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The Holistic Gardener: Beauty Treatments from the Garden

Fiann Ó Nualláin

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The Holistic Gardener: Beauty Treatments from the Garden Fiann Ó Nualláin

A handy guide to natural skin, body and beauty remedies derived from garden, pantry and kitchen sources.

From natural shampoo to home-grown teeth whitener, cures for common ailments to tips on healthy nourishment, this book demonstrates the advantages and simplicity of natural beauty treatments. Fiann brings his singular knowledge of plants' properties to bear in showing us that there are easier, healthier and cheaper ways to have good skin, great hair and an all-over glow of well-being. By using the resources around us and understanding the value of what we grow, Fiann shows how combining plants with the right ingredients can make us healthier, wealthier and wiser about our skin and bodies.

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