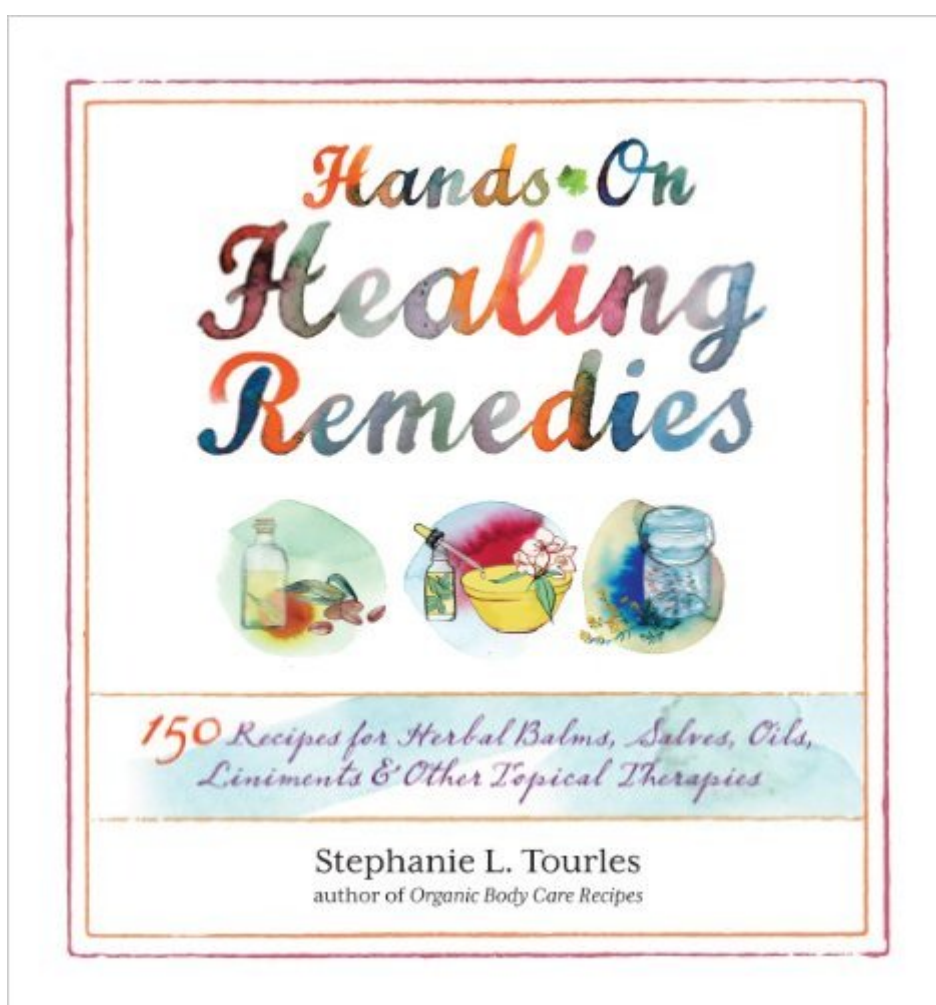


The book was found

Hands-On Healing Remedies: 150 Recipes For Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies



Synopsis

Keep your family healthy and chemical free by making your own natural remedies. Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments to treat a wide range of conditions. This comprehensive guide is filled with safe and effective cures for scores of common ailments, including headaches, backaches, arthritis, insomnia, splinters, and more. Take control of your well-being and stock your family's medicine cabinet with gentle, all-natural homemade healing formulations.

Book Information

Paperback: 320 pages

Publisher: Storey Publishing, LLC; 1 edition (December 4, 2012)

Language: English

ISBN-10: 1612120067

ISBN-13: 978-1612120065

Product Dimensions: 8 x 0.8 x 8.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 86 customer reviews

Best Sellers Rank: #78,457 in Books (See Top 100 in Books) #124 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #320 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #8128 in Books > Medical Books

Customer Reviews

"Everything readers need to know to create their own healing solutions" (Book Page) "This herbal remedy recipe book will appeal to readers interested in supplementing traditional care with herbal preparations, as well as to those who would like to take a more active role in their own treatment." "Tourles gives sage advice and topical insight into even the deepest issues compromising the health of women, men, children and elders." "Take your health into your own hands by making herbal topical treatments for everyday skin conditions and body ailments."

The Natural Cure for What Ails You Clean out your medicine cabinet and replace artificial commercial balms and liniments with all-natural handmade herbal remedies. Stephanie Tourles's recipes are easy to prepare from readily available ingredients, and they will soothe everything from backaches and blisters to insect bites and insomnia. Sweet Annie Serenity Body Oil relieves

anxiety; Lavender Ice reduces the pain, swelling, and discoloration of bruises; Essential Skin Conditioner smooths stretch marks; and Coconut-Honey Bliss Lip Butter moisturizes chapped, dry lips. With 150 original recipes, this is the essential resource for making topical herbal treatments at home.

This book is a must have as far as I'm concerned. I've had it only a couple of months and have already referred to it a few times. My daughter has severe dry skin and nothing would work. Nothing. That is until the 'Save my Skin Salve' recipe in this book. My daughter literally cried with joy as her hands began healing for the first time in years. I can't say enough great things about this book. I appreciate it greatly!

This book is amazing, I've made multiple things from it and all of them have turned out wonderfully! I would definitely recommend this book to anyone who is wanting to take a step back to the more natural way of healing hurts.

I have several of Stephanie Tourles's hardbacks and have used them off and on over the last ten years. This was my first Kindle purchase of one of her books, and it did not disappoint. I've been too busy to make anything from it yet, but it will be nice to just set my Fire on the shelf to follow the recipes. Her books don't call for exotic ingredients; they are basic and easy to follow, and the books always have a pleasing format.

Has some good solid recipes for healing remedies. Good for beginners or practitioners new to healing arts fields.

I absolutely *love* this book! I learned a lot about different kinds of remedies, when all I was really looking for was salves! It's very interesting to go through and 'pick apart' the recipes, gleaning information about the different ingredients and how they work for the specific ailments. The only thing I would suggest, if the book is ever re-done, is a more clear step-by-step on the making of some of these things. How you would prepare the different butters and clays for the recipes, ect.

Good book with lots of recipes that I was looking for!

Love this book! Makes the remedies look easy to make with very clear explanations as to what,

when and why. A great reference book

I have made a couple of the Herbal Remedies (3c's Calming Salve & the Simple Flavored Lip Gloss) and I love both of them. I ordered some things from Mountain Rose Herbs and can't wait for my order to come in so I can make several of the other herbal remedies. Everything is so easy to make as long as you have the items in your stock. I just love this book.

[Download to continue reading...](#)

Hands-On Healing Remedies: 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) Essential Oils For Pets: Ultimate Guide for Amazingly Effective Natural Remedies For Pets (Natural Pet Remedies,Essential Oils Dogs, Essential Oils Cats,Aromatherapy Pets,Essential Oils For Pets,) HERBAL ANTIBIOTICS: 56 Homemade Holistic Herbal Remedies to Help Prevent, Treat, And Heal Illnesses Naturally (Herbal Antibiotics, Herbal Remedies) Herbal Remedies: Guide to Herbal Healing and Essential oils (Teas, Tonics,Oils Book 2) Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health Healing Salves: Beginners Guide to Making Organic Homemade Salves for Health, Beauty and Healing Herbal Recipe Remedies: 30 Herbal Remedies That Work! (Herbal Recipes Private Collection Book 1) Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies, Organic Antibiotics) Aromatherapy & Essential Oils: The Complete Aromatherapy & Essential Oils Guide for Beginners (Essential Oils Book, Aromatherapy Book, Essential Oils and Aromatherapy Recipes for Everyone) Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments Beeswax Alchemy: How to Make Your Own Soap, Candles, Balms, Creams, and Salves from the Hive Handcrafting Artisan Salves & Lip Balms From Your Kitchen Essential Oils For Chocolate Truffles, Chocolate Candy, and Chocolate Desserts: The 15 Minute Guide To Making Chocolates With Essential Oils-How To Make ... Oils (Essential Oils for Chocolate Lovers) Best Natural Scrubs and Herbal Remedies For Your Health and Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body and Face Scrubs, Herbal Medicine) Essential Oils For Dogs: A Practical Guide to Healing Your Dog Faster, Cheaper and Safer with the Power of Essential Oils (Essential Oils For Dogs in Black&White) Essential Oils For Dogs: A Practical Guide

to Healing Your Dog Faster, Cheaper and Safer with the Power of Essential Oils (Essential Oils For Dogs) Essential Oils Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)