



# Green Cosmetics: Bio Care from the Kitchen and Garden

*Gabriela Nedoma*

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## **Green Cosmetics: Bio Care from the Kitchen and Garden** Gabriela Nedoma

The skin loves green

Green Cosmetics are biological alternatives to deodorants containing aluminum, skin creams containing polyethylene glycol, and products tested on animals. Shampoos grow on trees; meadow flowers give us toothpaste, and sunscreen sprouts in the garden. Everything is 100 percent natural, conjured up quickly and so pure it can be tasted. It's a healthy makeover from nature - like biting into a fresh apple!

Cosmetics from nature

- » 130 complete recipes; many vegan
- » creams, ointments, skin smoothies, deodorants, shampoos, dental care, depilation, sun protection, baby care, and much more
- » suitable for all skin types and for all the family
- » readily available food-quality ingredients
- » quick and easy to prepare in the kitchen
- » step-by-step instructions

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