

# Bath & Beauty Recipes

---

## Why homemade beauty products?

Firstly, you know what you're getting 🙋🏻

There are plenty alarm bells about the chemical ingredients in commercial beauty products and the ultimate dangers they hold. Coal tar colours, phenylenediamine, benzene and even formaldehyde are some of the toxins commonly found in many shampoos, skin creams and blushers.

Daily use can lead to a chemicals build-up resulting in a variety of health problems and allergies. **Example:** Many antiperspirant deodorants are known to contain aluminium-based compounds and preservatives that are absorbed by the skin and are known to stimulate breast cancer cells.

Manufacturers love these ingredients because they are cheap and have a long shelf-life but the results from long-term use can be disastrous.

Even more frightening is the lack of concern by the Authorities and beauty industry to protect consumers. Loopholes in Government regulations are being exploited by many manufacturers to allow banned chemicals in over-the-counter products. For more info [visit this link](#) – it will enlighten you no end! 😱

Creating your own products does away with these concerns and apart from the safety aspects it's fun and inexpensive and really gets the imagination going.

Natural products are also rich in essential nutrients, vitamins, and minerals and contain anti-bacterial and moisturizing properties that are far healthier than the

chemical variety.

Eco friendly, Go Green and organic type beauty products are flooding the market like never before, but making their own products is an option many ladies are going for. Coconut, aloe vera, grapefruit, chamomile, lavender, mango, mint, banana, strawberries, olive oil and oatmeal, to name but a few, make for exciting challenges in creating their own personal brand.

To keep the appetite going, click on the title to download

***[The Mammoth Book of Bath & Beauty Recipes](#)***

for absolutely free!