



## Recetas de cosmetica natural (Spanish Edition)

*By Fernando Luis Cabal*

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La idea básica del presente libro es facilitar recetas de cosméticos obtenidos a base de materias primas naturales y ecológicas con el fin de que el lector pueda fabricar sus propios ungüentos, productos, geles, jabones, perfumes, dentífricos, desodorantes, etc, asegurándose así que sólo se aplica sobre la piel y en su cuerpo los beneficiosos elementos que nos proporciona la Madre Naturaleza.

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#### **About the Author**

nació en Madrid, el 20/10/1953. Fundador de Librería Verde (Madrid) en 1979, la primera librería en España de ecología y terapias alternativas. Fundador de Mandala ediciones en 1980, dedicada a salud natural, ecología y espiritualidad. Ha dirigido y fundado las siguientes revistas: Musica Global, Medicina China, Masaje, Danza Oriental, Universo Holístico. Ha sido director de contenidos de 1001musicas.com. Ha traducido numerosos libros de Psicología Humanista, Medicina china, terapias alternativas, ecología, sufismo, espiritualidad. Ha organizado numerosos talleres y cursos de terapias naturales y alternativas, ha dirigido Congresos de Medicina Holística, Festivales de Musica Nueva Era y Danza Oriental. Fundador y director de EXPOMASAJE, Feria del Masaje y terapias manuales. Ha escrito diversos libros: "Guia de la musica de la Nueva Era", "Guia de la Danza Oriental", "Masajes del Mundo", "Indignados 15M spanish revolution".

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