

Practical Herbs: Your Guide to Using Herbs for Health, Beauty, and Home



Practical Herbs 1 by Henriette Kress

★★★★☆ 4.7 out of 5

Language : English
File size : 11967 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 152 pages



By Henriette Kress

Practical Herbs is a comprehensive guide to using herbs for health, beauty, and home. This book covers over 100 herbs, with detailed information on their medicinal properties, culinary uses, and cosmetic applications.

Whether you're a beginner or an experienced herbalist, Practical Herbs is a valuable resource. This book will help you:

- Identify and harvest herbs
- Prepare and use herbs in a variety of ways
- Create your own herbal remedies
- Use herbs to enhance your beauty and home

With over 100 beautiful color photographs, Practical Herbs is a must-have for anyone who wants to learn more about the healing power of herbs.

What's Inside Practical Herbs

Practical Herbs is divided into three parts:

1. **Part 1: Herb Profiles**
2. **Part 2: Herbal Remedies**
3. **Part 3: Herbal Beauty and Home**

Part 1: Herb Profiles

The first part of Practical Herbs provides detailed profiles of over 100 herbs. Each profile includes:

- A botanical description of the herb
- A list of the herb's medicinal properties
- Instructions on how to harvest and prepare the herb
- Recipes for using the herb in a variety of ways

Part 2: Herbal Remedies

The second part of Practical Herbs provides recipes for over 100 herbal remedies. These remedies are designed to treat a wide range of common ailments, including:

- Colds and flu

- Headaches
- Stomach problems
- Skin problems
- Stress and anxiety

Each recipe includes:

- A list of the ingredients
- Instructions on how to prepare the remedy
- Dosage information

Part 3: Herbal Beauty and Home

The third part of Practical Herbs provides recipes for using herbs in a variety of beauty and home applications. These recipes include:

- Herbal teas
- Herbal baths
- Herbal skin care products
- Herbal cleaning products

Each recipe includes:

- A list of the ingredients
- Instructions on how to prepare the product
- Usage information

Why Choose Practical Herbs?

There are many books on the market about herbs. But Practical Herbs is unique in its comprehensiveness and its focus on practical applications.

Practical Herbs is the only book you need to learn how to use herbs for health, beauty, and home.

Free Download your copy of Practical Herbs today!

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