

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

By Sandra Hinchliffe

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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

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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.

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The actual book The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More will bring that you the new experience of reading some sort of book. The author style to elucidate the idea is very unique. When you try to find new book to see, this book very acceptable to you. The book The Cannabis Spa at Home: How to Make Marijuana-Infused Lotions, Massage Oils, Ointments, Bath Salts, Spa Nosh, and More is much recommended to you to read. You can also get the e-book in the official web site, so you can more easily to read the book.

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