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comprehensive guide is filled with safe and effective cures for scores of common ailments, including headaches, backaches, arthritis, insomnia, splinters ...

Hands-On Healing Remedies by Stephanie Tourles

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Hands-On Healing Remedies : 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies, Paperback by Tourles, Stephanie L., ISBN 1612120067, ISBN-13 9781612120065, Like New Used, Free shipping This practical guide to custom-made healing remedies features 150 original recipes, which are all-natural, safe and effective, for topical ointments that can treat a vast array of conditions, including headaches, arthritis, anxiety and insomnia.

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Hands-On Healing Remedies: 150 Recipes for Herbal Balms ...

With 150 original recipes, this is the essential resource for making topical herbal treatments at home. About the Author Stephanie L. Tourles is the author of Pure Skin Care and Stephanie Tourles's Essential Oils: A Beginner's Guide , as well as the best-selling Organic Body Care Recipes , Hands-On Healing Remedies , and Raw Energy.

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Stephanie L. Tourles is the author of Pure Skin Care and Stephanie Tourles's

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Essential Oils: A Beginner's Guide, as well as the best-selling Organic Body Care Recipes, Hands-On Healing Remedies, and Raw Energy. As a licensed holistic esthetician with a strong background in Western and Ayurvedic herbalism, she has been practicing and teaching healthy living for more than 25 years.

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Hands-On Healing Remedies (Paperback) 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies. By Stephanie L. Tourles. Storey Publishing, LLC, 9781612120065, 320pp. Publication Date: December 4, 2012

Hands-On Healing Remedies : 150 Recipes for Herbal Balms ...

In Hands-On Healing Remedies, holistic care expert Stephanie Tourles offers natural herbal alternatives that are effective, easy, safe, and fun to prepare. Recipes include Sweet Annie Serenity Body Oil for soothing anxiety, Aloe Disinfecting Wound Wash for healing minor cuts and scrapes, Dream Weaver's Relaxing Rub for easing insomnia, Black Walnut Clay Pack for drawing out splinters, and many more.

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Hands-On Healing Remedies | 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.

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Hands-on healing remedies : 150 recipes for herbal balms, salves, oils, liniments & other topical therapies. [Stephanie L Tourles; Samantha Hahn] -- A practical guide to custom-made healing remedies features 150 original recipes for topical ointments that can treat a vast array of conditions, including headaches, arthritis, anxiety, and insomnia.

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