



The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More

By Sandra Hinchliffe

Download now

Read Online ➔

The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe

The First Book to Bring Together Spa, Cannabis, and Herbal Healing

The Cannabis Spa at Home contains more than seventy-five cannabis spa recipes free of preservatives and major allergens that can be prepared in the home kitchen or professional spa with wholesome herbal ingredients.

Cannabis spa isn't new—cannabis has been used for thousands of years for external use in the traditional health practices of Eastern cultures. In locations where cannabis has renewed legal status today, cannabis spa potions such as lotions, salves, poultices, scrubs, and baths are being rediscovered as a healthy alternative for managing pain, soothing irritated skin, and enhancing the spa experience.

In *The Cannabis Spa at Home*, you'll discover which spa preparations provide local healing—and which have potential for a more euphoric experience. You'll also learn how to make:

Refrigerated and shelf-stable cannabis lotions, creams, balms, and masks
Emulsions, cannabis base oils, cannabis herbal poultices, aromatherapy essence water, cannabis bath salts, and foot and hand soaks
Edible treats such as luscious spa nosh, hemp smoothies, and cannabis bhang

↓ [Download The Cannabis Spa at Home: How to Make Marijuana-In...pdf](#)

📄 [Read Online The Cannabis Spa at Home: How to Make Marijuana-...pdf](#)

The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More

By Sandra Hinchliffe

The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe

The First Book to Bring Together Spa, Cannabis, and Herbal Healing

The Cannabis Spa at Home contains more than seventy-five cannabis spa recipes free of preservatives and major allergens that can be prepared in the home kitchen or professional spa with wholesome herbal ingredients.

Cannabis spa isn't new—cannabis has been used for thousands of years for external use in the traditional health practices of Eastern cultures. In locations where cannabis has renewed legal status today, cannabis spa potions such as lotions, salves, poultices, scrubs, and baths are being rediscovered as a healthy alternative for managing pain, soothing irritated skin, and enhancing the spa experience.

In *The Cannabis Spa at Home*, you'll discover which spa preparations provide local healing—and which have potential for a more euphoric experience. You'll also learn how to make:

Refrigerated and shelf-stable cannabis lotions, creams, balms, and masks

Emulsions, cannabis base oils, cannabis herbal poultices, aromatherapy essence water, cannabis bath salts, and foot and hand soaks

Edible treats such as luscious spa nosh, hemp smoothies, and cannabis bhang

The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe

Bibliography

- Sales Rank: #21141 in Books
- Published on: 2015-10-20
- Original language: English
- Number of items: 1
- Dimensions: 7.30" h x .90" w x 7.40" l, .0 pounds
- Binding: Hardcover
- 160 pages

 [Download The Cannabis Spa at Home: How to Make Marijuana-In ...pdf](#)

 [Read Online The Cannabis Spa at Home: How to Make Marijuana- ...pdf](#)

Download and Read Free Online The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe

Editorial Review

Review

If you are looking for some tips or maybe a new recipe, may I suggest the new book The Cannabis Spa At Home by Sandra Hinchliffe. This book has great recipes for everything from a quick salve to bath salts. Don't smoke the bath salts, though. -- Ngaio Bealum, Cannabis Lifestyle Columnist, Sacramento News Review

Hinchliffe's recipes pack a punch! -- Grace Gold, Health & Beauty Journalist, Women's Health Magazine

The facts are there; Medical marijuana does have the potential to be a potent alternative to pharmaceutical drugs. -- Aisha Moktadier, Journalist, Vix Magazine

Soaking in custom-made cannabis spa...ahhhh, now you're really living the high life. -- Mary Jane Gibson, Entertainment Editor, High Times Magazine

"The images are beautiful, the recipes lush and easy to follow. As a spa professional I can easily see how it could become a 'must have' item for any spa wishing to incorporate cannabis therapy into their repertoire of products and services." —Linda Harding-Bond, international spa trainer, *Huffington Post*

"Cannabis is the key ingredient in this book, but what makes *The Cannabis Spa at Home* stand out is the comfort and grace in which cannabis is discussed in its pages. . . . Cannabis isn't just used here as a gimmick to sell a mediocre spa book. There is actual substance presented in a comfortable, soothing and professional package." —Allison Edrington, *The Ganjier*

About the Author

Sandra Hinchliffe is a home herbalist, autoimmune disease survivor, and legal medical cannabis patient in the state of California. She uses her background as a home herbalist and medical cannabis patient to create a repertoire of spa and wellness recipes designed to be both beneficial and delightful. She is also a niche cannabis writer, photographer, and stylist, the founder of the SpaKind.com cannabis spa app, as well as the publisher of Hempista.com, the first cannabis-centric blog to feature beauty, fashion, wellness, and lifestyle topics. She resides in Fremont, California.

Users Review

From reader reviews:

Alex Thayer:

Now a day folks who Living in the era where everything reachable by interact with the internet and the resources included can be true or not demand people to be aware of each details they get. How individuals to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Reading through a book can help men and women out of this uncertainty Information specifically this The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More book as this book offers you rich details and knowledge. Of course the details in this book hundred per

cent guarantees there is no doubt in it you probably know this.

Candice Foushee:

Your reading 6th sense will not betray you actually, why because this The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More guide written by well-known writer who knows well how to make book that can be understand by anyone who also read the book. Written within good manner for you, leaking every ideas and writing skill only for eliminate your hunger then you still hesitation The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More as good book not simply by the cover but also by the content. This is one reserve that can break don't ascertain book by its include, so do you still needing another sixth sense to pick this specific!? Oh come on your reading sixth sense already told you so why you have to listening to yet another sixth sense.

Rosalind Bowlin:

Are you kind of active person, only have 10 or maybe 15 minute in your moment to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your limited time to read it because this time you only find book that need more time to be learn. The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More can be your answer because it can be read by anyone who have those short spare time problems.

Mary Tobin:

Do you like reading a guide? Confuse to looking for your best book? Or your book had been rare? Why so many concern for the book? But any people feel that they enjoy intended for reading. Some people likes studying, not only science book but also novel and The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More or maybe others sources were given information for you. After you know how the truly amazing a book, you feel wish to read more and more. Science guide was created for teacher or maybe students especially. Those ebooks are helping them to put their knowledge. In additional case, beside science e-book, any other book likes The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More to make your spare time far more colorful. Many types of book like this one.

Download and Read Online The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe
#U1QHEM3DBRW

Read The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe for online ebook

The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe books to read online.

Online The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe ebook PDF download

The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe Doc

The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe Mobipocket

The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe EPub

U1QHEM3DBRW: The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More By Sandra Hinchliffe