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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

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Relaxing Rub for easing insomnia, Black Walnut Clay Pack for drawing out splinters, and many more.

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

Hands-On Healing Remedies: 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies eBook: Stephanie L. Tourles: Amazon.co.uk: Kindle Store

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

Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments to treat a wide range of conditions. This comprehensive guide is filled with safe and effective cures for scores of common ailments, including headaches, backaches, arthritis, Keep your family healthy and chemical free by making your own natural remedies.

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

Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments you can make yourself to treat a wide range of conditions, from headaches and backaches to arthritis, tendonitis, fungal infections, anxiety, cuts and scrapes, insomnia, splinters, and cracked skin.

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Hands-on healing remedies : 150 recipes for herbal balms, salves, oils, liniments & other topical therapies. [Stephanie L Tourles] -- 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.

Hands-on healing remedies : 150 recipes for herbal balms ...

Sweet Annie Serenity Body Oil relieves anxiety; Lavender Ice reduces the pain, swelling, and discoloration of bruises; Essential Skin Conditioner smoothes stretch marks; and Coconut-Honey Bliss Lip Butter moisturizes chapped, dry lips. With 150 original recipes, this is the essential resource for making topical herbal treatments at home.

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

Hands-On Healing Remedies: 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies: Tourles, Stephanie L.: 9781612120065: Books - Amazon.ca

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

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Description. Keep your family healthy and chemical free by making your own natural remedies.

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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. 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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