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1 cup distilled water; 1 tbsp crumbled, dried orange rind; 1 tsp rose petals; 1 tbsp vegetable glycerin \* (In saucepan, bring water to boil, remove from heat, add the herbs, cover, and steep for 45 minutes. Strain into a storage container and add glycerin; refrigerate for up to one week.)

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Holistic Esthetician Stephanie Tourles

About Stephanie Tourles | Herbal Skin and Body Care Expert  
Stephanie L. Tourles is the author of Pure Skin Care and Stephanie Tourles's Essential Oils: A Beginner's Guide, as well as the best-selling Organic Body Care Recipes, Hands-On Healing Remedies, and Raw Energy. As a licensed holistic esthetician with a strong background in Western and Ayurvedic herbalism, she has been practicing and teaching healthy living for more than 25 years.

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