



Meine Salbenküche: Salben, Cremes und Öle zum selber machen (German Edition)

Monika Fritz

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Salben, Cremes und Öle sind in eigener Herstellung leicht zu bewerkstelligen. Sie haben den Vorteil, dass sie zum einen frei von chemischen Zusätzen sind und zum anderen, dass sich Pflanzen, Blüten, Blätter, Stiele und Wurzeln in unseren Regionen sammeln lassen. Monika Fritz, die erfahrene Praktikerin beschreibt in "Meine Salbenküche" den genauen Ablauf vom Sammeln bis zum fertigen Produkt. Die Pflanzen werden in den Einzelteilen erläutert, der Verwendungszweck beschrieben und viele interessante Rezepte laden zum Nacharbeiten ein.

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