



A DIY Guide to Therapeutic Spa Treatments: Homemade Spa Recipes for the Face, Hands, Feet, and Body

By Alynda Carroll

Ordinary Matters Publishing, United States, 2014. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Save money and time when you create your own face, hands, feet, and body spa treatments at home with these homemade beauty recipes using essential oils and kitchen pantry products. Today's spa experience is not complete without facials, massages, and baths to beautify the face, hands, feet, and body. Treatments include those which exfoliate, detoxify, moisturize, and tone the skin and body. The recipes in this book are great way for you to have your own spa treatments at home. Exfoliate, detoxify, moisturize, and tone your skin and your body. Benefits: Relax tense muscles Relieve stress Increase circulation Strengthen the immune system Scroll up and buy your copy now-and get your free bonus report of The Art of Self-Massage, too.



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