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Soap Mastery: Beginner Soap Making (Monochrome): Create Your First Soap, Shampoo Conditioner (Volume 1)

Luanna Wallis

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Luanna Wallis : Soap Mastery: Beginner Soap Making (Monochrome): Create Your First Soap, Shampoo Conditioner (Volume 1) before purchasing it in order to gage whether or not it would be worth my time, and all praised Soap Mastery: Beginner Soap Making (Monochrome): Create Your First Soap, Shampoo Conditioner (Volume 1):

6 of 6 people found the following review helpful. Good beginner book if you want to get going
By Bobbisusie I really liked this book. I tried another book on soap making that went into a lot more of the history and chemistry of soap so I was glad that this one was more about making soap than telling me about soap. I saw this book on a Facebook group page and thought it would be helpful. It really was. I am a beginner on making soap so this book was more like a friend telling me how to do it than a technical book on the history and process. I would recommend this book to those that want to dive in and try it. Then look for other books for the technical stuff. Very nicely written.
6 of 7 people found the following review helpful. Good book for beginners...
By D. Weed This is an introductory book that is well written and suitable for beginning soap makers. Intermediate and advanced soap makers may want to pass on this book, unless you want a refresher. The author steps the reader through the process of making four different products -- hot process soap, cold process soap, liquid soap, and a non-soap hair conditioner -- using a basic recipe for each.
Pros: The author does a very good job of explaining each process and provides a few additional recipes to try complete with instructions. She does a very good job of discussing the ingredients, equipment, techniques, and safety. Her writing style is clear, friendly, and logical. The book is well edited and well organized. Not a lot of photos, but there are enough to get the point across. She gives correct information about how to handle lye burns on the skin -- with WATER only, never vinegar.
Con: "...cold-processed soaps do have a longer cure time (usually 4 weeks) so if you want to have a soap that's ready within 24 hours, then stick with the hot-process method...." The author takes pains in several places to say hot process (HP) soap is ready to use in a few days, while cold process (CP) soap takes weeks to be ready. The truth of the matter is this -- any HP or CP soap can be safe to use on the skin within hours to a few days after making, but neither soap is at its BEST until the soap cures for at least 4 weeks. It's a persistent myth that HP soap is ready to use (or even to sell) the day after it's made but somehow poor CP soap takes weeks before it gets to that same point. It is true that HP soap saponifies quicker due to the added heat used when cooking the soap ingredients, so it is safe to use on the skin within hours. Because CP soap is usually made without adding heat, the saponification reaction is slower. Most CP soap is skin safe in 1 day, but some can take up to 2-3 days to be skin safe depending on the specific type of CP method used. After saponification is done, however, HP soap and CP soap take the same 4-6 weeks to actually cure. By cure, I mean the process of drying to a stable weight, producing the best lather, and becoming long lasting. There is ~no~ short cut for making this cure time shorter. Don't take my word for this -- try it yourself with HP soap and CP soap. Ideally both should be made with the same recipe, just the different techniques for saponification. Evaluate each bar for a total of 4-6 weeks -- every day or two for the first week and once a week thereafter. Check the amount and texture of the lather produced. Press on the soap to check its hardness. Measure the weight loss over time. See for yourself whether the soaps improve over the cure time or not.
A quibble: "...The oils and the lye should be of similar temperature to each other, ideally within 10°C / 50°F of each other. Note that this temperature requirement is less important during hot-processed soap making but it is a good habit to form...." I've seen this odd bit of advice repeated by many authors, but no one ever gives the reason for it, perhaps because it really is one of those odd soaping "rules" that sound reasonable but really isn't reasonable at all. You may indeed prefer the lye solution and fats to be not too hot and not too cool, but the fats could be 32°C (90°F) and the lye could be 49°C (120°F) and all will be just fine. Don't waste time getting them within 10°C of each other -- it's truly not necessary. A correction: A temperature difference of 10°C converts to a temperature difference of only 18°F, not 50°F. If one thing is at an absolute temperature of 30 deg C and another is at 40 deg C, the difference in temperature is 10 deg C. This is the same as saying one thing is at an absolute temperature 86 deg F, the second is 104 deg F, and the difference in temperature is 18 deg F.
Another quibble: "...Caustic Soda (NaOH) is required for the creation of bar soaps and is often used in liquid soaps as well. You should be able to find it on the shelves of your local hardware store. ... Caustic potash (KOH) is required for the creation of liquid soaps and shampoo. Caustic Potash will need to be purchased from a specialised soap making supply store...." The chemical names of sodium hydroxide (NaOH) and potassium hydroxide (KOH) are far more commonly used in the USA. You won't find "caustic soda" sold in American hardware stores, but you will find "sodium hydroxide" sold as a drain cleaner. Also newbies often think the chemicals "caustic potash" and "potash" are the same thing, but they're not. Despite my critiques, I still think this book is a good one for beginning soapers and the author has her heart in the right place. A good introduction to the art of making hand crafted soap.
3 of 3 people found the following review helpful. Must have soaping book for beginner!
By liz It has a complete info - not just for the beginners. Explains step by step systematically how to make soap, even with the pictures. Really making it easy to learn - like having a tutor by my side. Thank you!

Note, this is the black white version of the book. A full colour version is also available ### Do you love soap-making and want to improve your skills? Do you want to try making soap for the first time but have been too scared or confused to start? Do you know how to make bar soap and want to give liquid soap making a shot? Forget the conflicting advice and poorly written blogs! I will teach you how to create your own soaps and more using easy-to-follow 'quick-start' guides. You will literally wow yourself and others with the bar soaps, shower gels, shampoos and conditioners that you will soon be able to make! You will learn various soap-making techniques including the hot process, cold process and liquid soap-making approaches. You may try one method or enjoy them all! You will be

able to craft fantastic soaps using great recipes and uncomplicated steps. Each of these techniques are thoroughly illustrated (including pictures of the soap batter at its various stages) - keeping even the most inexperienced soapmaker on-track! You will learn: * Lye Safety. * Soap-making Tools Equipment. * Basic ingredients for body products. * Hot process visual guide complete with recipe. * Cold process visual guide complete with recipe. * Liquid soap-making visual guide complete with recipe (can be used to make shower gel, hand soap, dish soap, doggy shampoo or any other liquid soap product). * Liquid shampoo-making visual guide complete with beer shampoo recipe. (Water or wine can be used in lieu of beer if preferred). * Liquid hair conditioner visual guide complete with recipe. * 8 additional bar soap recipes (for cold or hot process methods): - Basic palm oil recipe. - Basic tallow recipe. - Basic vegan palm-free recipe. - Inexpensive-ingredients recipe. - Slow-tracing recipe (for colour swirling). - Nourishing shea butter recipe. - Moisturising sweet almond oil recipe. - Gentle castile recipe (100% olive oil with water discount for fast curing). * Identifying the stages of trace - light, medium heavy traces. * PH testing. * Clarity testing (for liquid soap making). * Colouring fragrancing soap. * Soap curing. * Soap making tips hints (look for the blue text). * All recipes include measurements in both grams and ounces. This book is the first title in the Soap Mastery Series and includes 12 recipes and 5 quick-start guides, each of which can be used to create unlimited variations in terms of the soap's colour, fragrance, additives and design. In summary, this book has something for everyone! If you are looking for a soap-making book that is packed-full of great recipes, helpful tips and useful illustrations, then this is the book for you! *** Free Bonus *** When you buy a paperback copy of this book on Amazon.com you are also eligible for a free kindle version via the Matchbook program!

About the Author Luanna Wallis is an independent Australian non-fiction author located on the NSW Central Coast, she is married and has two daughters, aged 12 and 14 years old. Having suffered from depression and with an educational background in psychology, she wrote 'Train Your Brain To Be Happy'. Part of the depression recovery process for her was finding an activity to keep her baseline happiness level high and so she discovered soap making. There's something about soap making that is so addictive and it continues to play a major part in bringing her happiness and keeping her grounded. Starting her soap making journey with the hot-process method and closely followed by the cold-process method, she eventually wanted to try liquid soap making but found that books on the topic were scarce, outdated and confusing, and that no-one seemed to know how to formula a shampoo or conditioner recipe. After discovering that liquid soap making was no more difficult than bar soap making, she was motivated to begin her next writing adventure, namely the 'Soap Mastery' series, starting with her first book, "Beginner Soap Making". Luanna is a part of several online soap making groups and is happy to answer and soaping questions from her readers in that forum. She does not sell her soaps, but she does donate her soap to her local 'Ronald McDonald House' charity as well as gifting soaps and shampoos to her friends and family.