



## Piante cosmetiche. Guida all'uso, alla conoscenza e alla creazione di prodotti di bellezza naturali.

By Cristiano, Luigi

Apogeo, 2011. Book Condition: new. Milano, 2011; br., pp. 144, cm 13x18. (Urra). I vegetali in genere e le piante officinali in particolare sono un laboratorio naturale cosmetico e possono costituire la fonte di materie prime capaci di sostituire i prodotti di sintesi. Con oltre quaranta schede descrittive delle principali piante officinali di uso cosmetico, questo piccolo manuale offre una conoscenza rapida dei loro principi attivi e del loro uso per la cura e la bellezza del proprio corpo. Contiene inoltre ricette per preparare in modo semplice le proprie creme, maschere, pomate e lozioni di sicura efficacia. Poiché nonostante la dichiarata naturalezza, molti prodotti cosmetici hanno additivi di sintesi e coloranti chimici, un piccolo dizionario delle sostanze più in uso e una guida alla lettura della nomenclatura standard degli ingredienti cosmetici contenuti nei prodotti in commercio (la cosiddetta etichettatura INCI - International Nomenclature of Cosmetic Ingredients) ne fanno una guida per muoversi tra gli scaffali dell'erboristeria e dei settori naturali dei negozi, in modo da potersi orientare per l'acquisto di un prodotto di qualità.



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