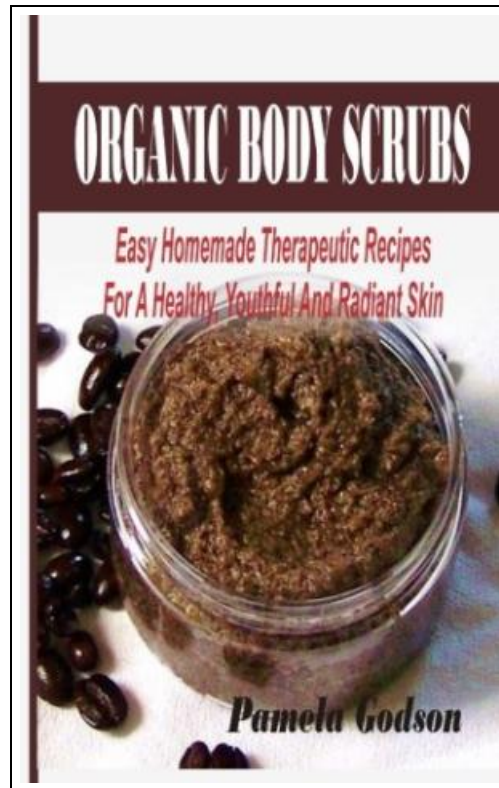


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(Lexie Paucek PhD)*

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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Live healthy. Replenish your life. Exfoliate! You need this book! It contains over 77 body and facial scrub recipes from natural and simple everyday ingredients around us. No matter how dull, lifeless and pre-maturely aged your skin is, a regularly exfoliated skin will reveal a glow that will boost your confidence. From sugar to coffee grounds, oatmeal and avocados, the several categories in this book makes the possibilities to a healthy skin really endless. Those acne, blackheads, wrinkles, fine lines and sun damage will be effectively dealt with. The inclusion of essential oil to some of the soothing recipes enhances its therapeutic effect, leaving you with a vibrant, youthful and radiant skin. Also, all the recipes are made from natural ingredients, so it s goodbye to chemically-laden store-bought products which eventually worsen the condition of our skin. Again, exfoliation is a necessity and this book makes it so easy. Exfoliating with these body scrub recipes will remove excess oil, increase blood circulation, reduce cellulite and allow new cells to regenerate. And that s not all. they will do a whole lot more if you just take time to read the several benefits as well as other wealth of information contained in this delightful little book. Some of the recipes are: White Chocolate Strawberries Scrub Totally Herbal Body Exfoliant Cleansing Aromatic Salt Glow Seedy Oatmeal Body Scrub Christmas Scent Sugar Scrub Vanilla Almond Scrub Apricot Kernel Scrub So Why Wait? Simply click the BUY button and download your copy now!.

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