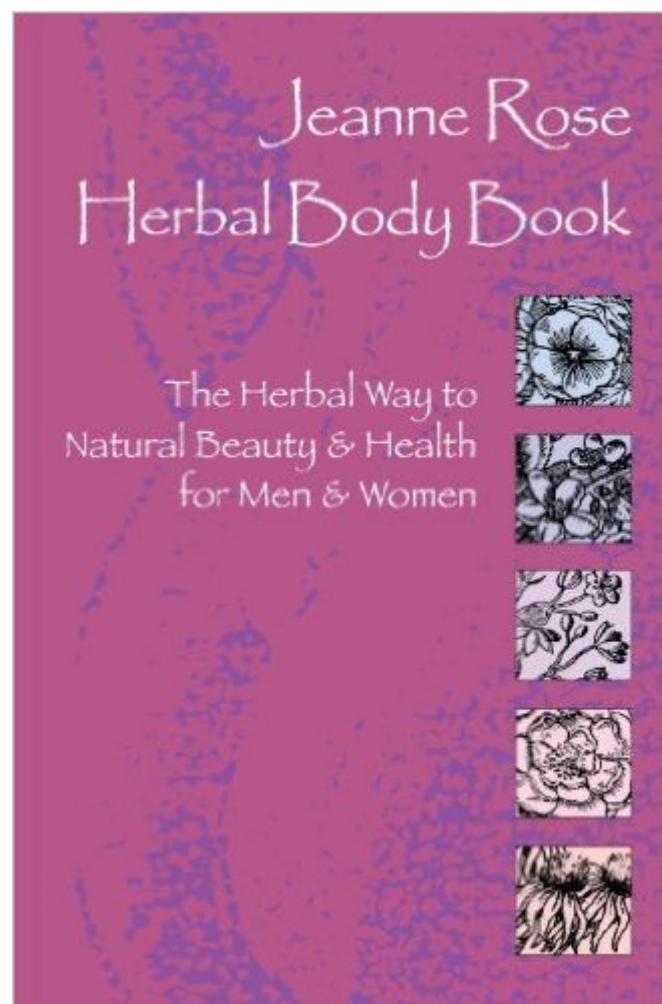


The book was found

Jeanne Rose: Herbal Body Book: The Herbal Way To Natural Beauty & Health For Men & Women



Synopsis

Jeanne Rose's Herbal Body Book pairs a wide variety of ailments with possible plant cures. Each plant recommended is described in anecdotal detail. This book includes recipes for the newcomer and expert. It also includes a glossary of specialized terms, herbs, and recipes. Everything you need from hair products to belly salve for a pregnant woman is inside this most useful companion. Jeanne Rose encourages the reader to make your own blend of herbs to target specific conditions and not only follow a limited number of recipes.

Book Information

Paperback: 400 pages

Publisher: Frog Books; Revised ed. edition (April 15, 2000)

Language: English

ISBN-10: 1583940049

ISBN-13: 978-1583940044

Product Dimensions: 5.4 x 0.8 x 8.3 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #909,257 in Books (See Top 100 in Books) #84 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Men's Grooming & Style #865 inÂ Books > Health, Fitness & Dieting > Men's Health > General #1571 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

Indeed Jeanne Rose knows her herbal stuff from experience, gathered over more than thirty years as a professional herbalist. The 2000 edition that I got (the one described on this page) is awesome: there's a glossary of herbs, of pharmacology terms, of health conditions that can be helped with herbs. The author provides recipes for making different ointments and mixtures for beauty and health conditions but she also gives in her book enough information for the reader to actually mix up her own ingredients and create an original perfume, or mask or lotion. She knows how to impart her knowledge with generosity. It's a reference book and fun to read as well.

I'm 14 years old, and am just discovering the world of herbs, and ofcosmetics. I found this book very useful in both areas, because of thewonderful descriptitons, and the useful, simple recipies. Oh, also, the version I read was the 1976 version (from the library of course) so I imagine that this newly

updated copy is even better!

I was loaned this book by a friend, and he nearly had to pry it out of my cold, dead hands to get it back. Within a day of opening the book, I was so attached to it, I took it with me everywhere - and read it two times through. This book, while a slight bit dated, combined REALLY old world recipes with newer concepts and is, in my opinion, an absolute necessity for anyone who's interested in creating their own skincare and health products. Its foundation will give you the ability to understand what you're doing, why you're doing it, and exactly how to go about adjusting recipes to make them work FOR YOU. Moreover, you can seriously feel the heart that went into this book - the love of herbs and nature. It's infectious and refreshing. Hands down, if anyone were to ask me for a natural beauty and health recipe book recommendation, this would be one of the first three on my list.

Many years back i lost my copy of Jeanne Rose' 1976 Herbal Body book! From her book I had created my own recipes which friends loved. But, alas, I lost those as well at the same time. I have since tried other folks recipes with fancy (expensive) carrier oils, etc. but always come back to Jeanne Rose'down to earth, "find it in your kitchen", recipes! I am so happy to have found it again and since I am fortunate enough to work in the same city she lives in (SF) I hope to attend one of her amazing classes one day!

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