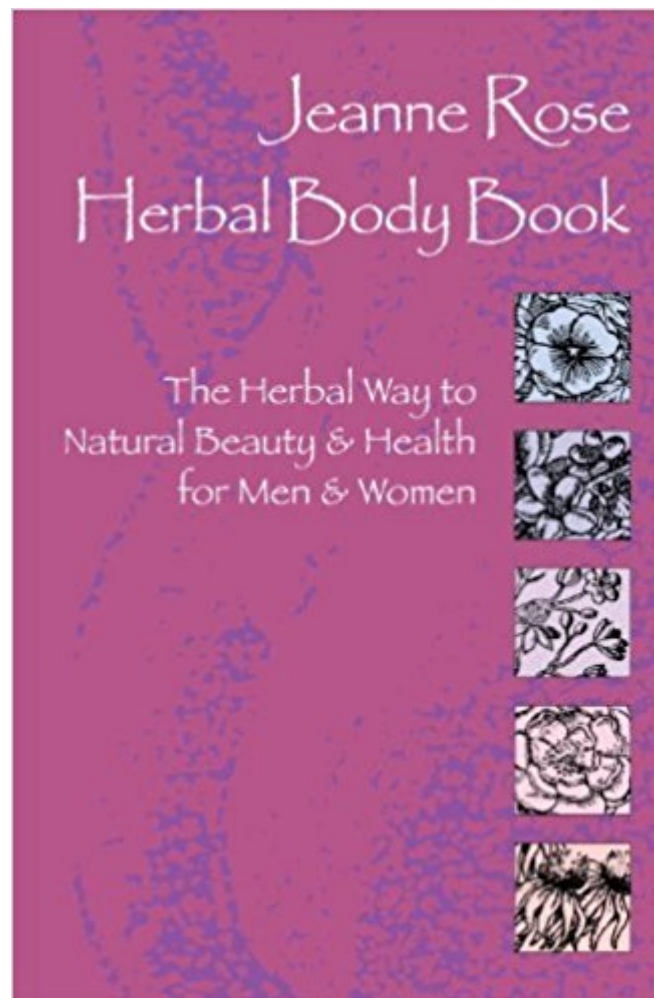




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# **Jeanne Rose: Herbal Body Book: The Herbal Way To Natural Beauty & Health For Men & Women**



## Synopsis

Jeanne Rose's Herbal Body Book pairs a wide variety of ailments with possible plant cures. Each plant recommended is described in anecdotal detail. This book includes recipes for the newcomer and expert. It also includes a glossary of specialized terms, herbs, and recipes. Everything you need from hair products to belly salve for a pregnant woman is inside this most useful companion. Jeanne Rose encourages the reader to make your own blend of herbs to target specific conditions and not only follow a limited number of recipes.

## Book Information

Paperback: 400 pages

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Average Customer Review: 4.3 out of 5 stars 8 customer reviews

Best Sellers Rank: #434,030 in Books (See Top 100 in Books) #40 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Men's Grooming & Style](#) #330 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #436 in [Books > Health, Fitness & Dieting > Men's Health](#)

## Customer Reviews

Jeanne Rose has also written [Jeanne Rose's Herbal Guide to Food](#), [Jeanne Rose's Kitchen Cosmetics](#) and [The Aromatherapy Book](#).

First I must say that I was torn about whether to give the book 4 or 5 stars. For the book itself and the information it contains, I would absolutely give it 5 stars. I have used those recipes for all these years and besides saving a ton of money on expensive cosmetics, I look 10 years younger than I am (so everyone tells me). It's also fun to make and use your own body care products. For you older back-to-the-earth herbalist types like me, you might remember Jeanne Rose's first edition of the same name in 1976. I bought this one because I thought there would be new recipes and updates of older ones, as well as updates on ingredients and new ingredients. I was disappointed to find that it is almost exactly the same book; it even has the same thanks to/acknowledgement at the front

(which shows you that nothing has changed because at the time she was pregnant and the kid is obviously in his 30's by now) and some of the exact same drawings. So for that I removed a star. I am disappointed that she would republish the exact same book. Does she need the money, or what?

Excellent. Herbal studies from a master.

i found all this information highly useful. i have been making stuff and love using all natural stuff.

I was loaned this book by a friend, and he nearly had to pry it out of my cold, dead hands to get it back. Within a day of opening the book, I was so attached to it, I took it with me everywhere - and read it two times through. This book, while a slight bit dated, combined REALLY old world recipes with newer concepts and is, in my opinion, an absolute necessity for anyone who's interested in creating their own skincare and health products. Its foundation will give you the ability to understand what you're doing, why you're doing it, and exactly how to go about adjusting recipes to make them work FOR YOU. Moreover, you can seriously feel the heart that went into this book - the love of herbs and nature. It's infectious and refreshing. Hands down, if anyone were to ask me for a natural beauty and health recipe book recommendation, this would be one of the first three on my list.

Many years back i lost my copy of Jeanne Rose' 1976 Herbal Body book! From her book I had created my own recipes which friends loved. But, alas, I lost those as well at the same time. I have since tried other folks recipes with fancy (expensive) carrier oils, etc. but always come back to Jeanne Rose'down to earth, "find it in your kitchen", recipes! I am so happy to have found it again and since I am fortunate enough to work in the same city she lives in (SF) I hope to attend one of her amazing classes one day!

Indeed Jeanne Rose knows her herbal stuff from experience, gathered over more than thirty years as a professional herbalist. The 2000 edition that I got (the one described on this page) is awesome: there's a glossary of herbs, of pharmacology terms, of health conditions that can be helped with herbs. The author provides recipes for making different ointments and mixtures for beauty and health conditions but she also gives in her book enough information for the reader to actually mix up her own ingredients and create an original perfume, or mask or lotion. She knows how to impart her knowledge with generosity. It's a reference book and fun to read as well.

I'm 14 years old, and am just discovering the world of herbs, and of cosmetics. I found this book very useful in both areas, because of the wonderful descriptions, and the useful, simple recipes. Oh, also, the version I read was the 1976 version (from the library of course) so I imagine that this newly updated copy is even better!

I'd encourage anyone to proceed with caution and be ready and willing to black out any information or beliefs you strongly disagree with. While I generally found this to be a very good reference with many very interesting recipes to address a wide range of interests, my intention in writing this review is primarily as a warning to those who shun magic, sorcery, witchcraft and all the rest, in fact I had to subtract a star from the rating. I found the very last chapter of the book to be very disturbing and unexpected as it was (no longer in my book) a chapter on using herbs in magic. I ripped the section out of the book (thankfully it was only 20 pages or less) and blacked out all references to any matter dealing with the occult. My heart sank to discover the section, and for this reason alone, while I find the book useful, I won't look for any of the author's other work, nor do I care to know any more about her than I already do.

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