



Hands-On Healing Remedies: 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies

Stephanie L. Tourles

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Keep your family healthy and chemical free by making your own natural remedies. 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, insomnia, splinters, and more. Take control of your well-being and stock your family's medicine cabinet with gentle, all-natural homemade healing formulations.

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