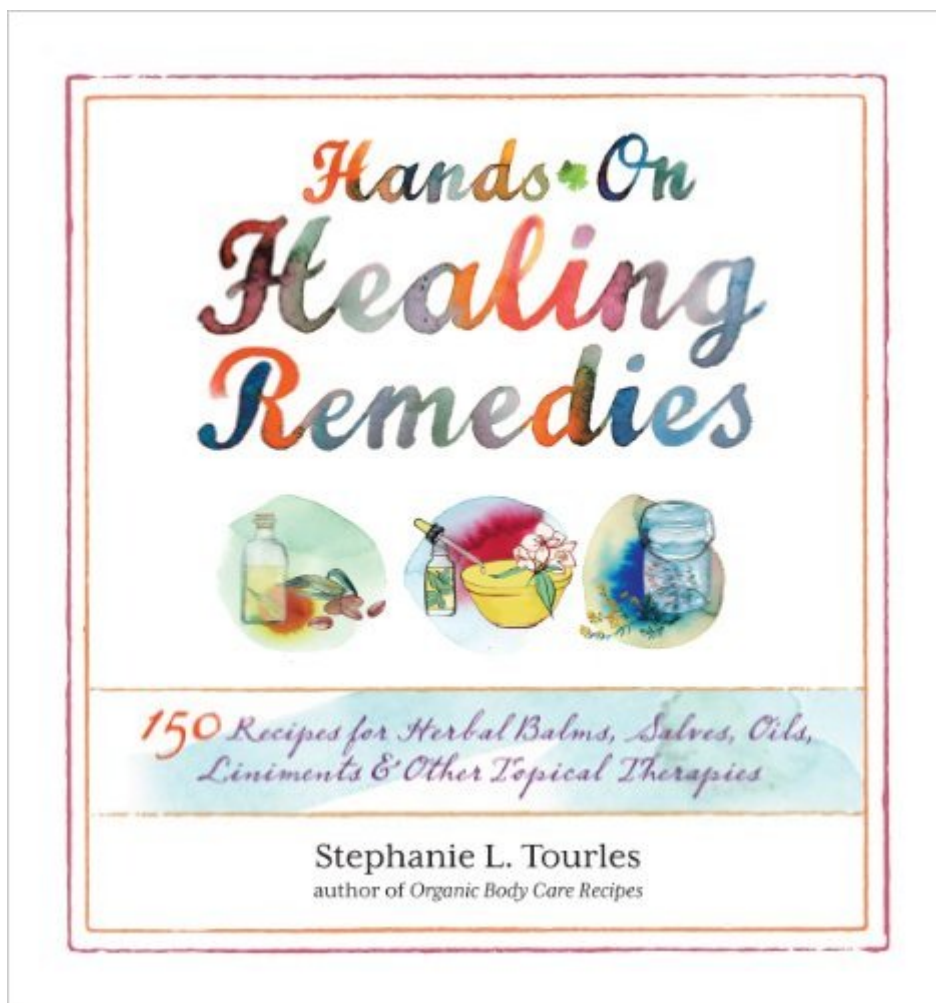




The book was found

Hands-On Healing Remedies: 150 Recipes For Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies



Synopsis

Keep your family healthy and chemical free by making your own natural remedies. Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments to treat a wide range of conditions. This comprehensive guide is filled with safe and effective cures for scores of common ailments, including headaches, backaches, arthritis, insomnia, splinters, and more. Take control of your well-being and stock your family's medicine cabinet with gentle, all-natural homemade healing formulations.

Book Information

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Customer Reviews

• Everything readers need to know to create their own healing solutions • (Book Page) • This herbal remedy recipe book will appeal to readers interested in supplementing traditional care with herbal preparations, as well as to those who would like to take a more active role in their own treatment. • Tourles gives sage advice and topical insight into even the deepest issues compromising the health of women, men, children and elders. • Take your health into your own hands by making herbal topical treatments for everyday skin conditions and body ailments. •

The Natural Cure for What Ails You Clean out your medicine cabinet and replace artificial commercial balms and liniments with all-natural handmade herbal remedies. Stephanie Tourles's recipes are easy to prepare from readily available ingredients, and they will soothe everything from backaches and blisters to insect bites and insomnia. • Sweet Annie Serenity Body Oil relieves

anxiety; Lavender Ice reduces the pain, swelling, and discoloration of bruises; Essential Skin Conditioner smoothes stretch marks; and Coconut-Honey Bliss Lip Butter moisturizes chapped, dry lips. With 150 original recipes, this is the essential resource for making topical herbal treatments at home.

This book is a must have as far as I'm concerned. I've had it only a couple of months and have already referred to it a few times. My daughter has severe dry skin and nothing would work. Nothing. That is until the 'Save my Skin Salve' recipe in this book. My daughter literally cried with joy as her hands began healing for the first time in years. I can't say enough great things about this book. I appreciate it greatly!

This book is amazing, I've made multiple things from it and all of them have turned out wonderfully! I would definitely recommend this book to anyone who is wanting to take a step back to the more natural way of healing hurts.

I have several of Stephanie Tourles's hardbacks and have used them off and on over the last ten years. This was my first Kindle purchase of one of her books, and it did not disappoint. I've been too busy to make anything from it yet, but it will be nice to just set my Fire on the shelf to follow the recipes. Her books don't call for exotic ingredients; they are basic and easy to follow, and the books always have a pleasing format.

Has some good solid recipes for healing remedies. Good for beginners or practitioners new to healing arts fields.

I absolutely *love* this book! I learned a lot about different kinds of remedies, when all I was really looking for was salves! It's very interesting to go through and 'pick apart' the recipes, gleaning information about the different ingredients and how they work for the specific ailments. The only thing I would suggest, if the book is ever re-done, is a more clear step-by-step on the making of some of these things. How you would prepare the different butters and clays for the recipes, ect.

Good book with lots of recipes that I was looking for!

Love this book! Makes the remedies look easy to make with very clear explanations as to what,

when and why. A great reference book

I have made a couple of the Herbal Remedies (3c's Calming Salve & the Simple Flavored Lip Gloss) and I love both of them. I ordered some things from Mountain Rose Herbs and can't wait for my order to come in so I can make several of the other herbal remedies. Everything is so easy to make as long as you have the items in your stock. I just love this book.

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