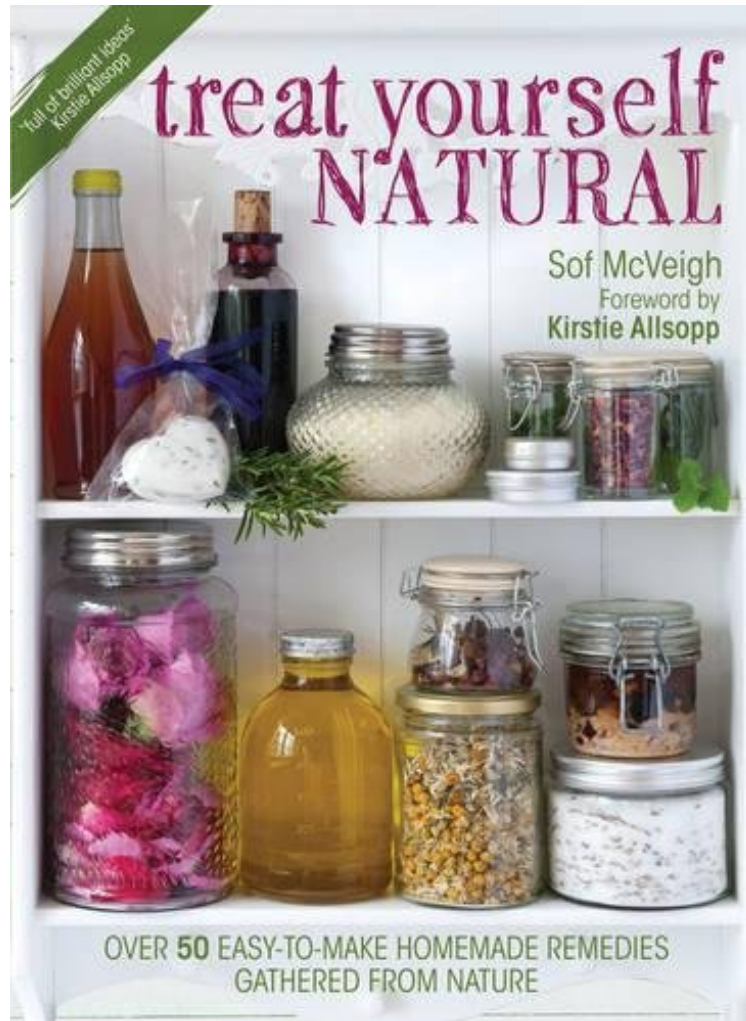


[Ebook free] Treat Yourself Natural: Over 50 Easy to Make Natural Remedies for Mind and Body

# Treat Yourself Natural: Over 50 Easy to Make Natural Remedies for Mind and Body

*Sof McVeigh*

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This book is a source book for mind, body and soul, as well as a testament to the natural power and beauty of herbs.

Overflowing with ideas from the pretty to the practical, this book contains many projects that use the gardener's bounty throughout the seasons. Our gardens contain much of what we need to keep mild ailments at bay and it's fun giving it a go - instead of nuking the dandelions in your lawn - pick them and use them. Or plant marigolds, not just for their cheerful colour, but to make wonderful skin oils with them. You'll find recipes for invigorating body scrubs, relaxing bath salts and just plain fun bath bombs. Also tips for what to look for in your garden or home that can be used to make health-giving tonics or soothing balms, and take a leaf out of the wisdom of country lore (along with new research that shows much of what they were talking about made sense) and put it to use for mild ailments. Whether you want to give something practical for the home, indulgent to enjoy at bathtime, or to complement a delicious dinner, there is a present that will suit everyone.

"The Best fun and the best present ever!" Kirstie Allsopp 'Sof McVeigh, the homoeopath behind the Homemade Company, has worked hard at the relationship between what is fun for children to make and what their friends and family may wish to receive. Last year my boys made her lavender bath bombs, and packaged them up as aunt-pleasing presents with the biodegradable gift bags, ribbons and labels also supplied. New this year is a chocolate-flavoured lip-balm kit and one for making cuticle balm. As both require a degree of heating and pouring, children will need supervision, but the kits really do work, and the pots of balms make lovely presents.' Daisy Bridgewater in The Telegraph magazine. "This great lip balm kit will keep young girls entertained for hours" Susie Forbes in her Easy Living editorial. "This beautifully packaged kit contains everything you need to make your own balm" Clemmie Hambro in The Lady magazine. Angels and Urchins children's magazine: "We love the make-your own bath bombs and lip balms. Ideal sleep over activities and double up as a perfect going home present." About the Author Sof McVeigh is a homeopath and home-remedy writer with a background as a designer. A few years ago, she combined these talents and set up The Homemade Company, which offers a range of natural health and beauty products as kits to make yourself, bringing back the simplicity, joy and sheer fun of making things at home. High profile fans of Sof's products and ethos include Kirstie Allsopp and The Guardian's beauty editor, Sali Hughes.  
<http://www.thehomemadecompany.com/>