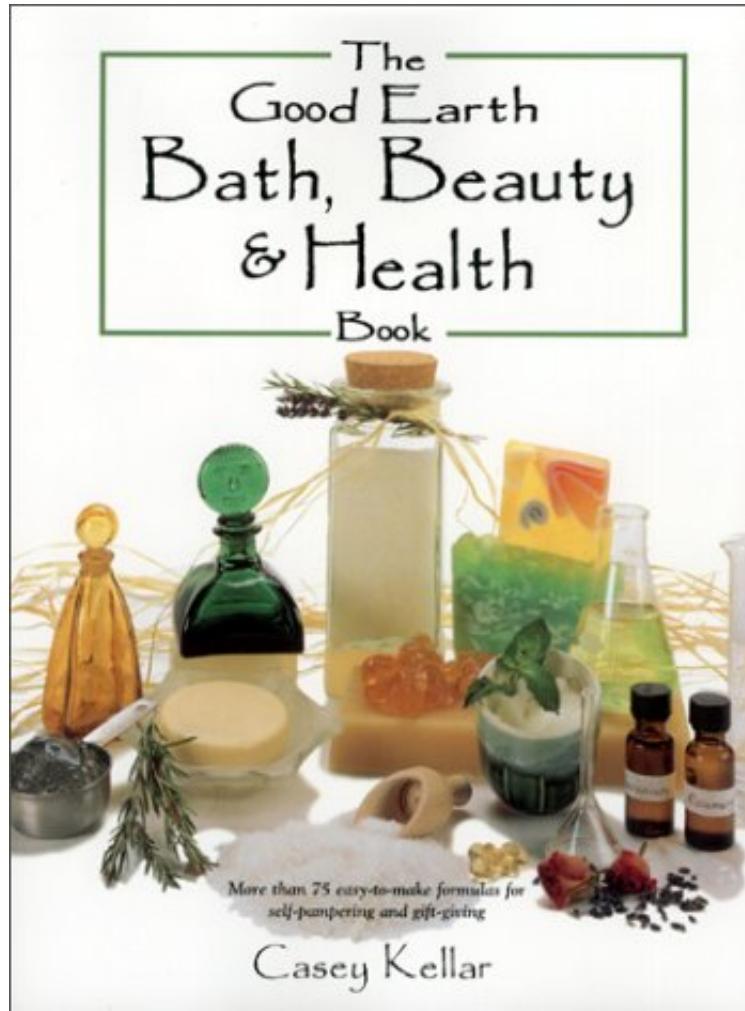


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This practical guide to beauty and well-being shows readers how to make lotions, toothpaste, bubble bath, massage oils, cough syrup, lip balm, perfume and hair-care items with ingredients that are readily available from shops. The book features more than 75 formulae.

.com You don't have to spend a fortune at upscale toiletries shops to amass a wonderful collection of soul-satisfying beauty products. Beauty consultant Casey Kellar has filled *The Good Earth: Bath, Beauty, Health Book* with simple formulas for cleansers, masks, perfumes, lotions, toners, hair care materials, bath items, herbal remedies, eye balms, hand and foot treatments, soaps, and even mouthwash. Tempting recipes and lovely photos help you transform your home into a mini-spa using common household goods like baking soda, vanilla, and spices, and some readily available specialty articles like essential oils, glycerin, and beeswax (which are available at pharmacies and health food stores). Most products have a shelf life of at least a few months, so you can concoct lots of potions at once and then enjoy them for some time to come, and you'll know exactly what you're pampering yourself with, since everything's all natural. If you can bear to part with any of these goodies, you can also assemble one of the suggested gift packages for a friend. --Amy Handy