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Organic Homemade Lotion Recipes: How to Make Your Own Body Lotions for All Skin Types (Paperback)

By Jasmine Wood

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The first step in picking out the correct products and in making homemade creams and a lotion is to use something that s right for you. Depending on your age, diet and genetics you will primarily fall into one of the following 5 skin types: 1. Normal Skin The simplest to maintain normal skin has little to no oily spots, maintains regular circulation with little to no trouble spots. It s fairly elastic and looks healthy with very little make-up and attention. 2. Oily Skin Most prone to breakouts, the trouble zones are usually in the T zone of your face (forehead, nose and chin); oily skin tends to have oversized pores and can look greasy or shiny. With the right creams and proper diet its oil levels can be maintained. Oily skin tends not to have much wrinkling or aging. 3. Dry Skin Most people with dry skin feel tightness after washing their face and easily flake around the mouth and nose with dry spots. Dry skin is prone to aging and wrinkling and...



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