



Well Being: Rejuvenating Recipes for the Body and Soul

Barbara Close

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From starting a busy day with an energizing juice boost to squeezing in a yoga class after work, rejuvenating personal rituals have slowly become part of our daily lives. Luxurious beauty treatments such as aromatherapy, herbalism, and massage are no longer limited to special occasions and the day spa. *Well Being* takes an intimate, sensual approach to self-care, with simple recipes and ideas that will make you feel as if you're pampering yourself from the inside out. Slide your toes into an aromatic rosemary foot bath, sip a restorative pear elixer, ease dry skin with a soothing herbal balm. Just a small pantry of herbs and essential oils are needed to prepare the health and beauty recipes in *Well Being*. Arranged seasonally, it offers recipes for all that ails: steaming teas and cold soothers ease the winter chills, refreshing baths and mists counter the climatic fluctuations of spring, cool tonics and compresses quench summer's dry skin and sunburn. Lavishly photographed throughout, *Well Being* is an irresistible volume of refreshing daily comforts that will nurture the body as well as the soul.



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