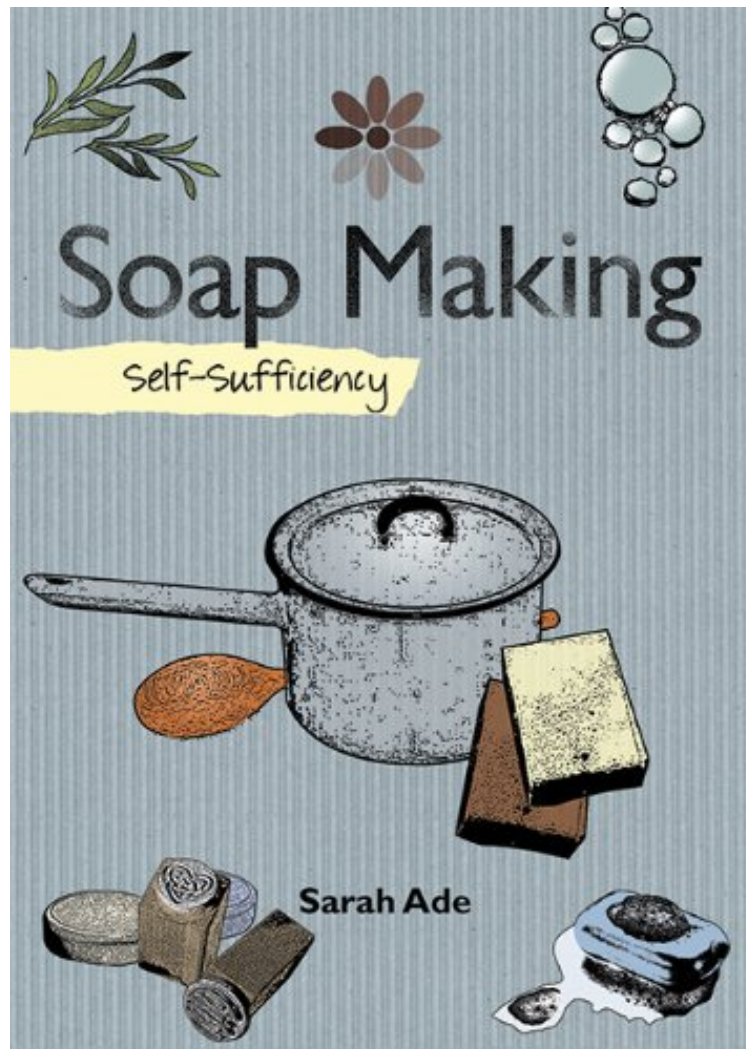


(Mobile book) Soap Making (The Self-Sufficiency Series)

Soap Making (The Self-Sufficiency Series)

Sarah Ade

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Sarah Ade : Soap Making (The Self-Sufficiency Series) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Soap Making (The Self-Sufficiency Series):

6 of 6 people found the following review helpful. Do NOT make this your only soap making book! By Jeanette While this book is visually appealing from the outside and has a nice hardcover it does not live up to its promises. As with any soap making book there are things that can be learned from this book but there are several myths and inaccuracies that are perpetuated which lessen its value. Miss Ade states that you cannot make good soap using only one oil - she obviously has never made pure olive oil soap. An example of a "soft" oil that actually makes one of the hardest bars of soap after curing. Grapefruit seed extract and Rosemary oil extract are no longer recommended for preventing soap from going rancid. If that is a worry then you are using "old" oils or are superfatting your soap too much. She also

recommends Vitamin E oil as an antioxidant to prevent soap from going rancid indicating by her wording that "all" soap will eventually turn rancid. Soap that is properly made will and should last for years. Another reviewer states that measurements in the book were written correctly in the U.K. using grams and so forth. That maybe so but for this American version the measurements are not as accurate as they could and should be because they are measured in volume instead by weight. This book has some value but in no way should it be a soap making "bible". More of curiosity in your library to be taken with a grain of salt. There are too many other good books, including some older ones, on making soap for me to recommend this to any beginner. Had I seen it in person first I would not have bought it.

1 of 3 people found the following review helpful. U.S. Publishers Mistakes in Measurements By D. Estep To start with this book is a good book for soapmakers. The problem I had with this book, bought by was that the U.S. publisher has the measurements totally incorrect. Normally you do not measure soap ingredients by cups nor measurements that say 9/10 cup, 5/6 cup, 4/5 cup!!!!. The book was first published in the U.K. which has the correct correct information.

23 of 24 people found the following review helpful. Soap Making: Self-Sufficiency, Ade, ISBN 978-1-60239-790-3 By Kerri Mixon Soap Making: Self-Sufficiency, Ade, ISBN 978-1-60239-790-3, is useless as an instructional reference due to a lack of visual illustrations. The written information about soap making is inaccurate; this book overflows with misinformation. The abundant grammatical errors make it both difficult and painful to read. Many of the page numbers sited in the index are off by one or two pages. On page 58, the author dangerously instructs new soap makers to "add water to the sodium hydroxide crystals." As a matter of safety, new soap makers are always taught to carefully add the lye to the water and never the other way around. Never pour water onto lye, as this book instructs, because pouring water onto lye can dissolve the top layer of lye beads and form a crust to seal the dry lye on the bottom and keep it separated from the water on top. As the exothermic reaction progresses, heat will build beneath the crust until the gasses violently expand in an eruption of hot caustic lye solution, which is forebodingly known as the "volcano effect." Clearly, this book is dangerous, inaccurate, and quite possibly the worst soap making book ever published.

Soap Fact: Handmade soap differs greatly from commercial soap because handmade soap contains glycerin donated to the soap by natural whole oils. Page 12 of the aforementioned Soap Making: Self-Sufficiency incorrectly states, "the glycerin produced during the [commercial] saponification process is separated out." Actually, according to the AOCS (American Oil Chemists' Society), commercial soap companies do not siphon off the glycerin and remove it from the soap, they simply do not use whole oils. Instead, they make soap from a base of fatty acids, which are the lipid tails without the glycerol heads that would become free glycerin. So, simply stated, commercial soap companies do not remove the glycerin from their soaps; they never had any in the first place!

Make your own luxurious, beautiful soaps at home with all-natural ingredients. We often think about how the things we put into our body affect us, but how much time do we take to consider how the things we put onto our body? This timely book is packed full of helpful advice about how to make your own luxurious and beautiful soaps at home, using only the best natural ingredients. Sarah Ade lists natural ingredients and their properties before describing how to combine them for a specific purpose. She also discusses the benefits of a macrobiotic lifestyle and holistic skin care, and why your body will thank you for them. This is an essential guide for anyone interested in what they put onto their body as well as what they put inside.

About the Self-Sufficiency Series: More and more Americans are becoming concerned about living a healthier and more environmentally-friendly lifestyle. Whether its moving to the country and starting over on a whim or just making city-living a little simpler and easier, the Green movement is changing the way we live our day-to-day lives. Skyhorse's new Self-Sufficiency handbooks are meant to help offering advice on what to do, how to do it better, and how to save money as well. This is a beautifully-illustrated series made even more beautiful because its goal is to help everyone live in a more earth-friendly fashion. 100 color illustrations

About the Author Sarah Ade is the codirector of the Bare Naked Soap Company, a family-run holistic company that makes soap and other skin care products using natural ingredients.