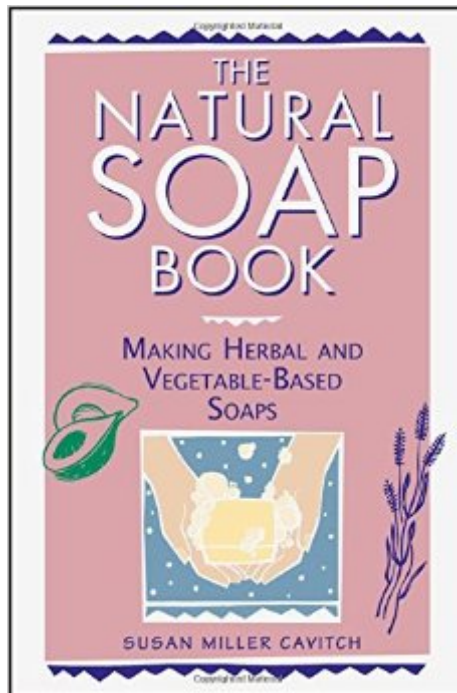


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# The Natural Soap Book: Making Herbal And Vegetable-Based Soaps



## Synopsis

Making your own soap is fun, easy, and rewarding. In this introductory guide, Susan Miller Cavitch shows you how to craft your own all-natural, wonderfully smelling soaps. Illustrated directions take you through the whole process, from buying supplies to cutting the final bars. With easy-to-follow recipes that range from classics like oatmeal and honey soap to more adventurous combinations using goat milk and borage, you'll be inspired to make uniquely personal soaps that are gentle on your skin and a pleasure for your nose.

## Book Information

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## Customer Reviews

I really enjoy the straight forward writing style of Ms. Cavitch. She speaks to you like you're having a conversation with a good friend. In the Introduction she gives some basic chemistry of soap lessons which are very easy for the non chemist to understand. Then she goes on to explain different types of soap, different fats and oils what when you might want to use each. All through the beginning are charming, little stories about real soap makers and their businesses. What a nice touch. This seems to be a very well thought out book with just oodles of information on just about every aspect of making soap. She's even included a small section on blending essential oils and give some suggested blending for certain scents. The coloring section isn't as lengthy as I think it could be, but it is a good start for the beginner, especially for those who want to start using herbs for coloring soaps. I can't say I agree with Ms. Cavitch on her temperatures explanation. But that does seem to be more of a preference thing. She feels that vegetable soaps made over 95 degrees F are

problematic, but I have never found that to be the case. Actually... I have found the opposite to be true. Weighing your essential oils in advance as she suggests you do in Step 1, is going to give you a problem unless you tightly seal it. I learned right away that they will evaporate into the air. What you weighed out before you started stirring will be partly gone by the time you use it! She does however, later in another section, mention that you should tightly seal the container. A picture, an actual photograph, of what 'trace' means would be nice. Would it kill these authors to say something like, "thick like pudding"?

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