



# **Natural Beauty Made Easy: Organic Homemade Body Scrub, Body Butter and Facial Mask Recipes to Nourish, Hydrate and Exfoliate Your Skin**

*Karina Wilde*

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## **TAKE CHARGE OF YOUR BEAUTY REGIME WITH NATURAL HOMEMADE BODY BUTTER, BODY SCRUB AND FACIAL MASK RECIPES FOR RADIANT, BEAUTIFUL SKIN TODAY**

Natural Beauty Made Easy brings immediate solace: to your skin cells, to your age lines, and to your pocketbook. The beauty industry built a billion-dollar industry on a few everyday objects you have lying around your house. Take a peek in your cabinet and find ingredients for do-it-yourself homemade body scrubs, body butters and facial masks. Open your pores and strip dead cells from your face to reveal a youthful, glowing complexion. Rejuvenate yourself in just ten minutes with these chemical-free, natural recipes!

The ingredients in this recipe book are completely natural. Look to your ordinary objects: your sugar and salt to scrape the dead cells for proper exfoliation; your avocado and banana to bring health and moisture to every living cell. This book allows you to understand the biology of your skin—the very reasons you are having trouble with acne and with flaky, dry skin. It gives you the immediate answers in the form of seven chapters of easy, quick recipes.

Your skin is your body's largest organ. It is your defense mechanism; it is the physical aspect you show to the world. Allow this recipe book to guide you and put your fresh face forward!

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