



Kosmetik: aus dem naturnahen Garten (German Edition)

Wolfgang Stix

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Bei Reinigungs- und Pflegeprodukten wird immer mehr Wert auf natürliche Inhaltsstoffe gelegt, die der Haut nicht schaden. Pflanzen aus der Natur und aus dem Garten dienen dabei oftmals als Grundlage für schonende Pflegemittel, die auch selbst hergestellt werden können. Aber welche Heilkräuter sind für die Naturkosmetik geeignet und welche anderen Rohstoffe werden benötigt, um selbst kosmetische Produkte herzustellen? Neben vielen praktischen Erläuterungen und Tipps wie Cremes, Suspensionen, Tinkturen und vieles mehr zubereitet werden, bietet das Buch alles, was zum Verwöhnen von Haut und Seele nötig ist, wie Badezusätze und Massageöle zum Entspannen und zur Mobilisierung.

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