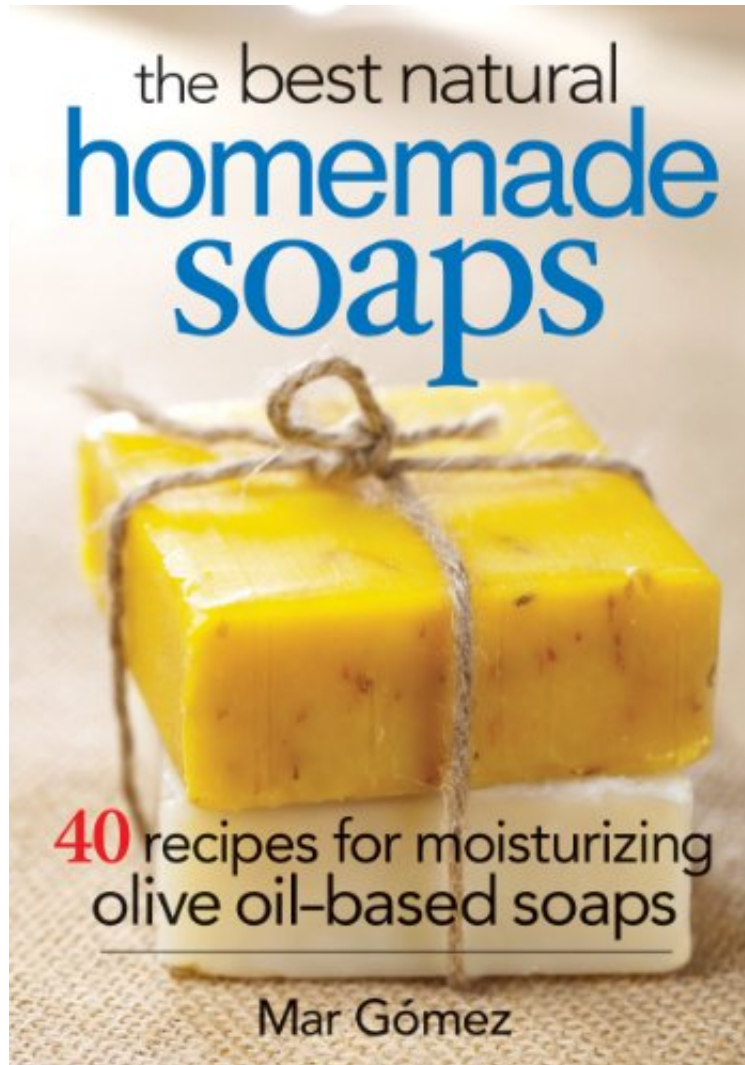


(Read free) The Best Natural Homemade Soaps: 40 Recipes for Moisturizing Olive Oil-Based Soaps

## The Best Natural Homemade Soaps: 40 Recipes for Moisturizing Olive Oil-Based Soaps

Mar Gomez

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#1216264 in Books Gomez Mar 2014-09-11Original language:EnglishPDF # 1 10.00 x 1.13 x 7.001, .0 #File Name: 0778804909224 pagesThe Best Natural Homemade Soaps 40 Recipes for Moisturizing Olive Oil Based Soaps | File size: 74.Mb

**Mar Gomez : The Best Natural Homemade Soaps: 40 Recipes for Moisturizing Olive Oil-Based Soaps** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Best Natural Homemade Soaps: 40 Recipes for Moisturizing Olive Oil-Based Soaps:

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soap does not look anything like the pictures when it is made. Different color, different texture. Also the temperatures they use in this book are too high and the soap can take forever to set up. I do however like the recipes, I have made 5 types of soap and I like them all! 0 of 0 people found the following review helpful. Five Stars By Sharon K Sturk Good informational book and lots of recipes for making soaps. 34 of 34 people found the following review helpful. JUST PRETTY PICTURES AND NOTHING ELSE By xenia duranovic I am a veteran soap maker. I bought the book thrilled that i would learn something new. However ALL of the recipes are the same with the exception of step # 6 which supposedly creates the differences in the soap. Anyone who has any experience with soap making will soon find that the soaps pictured are NOT the result of the recipes given in e book. If you look at the first page there is the list of photo credits given to iStockPhoto.com and Oceana Amber archives. The photo of bay laurel soap even bears the Syrian manufacturer's stamp IN ARABIC!! Majority of soaps shown are glycerin based soaps that are IMPOSSIBLE to make following the recipes in the book I could not find anything on the author, nor did anyone interviewed her in person. This book is based on many pretty pictures and nothing else! I wouldn't even donate this book to a public library for this book is a shining example of nicely packaged FRAUD

Luxurious, soothing, moisturizing olive oil-based soaps made at home easily and economically. There are only three essential ingredients required to create these soaps: water, olive oil, and caustic soda. Olive oil is the primary ingredient enjoying the highest rating as its properties are well known throughout the world. Olive oil is the most beneficial oil to your health, and in cosmetics it has been used since ancient times for its virtues for glowing hair and skin. Rich in vitamins, minerals and proteins it has the added benefit of being available virtually everywhere. Once these three key ingredients are in place, there are a number of wonderful extra ingredients that will customize and create a personal soap. These ingredients include beeswax, cocoa butter, clay, kaolin, seaweed, goats milk and egg yolks, and others. Some ingredients will give the soap hardness (beeswax) or softness (honey) or more foam (cocoa butter) for greater cleansing ability. Since using soap is such a sensory experience, there is a comprehensive section on essential oils which create that air of perpetual breeze of a good soap. A comprehensive section on these essential oils, their history and therapeutic uses provide all the information needed to create the perfect scent. The recipes feature essential oils of the highest purity which are added to the soap right before it is placed in molds. Easy step-by-step preparation techniques produce luxurious soaps such as: Sandalwood Soap, Kiwi Soap, Chocolate Soap, Wheat Germ Soap, Green Tea Soap, Cedar Soap, Echinacea Soap, Lavender Soap, Marshmallow Soap, Lemon Soap, Rose Hip Soap, Marigold Soap, Coconut Soap, Vanilla Soap, Seaweed Soap, Oat Soap, Clay Soap, Mung Bean Soap, After Eight Soap, Beach Sand Soap. This fascinating history of soap and its ingredients with therapeutic recommendations is informative and fun to read. The comprehensive recipes with preparation, utensil and ingredient tips guide the reader to create better-than-store-bought quality soaps made at home.

About the Author Mar Gomez has a diploma in Naturopathy, Dietetics and Nutrition and collaborates with a variety of media outlets. She also leads workshops on preparing natural cosmetics and other naturally based products and has written several books.