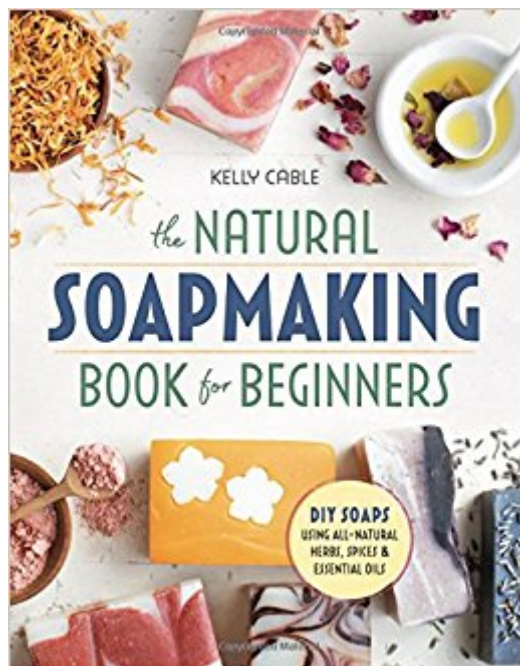




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The Natural Soap Making Book For Beginners: Do-It-Yourself Soaps Using All-Natural Herbs, Spices, And Essential Oils



Synopsis

"With gorgeous and inspiring photography, helpful charts, clear tutorials, and creative and enticing recipes, this book will inspire you to make your own high-quality, natural soaps!" —Marlene Adelman, Herbal Academy

Making soap from scratch is a fun hobby and a great way to control the ingredients in the products you use, but it can be hard to know where to start. The Natural Soap Making Book for Beginners will show you how easy and simple it is to make your very own homemade soaps without artificial dyes and chemicals. Your senses will tingle as you master the art of cold-process soap making using fresh, floral, woody, and amber scents to create your own handcrafted soaps. Get your hands wet with The Natural Soap Making Book for Beginners when you soak in: Over 55 diverse recipes to choose from such as castile soap, shampoo bars, shaving bars, anti-aging soaps, salt soaps, goat-milk soaps, and more. Step-by-step instructions, tips, and tricks for mastering cold-process soap making, decorating techniques, and scent pairing — designed specifically with beginners in mind. Natural ingredients that avoid harsh chemicals and artificial dyes, which can dry out and irritate your skin. Illustrated charts detailing how and when to use natural colorants, essential oils, and herbal infusions. Join Kelly Cable, a longtime soap maker, herbalist, teacher, and creator of the popular blog Simple Life Mom, as she shares the simple tips and tricks of her craft in The Natural Soap Making Book for Beginners.

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Customer Reviews

Decorative Techniques Swirling Swirling colors into soap is super easy and fun. There are many

techniques to choose from, and soapers are constantly inventing more. I will outline the three basic techniques to help get you started, followed by a tutorial for a basic swirl. The most important tip for swirls is that your soap needs to be at light to medium trace. You must emulsify the oils and water, but don't overdo it. Thinner soap will cause the swirls to sink into the soap, while soap that is too thick will cause the swirl to sit on top of the soap. Make sure your temperatures are a little lower than usual, 90°F to 100°F, to give yourself more time to create swirls. You'll need a few extra tools for swirling: Extra glass bowls or measuring cups •one for each color you'd like to swirl into your batch Whisk Rubber spatula or chopstick (for a basic swirl) An extra large pot (for a slide)

Basic Swirl [View larger](#) [View larger](#) [View larger](#) 1. At light trace, divide the soap batter into several glass bowls depending on the number of colors you are making. If you want just a few swirls on top, transfer just 1 cup to a separate bowl. If you are coloring the entire batch, divide it up evenly. 2. Add color to the soap you removed •for example, activated charcoal, rose clay, spirulina, or cocoa powder •and whisk to remove any lumps. 3. Pour the base color into the mold. Pour the colored soap over the base color in vertical, horizontal, or diagonal stripes. It is important to choose only one direction. 4. For larger swirls, use a spatula. For smaller swirls, use a chopstick. Insert the spatula or chopstick into the batter until it reaches the bottom of the mold. Drag it up and down across the length of the mold. (See Patchouli, Charcoal, and Spirulina Swirl Soap, page 134.) Stop there or add extra swirls by returning the spatula or chopstick to the starting point and retracing your steps, making small circles across the length of the soap (See Acne Bentonite Clay and Charcoal Soap, page 128).

“The Natural Soap Making Book for Beginners is so much more than a recipe book for new soap makers. It encompasses essential techniques for working with natural herbs, clay, salts, and essential oils to protect their integrity, fragrance, and color in the complex chemical reactions of the soap vat. Ingredients are expensive and you don't want to waste them with experiments that end up in the re-batch bin. Using the tested recipes in Kelly Cable's book, the beginner soap maker will find immediate success, while the advanced soap maker will discover valuable and creative techniques to explore.” Christine Dalziel, author of The Beeswax Workshop, creator of Joybilee Farm “The Natural Soap Making Book for Beginners is a valuable resource that confidently guides the beginner soap maker through that first

batch of soap and into the wonderful world of creative natural soap making!

Jan Berry, author of *Simple & Natural Soapmaking* "With gorgeous and inspiring photography, helpful charts, clear tutorials, and creative and enticing recipes, this book will inspire you to make your own high-quality, natural soaps! Easy step-by-step instructions lead you through the soap making process with clarity. We especially love the addition of herbs and spices for their color and therapeutic properties—familiar kitchen spices, like turmeric and cinnamon, as well as the plants growing in our yards and gardens, like burdock leaf and calendula!"

Herbal Academy "As a firm believer in making things at home with natural and wholesome ingredients, I love that Kelly's book only highlights natural colorants and scents. She's taken the guesswork out of what plant matters will give you what colors, and her attention to safety sets this book apart as my number one reference on making homemade soap in my homestead kitchen."

Melissa K. Norris, author of *The Made-from-Scratch Life*, host of the *Pioneering Today Podcast* "This book is perfect for the beginner and expert soap maker alike! Each step of the process is thoroughly explained in easy to understand terms."

Heather Harris, creator of *The Homesteading Hippy* "The lessons and step-by-step tutorials will take the mystery out of soap making so that beginners can proceed with confidence. But there's much here for experienced soap makers as well. I've been making soap for many years, but I've rarely gone beyond the basics. Kelly's new book inspires me to be more experimental and artistic in my soap making!"

Susan Vinskofski, creator of *LearningAndYearning* "This is the perfect book for anyone who wants to start making their own homemade soaps! Kelly explains every detail and makes the process approachable for everyone. The recipes are easy to follow and full of natural and herbal ingredients—my favorite kind."

Colleen Codekas, creator of *Grow Forage Cook Ferment*

KELLY CABLE is the soap maker and herbalist behind the popular blog *Simple Life Mom*. For more than 10 years, Kelly's been making soap from scratch using all-natural ingredients and, since 2013, selling her soaps through her successful Etsy shop. She regularly leads soap making classes in three states. In *The Natural Soap Making Book for Beginners* Kelly shares her knowledge of the tricks of the trade for beginners and DIY-veterans alike. Learn more at SimpleLifeMom.com.

Soapmaking Soap making is something that has always intrigued me, but then every time I decide I want to try, it just seems overwhelming. Although I think this book is fabulous, I

not any closer to making it myself. I just don't seem me being able to use, give away or sell enough of it to make it worth the effort for me. That being said, the book was well written with lots of detail in the application. I especially liked the many reminders and cautions that indicate safety first! There were recipes that sounded delicious (Cocoa-Mint! Cinnamon Roll! PUMPKIN SPICE!), and some that were relaxing just to read about (Walk in the Woods, Fall Sunset, Mulled Wine and Relaxing Lavender). There are illustrated step-by-step instructions, descriptions of the different types and techniques as well as a section on troubleshooting. If you have decided to take up this hobby by all means, invest in this book! I took advantage of an offer from the publisher to get this book free and with no obligations. This review is given by choice.

This is the perfect book for anyone starting to learn soapmaking. I love the goatsmilk soaps I get as gifts at Christmas time. They are hand crafted and smell so great! What could be better than learning to do it myself? This book goes over all the basics, from safety tips, step by step instructions and a list of items you will need to make the soaps, to recipes. I think this could be a good side business as well for me. Anything to make a bit more money for our family! Great book! I'll be heading to the local lavender farm soon for local fresh lavender for my new soaps!

Love love love!! I can't tell you how wonderful and easy this book makes soap making. My friend who does sugar scrubs came over to do it with me and she said she thought there was nothing easier than sugar scrubs. This book breaks it down, teaches you the basics, then shows you how to add on to it. I'm so happy I found this book. I can't wait for my son to be a little older because he really wants to help.

In its paperback format, this book is a beautiful manual that covers every single detail in the soap making process. For a beginner, like myself, there are many (many!!) questions one has before and while making your soaps and this book answers them all. The book progresses slowly from the basic concepts onto the more advanced topics and fancier designs. Ultimately, the third (and largest) part of the book, Part 3, provides a long collection of soap recipes--from pets shampoos to beer soap and allergy relief bars. The book is easy to follow, it is enticing, and I DO love the multiple drawings and pictures that support the explanations in the book. Note: I received this product for free in exchange for my honest and unbiased review

I'm a beginning soap maker (for fun) who was relying on directions from different static websites and

You Tube channels until I received this wonderful book. It's got great photographs and clear illustrations, it's visually pleasing, and it's extremely well written and organized. There's interesting background info on the chemistry of soap making, lots of advice and rules for safe handling of materials (in particular, lye, which can be highly volatile and dangerous if not handled properly), how to calculate quantities of ingredients (in particular, the amount of lye in relation to the fat content of ingredients by weight), techniques for "cold process" soap making... and lovely recipes. I couldn't be happier! I'm a crafty person who has used a few craft books in my day - for inspiration and techniques- but I have to say that this one is among the best of the best. Well done.

I really like this book for the information on natural alternatives to harsher chemicals and for the awesome recipes. I am of African descent with tight, curls. The first soap I ever made was the Goat Milk and Honey Shampoo Bar. I really liked how it cleaned my hair and left it shiny and well defined. My whole family was impressed. I am looking forward to using some of these other recipes.

I have always wanted to dabble in soap making. This book made it seem so easy - I HAD to try it. It works! Its fun! You will love it!

With all of the soap and beauty products on the market, it may be difficult to know what ingredients are in them or how your skin will react to them. This book seems like a resource for both novice and experienced soap makers. With a few simple tools and ingredients you can make your own soap and know what ingredients are in them. Homemade soaps are also a great gift idea. I received a copy from the publisher.

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