



# The Complete Herbal Guide to Natural Health and Beauty

*Dian Dincin Buchman*

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## **The Complete Herbal Guide to Natural Health and Beauty** Dian Dincin Buchman

Rear cover notes: "Stocked with hundreds of natural cosmetics, the world of plants provides a complete range of beauty treatments - not paints and powders that mask imperfect surfaces but living essences that create beauty through health. In this expanded and revised edition of her definitive guide, herbalist Dian Dincin BUCHman explores the beautifying properties of 250 natural substances - mostly herbs, but also flowers, fruit, minerals and vitamins - and how to use them to enjoy healthful beauty. Special chapters deal with skin, hair, eyes, hands, feet, mouth and teeth, and the beneficial luxuries of baths and perfumes; and there are detailed recipes for scores of creams, lotions, bath aids, packs, shampoos, rinses, balms and remedies...."

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