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Katharina Bodenstein / Jutta Schneider

The Little Book of Pampering

Natural Cosmetics from a Blackberry Bath to Sage Milk

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Thorbecke

Hardback with quarter binding

with numerous photographs

64 pages

Format 11 x 17 cm

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Sold: Slovenian

- The best recipes for natural cosmetics from your garden
- A gift that invites you to treat yourself to something good for you

It's so easy to do something good for yourself in a natural way: the ingredients for a refreshing cucumber mask, a quince mask or a beneficial massage oil made of marigolds are probably growing in your own garden!

Do something nice for yourself! This little book provides delightful suggestions for every time of year.



About the authors

Katharina Bodenstein is a biologist and editor of »kraut und rüben«, a magazine dedicated to organic gardening. The themes of country life have also been important in her own life for many years.

Jutta Schneider lives in the southern Black Forest and is a freelance photojournalist. Renowned magazine and book publishers have featured her pictures in numerous publications on the subjects of gardening, nature and traditions.

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