



Apple Cider Vinegar, Coconut Oil and Almond Oil for Beginners: Health and Beauty Secrets Revealed

Jolin Howell

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Apple cider vinegar, coconut oil, and almond oil are the foundation of many organic beauty products that you can use to restore the suppleness of your skin, the shine of your hair, and the strength of your nails. These ingredients can also be used in natural remedies to cure common ailments. If you are curious to learn more about apple cider vinegar, coconut oil, and almond oil then this book is the perfect place to start.

In this book you will receive the following:

- An introduction to apple cider vinegar, coconut oil and almond oil
- A collection of recipes for natural remedies for common ailments
- A group of recipes for organic homemade beauty products

If you are ready to try your hand at homemade organic beauty products and natural remedies for common ailments, simply pick a recipe from this book and give it a try!

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