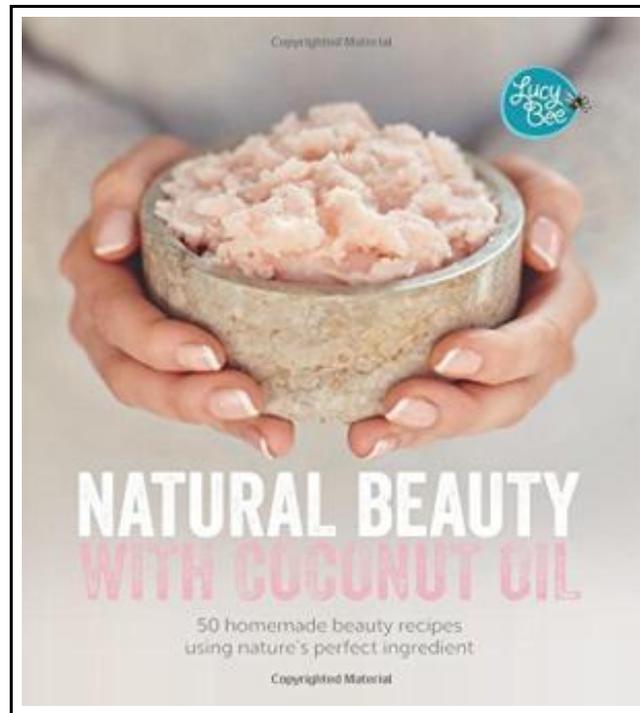


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Quadrille Publishing Ltd, United Kingdom, 2016. Hardback. Book Condition: New. 180 x 160 mm. Language: English . Brand New Book. Coconut oil, as we know, is nature s perfect Ingredient. It has earned that accolade through not just its versatility in cooking but also its application as an effective and economic beauty treatment for skin, hair and oral health. Tapping into the current trend for making your own beauty treatments as an alternative to shop-bought products that can be pricey and often are packed with chemicals, such as paraffin and other unnatural chemical compounds, every recipe in **Coconut Oil: Natural Beauty** is super easy to make at home, without any expensive specialized equipment. A few recipes, such as the **Coconut Oil and Tea Tree Spot Zapper** are as simple as coconut oil enhanced with a drop or two of essential oil, while other recipes, like the **Cellulite-Busting Coffee Body Scrub**, makes use of spent coffee grounds that would otherwise be thrown away. Alongside her favourite recipes, Lucy gives tips based on her own daily and weekly beauty routines. With chapters on the face, the body, hair, hands and feet, and with feature spreads on oral health, first aid, travel essentials and mums and babies, there really is an all-natural solution for common everyday beauty dilemmas.

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