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Hands On Healing Remedies 150

With 150 original recipes, this is the essential resource for making topical herbal treatments at home. About the Author Stephanie L. Tourles is the author of Pure Skin Care and Stephanie Tourles's Essential Oils: A Beginner's Guide , as well as the best-selling Organic Body Care Recipes , Hands-On Healing Remedies , and Raw Energy.

Hands-On Healing Remedies: 150 Recipes for Herbal Balms ...

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Stephanie L. Tourles is the author of Pure Skin Care and Stephanie Tourles's Essential Oils: A Beginner's Guide, as well as the best-selling Organic Body Care Recipes, Hands-On Healing Remedies, and Raw Energy.As a licensed holistic esthetician with a strong background in Western and Ayurvedic herbalism, she has been practicing and teaching healthy living for more than 25 years.

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Hands-On Healing Remedies: 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies: Tourles, Stephanie L.: 9781612120065: Books - Amazon.ca

Hands-On Healing Remedies: 150 Recipes for Herbal Balms ...

In Hands-On Healing Remedies, holistic care expert Stephanie Tourles offers natural herbal alternatives that are effective, easy, safe, and fun to prepare. Recipes include Sweet Annie Serenity Body Oil for soothing anxiety, Aloe Disinfecting Wound Wash for healing minor cuts and scrapes, Dream Weaver's Relaxing Rub for easing insomnia, Black Walnut Clay Pack for drawing out splinters, and many more.

Hands-on Healing Remedies: 150 Recipes for Herbal Balms ...

Hands-On Healing Remedies (Paperback) 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies. By Stephanie L. Tourles. Storey Publishing, LLC, 9781612120065, 320pp. Publication Date: December 4, 2012

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Hands-On Healing Remedies: 150 Recipes for Herbal Balms ...

This nicely illustrated book with 150 recipes for old fashioned remedies is a pleasure to read and is one of those books that will sit happily on your book shelf until you need to look for inspiration for a healing remedy. Most of the ingredients used are commonly found and nothing requires the reader to have a degree in biochemistry to understand.

Hands-On Healing Remedies by Stephanie Tourles

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