

## Organic Homemade Lotion Recipes: How to Make Your Own Body Lotions for All Skin Types (Paperback)



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*(Mrs. Winifred Fritsch)*

## ORGANIC HOMEMADE LOTION RECIPES: HOW TO MAKE YOUR OWN BODY LOTIONS FOR ALL SKIN TYPES (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The first step in picking out the correct products and in making homemade creams and a lotion is to use something that s right for you. Depending on your age, diet and genetics you will primarily fall into one of the following 5 skin types: 1. Normal Skin The simplest to maintain normal skin has little to no oily spots, maintains regular circulation with little to no trouble spots. It s fairly elastic and looks healthy with very little make-up and attention. 2. Oily Skin Most prone to breakouts, the trouble zones are usually in the T zone of your face (forehead, nose and chin); oily skin tends to have oversized pores and can look greasy or shiny. With the right creams and proper diet its oil levels can be maintained. Oily skin tends not to have much wrinkling or aging. 3. Dry Skin Most people with dry skin feel tightness after washing their face and easily flake around the mouth and nose with dry spots. Dry skin is prone to aging and wrinkling and it s important to properly moisturize and nourish it regularly. 4. Sensitive Skin The sensitive skin type becomes irritated easily, gets red and dry spots and breaks out easily. This skin type is like a historical map - it tends to wear all of its battles for all to see. The type of creams and lotions applied on sensitive skin is extremely important as an irritation or reaction can occur with certain ingredients and chemicals. 5. Combination Skin The most common skin type in women, combination skin is both oily and dry. Combination skin tends to be dry on the...



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