



# GREEN & NATURAL Acne & Seborrhea Care Recipes

*L Phippen*

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## **GREEN & NATURAL Acne & Seborrhea Care Recipes** L Phippen

Acne can be one of the most frustrating skin care dilemmas to treat. The triggers and exact causes of acne will be different for every individual. There are hundreds of products on the market that work toward preventing & treating acne outbreaks but these products are made for everyone, not customized to meet the exact triggers and causes of your outbreak. There is a solution. A cost effective, natural solution customized just for you. Using ingredients easily obtained from your grocery store, natural store, yard, and kitchen, you can make customized acne treatment & prevention products for yourself. Better yet, you can make the products without unnatural additives, with less expense and with more focus on your personal needs. By following simple recipes, a lot like those in a cookbook, you can create your very own acne treatment & prevention product care line. You will customize this line to meet your exact needs. Best yet, this line costs only pennies compared to those items you find in the personal care aisle, from infomercials, or from the dermatologist! You can save hundreds of dollars a year by creating the exact products that you and your family want and need for a fraction of the money you will pay for pre-prepared products. You can address the exact cause of your acne outbreaks in a way that is focused entirely on you. Your product line will be safe, natural, and customized to meet your exact acne triggers! Each chapter of this book will provide you with some recipes that you can use to start an acne prevention and treatment program of your very own. The appendix includes an ingredient list that gives a brief summary of the expected benefit of each ingredient. This list also gives you the chance to customize each recipe to your exact needs. Now you can create your very own, effective acne treatment and prevention products and be on the way to healthy, blemish free skin!

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