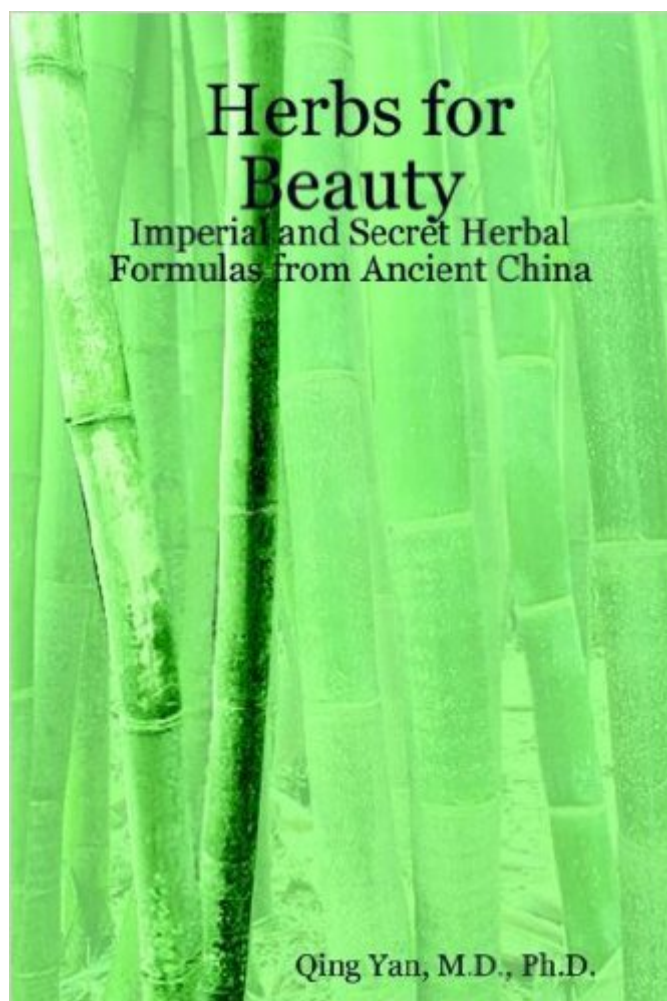


The book was found

Herbs For Beauty: Imperial And Secret Herbal Formulas From Ancient China



Synopsis

This book collects 100 ancient Chinese herbal formulas containing more than 140 herbs for natural beauty. These include imperial formulas used by emperors and empresses in ancient China, and secret time-tested formulas handed down in generations. Each formula is explained with both Chinese medicine and available scientific studies. Formulas for pampering every part of the body are included, such as herbal shampoos, facial cleansers, moisturizers, lip balms, mouth rinses, deodorants and bath soaps, and herbal formulas for weight loss. Various skin and cosmetic problems are addressed, including hair loss, dandruff, wrinkles, freckles, acne, red and puffy eyes, cracked lips, cold sores, red nose syndrome, breath and body odors, frostbite and chilblains, and obesity.

Book Information

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Customer Reviews

This book is a collection of centuries-old herbal secrets. Some of these secrets my mother has only heard whispered but never learned. I am sure that my own tight-lipped doctor uses them, because he is in his seventies, yet his skin has the texture of a thirty-year-old. These formulae work. They restore health, youth, and vigor - the qualities that the Chinese doctors call "beautiful." The speed at which the restoration takes place is only inhibited by the initial state at which the user begins.

I'm amazed that these ancient formulas are so useful and work so well even today. Maybe it's because they have been used for so many generations. The ancient stories and backgrounds behind these formulas are very interesting, e.g., how some recipes were used by Emperor Guangxu

and Empress Cixi. I recommended some hair rinse formulas to my friends and they really liked those recipes! Those mouthwash recipes are very helpful too. The recipes are easy to follow, with detailed ingredients, amounts, and preparation methods described. The explanations in Chinese medicine and scientific research are easy to understand. The book gives detailed references that are very convincing. It's a good resource about traditional Chinese culture too, such as those aromatics bags that were very popular in ancient China. It's almost unbelievable that ancient Chinese had developed so many comprehensive methods for beauty.

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