



A DIY Guide to Therapeutic Body Butters: A Beginner's Guide to Homemade Body and Hair Butters (The Art of the Bath Book 5)

Alynda Carroll

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Make these easy DIY therapeutic homemade body butter and hair care organic beauty recipes using essential oils for body butters, whipped body butters, and hair butters (Plus added bonus recipes for lip balms) — All great gift ideas!

Practice the Art of the Bath

Maybe, after relaxing in the bath and enjoying all the benefits from an Art of the Bath ritual, you think you're finished. You've enjoyed a leisurely warm bath with your choice of bath enhancements such as bath salts, bombs, or melts. What else is there? **You may be feeling good, but you're not finished.**

A DIY Guide to Therapeutic Body Butters: A Beginner's Guide to Homemade Body and Hair Butters is the fifth book in Alynda Carroll's The Art of the Bath series. Many people find relief for skin problems through the use of essential oils and body butters. **This is a collection of body and hair butter recipes that will help hydrate and restore the skin and the hair.** Today natural body butters are part of a growing movement in the do-it-yourself natural skin care movement. Why not give them a try? You can even use the recipes to make wonderful gifts for family and friends.

What's inside?

You'll find recipes like **Queen Anne's Rejuvenating Whipped Body Butter, Double-Rich Whipped Belly Butter, Vanilla Bean Body Butter**, and more. Body butters that will help the body and **energize, detoxify, relax, and soothe the mind.** Butters that assist in **healing of skin conditions such itching, eczema, sores, and even bites.** Rich butters that **moisturize, hydrate, and rejuvenate the skin.** Hair butters for **weak, dry and damaged hair; dry, itchy scalp; sparse, thinning hair; and frizzy hair.** Scroll up and buy this book - **Give yourself a treat and get this FREE bonus report: *Learn the Art of Self-Massage*, too.**

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