



**DIY Collection For Woman: 40 Organic Recipes
For Your Beauty And Diet Plan For Healthy
Lifestyle: (Soap Making Supplies Molds,
Homemade Beauty ... DIY Collection For Woman,
Diet And Exercises)**

Lora Brenner

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DIY Collection For Woman: 40 Organic Recipes For Your Beauty And Diet Plan For Healthy Lifestyle Book#1: Soap Making: Essential Guide For Absolute Beginners. 20 Homemade Organic Recipes

Thinking about a great gift for you loved ones? You want to surprise them with something unique that will remind them of you? Well, why don't you try soap making? It may sound like something that requires a ton of professional equipment, but you can make fragrant and healing soaps in your own kitchen. You will need some mixing bowls, spoons, a digital scale, thermometer, and molds. Yes, you read that right! And this book will teach you how to use all these. To make sure that your final product is what you have imagined it to be, you will first have to get introduced to the basics of soap making. You'll see that it is not rocket science. After you learn what lye, oils, and other additives are used for and how they work together, I bet you will get impatient to start making your own soaps. And now, you only need recipes. I've thought about that as well. So, I prepared a number of recipes for you

Book#2: Essential Oils: 20+ Recipes For Your Body And Soul

I guess there has always been a veil of mystique around essential oils because of their potent nature. It's really amazing how just a drop or two of some essential oil can help you get rid of a headache or back pain, fill up a whole room with a relaxing scent, or even turn plain water into a soothing bath. Although you can find a variety of essential oils in stores, it can't make up for the amazing feeling that will fill you up once the magical fragrance starts to spread through your home as you prepare your essential oils. Because of their fragrances, essential oils are thought to be primarily used for making your home fresh again. But do you really think that something which contains the very essence of a plant cannot bring us any other benefit? Of course not. Essential oils are today widely used for various purposes, such as improving focus and concentration, moisturizing the skin, keeping hair shiny and helping its growth. Some essential oils are even used as bug repellents.

Book#3: Weight Loss: 14-Day Diet And Exercise Plan For Losing Weight Easy And Without Starving

Losing weight has never been easier! In just 2 weeks, you will not only lose weight but will also shape and tone your muscles so that everybody will notice this transformation. The only thing you have to do is follow the meal plan for each day and find about half an hour a day to do your workout routine. As simple as that! The meals are easy and quick to prepare. Once you find the ingredients you need, you can prepare light but nourishing meals that will give your body the exact amount of nutrients it needs, and will thus keep you full. Once you stop smothering your body with all that junk food, your taste buds will again start craving for deliciously healthy meals. The workouts that you can find in this book are designed to boost your metabolism and speed up the process of burning fat. At the same time, the toning exercises will challenge all

the big muscles of your body, and when these muscles work, you burn more calories. Also, these types of exercises are specifically targeted at sculpting your body so that you will quickly shed the pounds and improve your strength and flexibility.

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Donald Labelle:

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Monica Philson:

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