

# **Natural Home Spa**

**Greta Breedlove** 

#### **Natural Home Spa:**

The Herbal Home Spa Greta Breedlove,1998-01-03 Create naturally sumptuous personal care products to pamper every part of your body Master herbalist Greta Breedlove presents easy to follow recipes for making your own masks rubs and lotions that rival those found at high end spas and specialty shops Harness the properties of natural herbs to create unique products that soothe your body smell lovely and are free from any harsh ingredients \*\*Natural Home Spa\*\* Sian Rees, Michelle Pickering, 1999 The Green Witch at Home Cerridwen Greenleaf, 2022-09-13 Discover inspired ideas and simple spells to transform your living space into a comforting home with a little magic From step by step instructions for divine decluttering to pagan feng shui for every room Cerridwen Greenleaf s guide to a happy home is essential reading for anyone who wants to live the good life Replete with easy ideas for a charmed life this gorgeously illustrated book teaches you how to increase your happiness quotient at home Learn how you can make an effortless herbal prosperity potpourri and which crystals will create harmonious vibrations and improve relationships Delight in healthier options for the whole household with DIY herbal cleansers that reduce toxins in your personal space and ensure your home is always filled with good energy Create your own magical pantry and ensure your sleeping space is a true sanctuary with spells and scents As instructive as it is inspiring The Green Witch at Home is a go to guide for anyone who wants to live an enchanted life

Mother's Day Guide, Mother's Day Guide is filled with Mother's Day gift ideas Mother's Day gift basket ideas Mother's Day food presents Mother's Day cards DIY gifts to make for your Mother DIY gift baskets to make for your Mother DIY food present recipes to make for your Mother DIY cards to make for your Mother **Ten Days to Detox** Robin Westen, 2000-10 Improve your health improve your appearance with a dramatic breakthrough program to rid your body of harmful toxins Additives in food pollutants in air and water harmful chemicals in products used at work and at home stressful relationships and careers they can all pose a threat to your health But in just ten days you can purify your body to feel and look ten years younger A special diet loaded with powerful healing foods and herbs flushes toxins from your system And a wide range of other therapies from saunas to massage can help you combat exposure to harmful substances Combining ancient practices with the latest in scientific research this exciting program of renewal and rejuvenation includes Self tests for hidden toxins Find out what may be making you sick at work home and in your neighborhood A stress level analysis Discover your individual stressors and evaluate your risks for serious illness Checklists for harmful substances Identify harmful chemicals and pollutants in products you use frequently A step by step cleansing program Experience visible results and increased energy in just ten days Restore Health and Stop Premature Aging Eliminate Hidden Toxins from Your Life Identify Harmful Chemicals in Commonly Used Products Discover Detoxifying Foods and Herbs And much more **Clean Home Green Home** Kimberly Delaney, 2009 Cleaning your home without harsh toxic chemicals is rapidly becoming the new standard The first such reference created for visual learners this book shows what you really need to do to get rid of germs with both

safety and the environment in mind More than 450 photos Room by room advice kitchens baths bedrooms Green quick cleaning techniques Cleaning product recipes Publisher description Greenopia New York City, 2008-04-21 With over 1 000 listings of green retailers service providers and organisations throughout the five boroughs of New York City this guide is an indispensable reference for eco friendly shopping It also offers practical advice and environmental tips that can be easily used at home Listings range from organic restaurants and grocery stores to dry cleaners organic pest control services and sustainable building suppliers such as landscapers and interior designers All listings are vetted by a research team and then rescreened by local expert advisers providing shoppers with confident reliable choices Some listings are further recognised with a green leaf award which gauges green businesses on a scale of one to four leaves four being the greenest This guide is a truly complete resource for green living **Home Herbal** DK,2011-03-07 Tap into the healing power of plants with Home Herbal The modern answer to the traditional herbal this beautifully illustrated eBook shows you how easy it is to grow and use a wide range of safe effective medicinal herbs at home Discover how to treat everyday ailments with home made tinctures and syrups and how to use food as medicine with delicious seasonal herb based soups smoothies and juices hot drinks and salads that will soothe calm and heal With step by step breakdowns learn how to grow your own food forage in the wild or buy items from a herbalist Then Home Herbal teaches you how to use herbs and recommends the top herbs for treating common ailments and presents nourishing healing recipes for every season Learn step by step techniques and herbal recipes for balms massage blends and bath oils Home Herbal also features a fully illustrated A Z directory of herbs that covers everything you need to know about each of the 100 herbs selected from how to grow them to which conditions they can help to treat and the best ways to apply them With Home Herbal as your guide discover the satisfaction that comes from growing your own herbs and using them to care for yourself and your family safe in the knowledge that they are natural and gentle but highly effective Look Great Naturally...Without Ditching the Lipstick Janey Lee Grace, 2010-05-24 Let Janey show you how to enhance your health and well being from raw food to superfoods and natural remedies to alternative therapies discover natural skincare and beauty make up and goodies that are good for you the environment and your purse create your own haven clutter clearing feng shui creating an ethical wardrobe and lots of great time saving tips reduce stress levels and how to manifest your desires and get the balance right and much more including Janey s tried and tested recommendations and top tips for every idea You ll be amazed how easy and fun it can be to make those small changes that add up to make such a big difference <u>Joey Green's Cleaning Magic</u> Joey Green, 2010-07-06 From the guru of discovering extraordinary uses for brand name products come brand new ways to make cleaning organizing and decluttering quick easy and a lot more fun The public is endlessly fascinated by quirky and offbeat uses for their favorite products and this time around Joey Green tackles household chores with his pantry full of cleaning power Green's easy and effortless tips and tricks show how to scrub deodorize shine and remove stains with products already in the house While

Green's suggestions may sound implausible they are in fact highly effective Most products on the market today are a complex mix of lubricants abrasives and cleansers giving these brand name products plenty of power to clean dissolve and fix in the most unexpected ways Joey Green's Cleaning Magic offers clever ways to make household items do double duty like using a slice of Wonder Bread to clean up tiny shards of glass from a kitchen floor just pat it flat against the floor and toss it away and wiping away the gunk from the bottom of an iron with Purell This practical useful funny and entertaining volume includes thousands of incredibly simple ways to clean up every room and dusty corner in the house \*\*How To Fight Addiction With Bible Verses\*\*, \*\*How to Fight Lying with Bible Verses\*\* Miriam Kinai,2012-05-11 How to Fight Lying with Bible Verses teaches you the awesome Bible verses you need to pray say as Christian affirmations and use for your Christian meditation sessions as well as several other things you can do to stop lying and start telling the truth \*\*Wise Highs\*\*,

Thailand's Luxury Spas Chami Jotisalikorn, 2012-06-26 Everyone needs a break to relax and rejuvenate and a visit to a Thai spa is the perfect way to do this Thailand is home to many of the best spas and spa treatments in the world and Thailand s Luxury Spas presents the very best options available in that country For those who cannot make it to Thailand this new book presents detailed easy to follow recipes for many of the traditional Thai healing therapies practiced there you can pamper yourself in the comfort and privacy of your own home Massage meditation restorative beauty treatments pick me up tonics and tone me down baths all are outlined with simple instructions and clear color photographs Thailand's Luxury Spas focuses on stress busting therapies that run the gamut from all the various forms of Thai massage and meditation to full body beauty treatment facials relaxing baths and scrubs healthy tonics and much more Practical tips are given on how to recreate many of these recipes at home and specific treatments are outlined for specific ailments. With superb full color photography featuring many of Thailand's top supermodels the book was shot entirely on location in Thailand's super deluxe spas Enjoy a true Thai style chill out spa experience wherever you live with Thailand s Luxury Spas Wise Highs Alex J. Packer, 2009-09 HOW TO THRILL CHILL GET AWAY FROM IT ALL WITHOUT ALCOHOL OR OTHER DRUGS Getting high is fun It s natural and healthy It feels great to get a rush see the world a little differently alter our consciousness and take a break from our everyday lives Unfortunately by the time we re older it may seem like the only way to get high is with alcohol or other drugs Which is why when it comes to highs you re likely to hear Just Say NO Read this book and you won t need artificial highs You won t want them You won t have time for them You ll find so many ways to get high naturally that you ll never be able to try them all Here are highs that will thrill you and highs that will soothe you Highs that will take you deep inside yourself and waaaay outside Highs that will change you forever without leaving you dull burned out or hung over Look inside for more than 150 creative playful legal healthy highs Plus interesting facts cool quotes and survey results from teens who shared their favorite ways to relieve stress and escape reality All served up Alex J Packer style witty wise and often hilarious Because laughter is one of the best highs of all We Are Not Ignorant Of His Devices Miriam Kinai, 2012-04-29 We Are Not Ignorant of His Devices uses Biblical examples to teach the tactics that satan uses to fight God's people so that you can recognize them overcome them and lead a more victorious life How to Fight Temptation with Bible Verses Miriam Kinai, 2012-05-05 How to Fight Temptation with Bible Verses teaches you the awesome Bible verses you need to pray say as Christian affirmations and use in your Christian meditation sessions to overcome temptations It also teaches several other things you can do to resist temptation successfully Urban Wild Helen Rook, 2022-02-17 Learn how to de stress relax and connect with the wildness you can find on your doorstep even in urban and suburban settings Increasing workload nervous tension trouble sleeping Wondering whether there is more to life You re not having a mid life crisis Like so many others you are feeling the call of the wild Today's urban living makes it easy for us to feel divorced from nature This practical book is filled with 52 varied and inspiring activities illustrated with beautiful colour photographs that will get you out and about whatever the weather Featuring a combination of creative culinary herbal and mindful projects all with nature at their heart you ll be surprised how much wildness you can find on your doorstep when you know where to look Organised by month Urban Wild's simple seasonal step by step activities open the door to nature in urban and suburban landscapes to help you increase your potential for health and well being and take your first steps on a journey of discovery towards a lifelong connection with the natural world Chinese Medicine Guidebook Balance the 5 Elements & Organ Meridians with Essential Oils (Summary Book Version) KG Stiles, 2023-12-21 Harness the Power of Traditional Chinese Medicine Aromatherapy to Restore Balance and Vitality Discover the ancient wisdom of Traditional Chinese Medicine TCM and how essential oils can help restore balance to the Five Elements and revitalize your energy flow In this comprehensive guide bestselling author and aromatherapist KG Stiles reveals powerful natural remedies used for centuries to support holistic healing If you ve ever felt stuck unbalanced or drained this book will teach you how to align your energy promote well being and regain harmony through the Five Elements Wood Fire Earth Metal and Water and the corresponding organ meridians Inside This Guide You ll Discover The key powers properties and associations of the Five Elements How each element connects to body parts chakras and energy flow Signs of balance and imbalance in each element Physical and emotional symptoms of stagnation and blockage Essential oils for balancing the Five Elements and organ meridians Safe application methods for maximum healing benefits How to select the right essential oils for targeted therapeutic effects The power of Adaptogenic Oils natural super oils that regulate and restore energy flow Adaptogenic Essential Oils The Super Oils for Balance Certain adaptogenic oils have a unique ability to increase or decrease the energy of an element and regulate the flow of Chi in organ meridians as needed These powerful oils serve as natural healers helping you stay in balance mentally physically and emotionally Praise for KG Stiles Work I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience and passion to facilitate personal growth and wellness is unsurpassed Eldon Taylor Ph D FAPA New York Times Bestselling Author of Choices and Illusions This book is a must read for anyone interested in holistic healing and

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