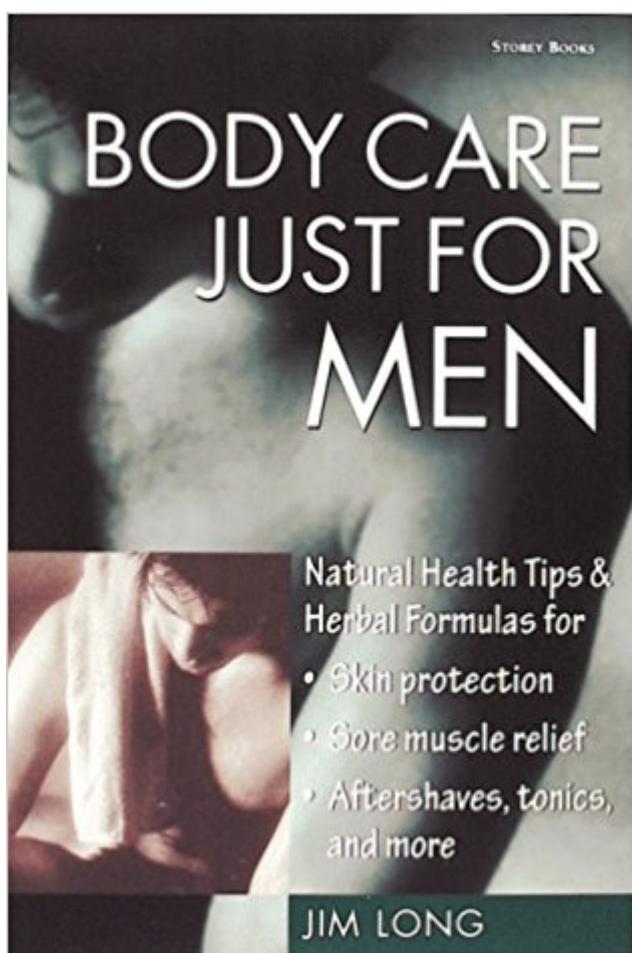


The book was found

Body Care Just For Men: Natural Health Tips & Herbal Formulas For Skin Protection/Sore Muscle Relief/Aftershaves, Tonics, And More



Synopsis

Filled with formulas for great-looking skin, soothing relief for hard-working muscles, energizing body rubs, and confidence-building scents and aftershaves, this is the only body care guide made just for men!

Book Information

Paperback: 144 pages

Publisher: Storey Publishing, LLC (January 10, 1999)

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11 ounces

Average Customer Review: 4.8 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,138,942 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Men's Grooming & Style #1042 in Books > Health, Fitness & Dieting > Men's Health

Customer Reviews

"If you want to feel better and look better, this is a total men's guide to healthy living." -- Steven Foster, author, consultant, photographer

The only book of its kind, *Body Care Just for Men* includes easy, make-at-home herbal formulas for everything from aftershaves and sore muscle soaks to treatments for bruises, sprains, bites, and abrasions. Author Jim Long also presents natural remedies for hair troubles, libido and prostate woes, athlete's foot, body and foot odors, and common skin problems. Healthful mixes for sports drinks, cough syrup, sore throat gargle, and massage oils round out this comprehensive guide.

This book is super generous with information. A great buy and read!

The book *Body Care Just For Men* is full of wonderful, healthful information for men who want to stay strong and healthy to accomplish all that men have to do. In addition to health information there are effective formulas from hair care to supplements. A must have for men!

excellent!

It is a great book for men who want to be healthy using as less chemical substances in their bodies as they need... It is a guide prepared for men and men's problems, this book have helped some men to acknowledge that this wonderful substances are as appropriated for women as for men. I recommend it for the entire family.

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