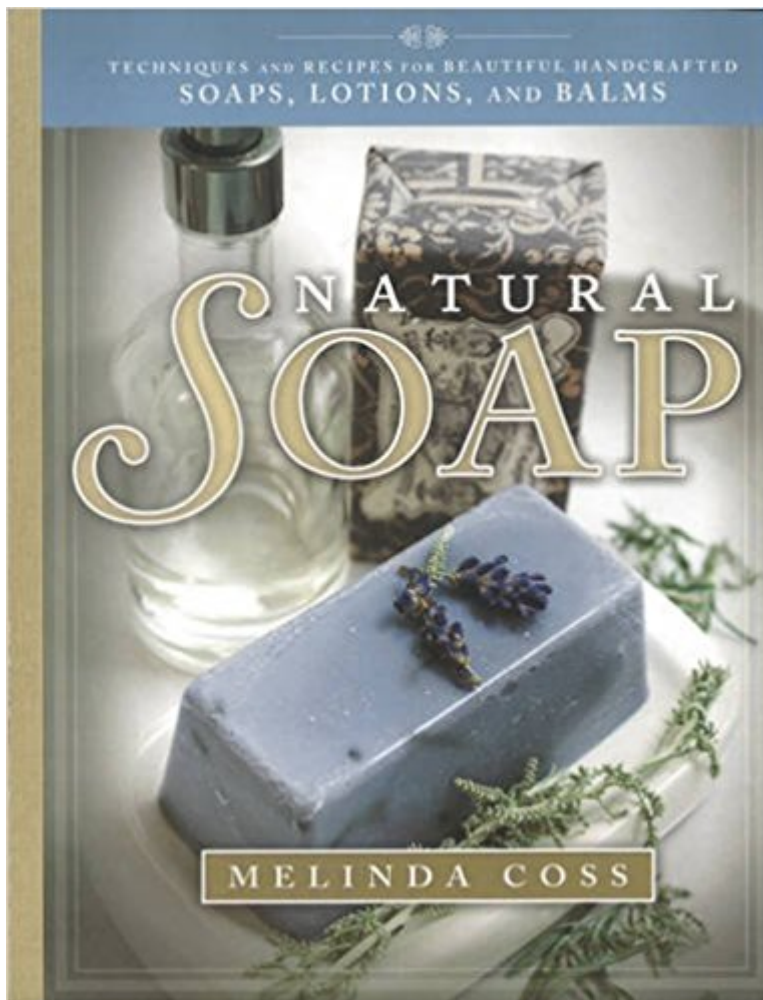




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Natural Soap



Synopsis

Learn how to make beautiful, luxurious and kind-to-skin soaps at home to give as gifts, sell, or just keep for yourself! This new book by bestselling soap making author Melinda Coss focuses on natural ingredients and provides a wonderful range of recipes for bar and liquid soaps as well as creams, lotions, and balms. The technique section covers everything you need to know to create these wonderful soaps at home so even a beginner could start making soap in no time, and all of the equipment needed is fully explained. The recipes include fruits soaps, scrub bars, skin creams and flower waters, and there is even a section on special effects for a real treat. With such a wide choice of design, colour, and scent, there's bound to be something here for everyone. Melinda also includes an invaluable section on running a soap making business, giving essential advice for anyone looking to profit from their newfound skills.

Book Information

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Customer Reviews

• | enough information for the beginner | to start soap making, and enough inspiration for the experienced soap maker to take their hobby to a business level • Think of it as a cross between a great book of recipes, an excellent guide to technique and a coffee table book of just how beautiful soap can look.

In just four years, Melinda Coss took cold process soap making from a hobby in her kitchen to large industrial premises where her team made superb natural soaps and toiletries for well known UK

stores, as well as supplying exclusive hotels in the UK and in France. She has also helped set up soap making units in rural Tanzania and in South Africa, and has written two internationally published books on soap making: *The Handmade Soap Book* and *Gourmet Soaps Made Easy*, both published by New Holland. She now runs soap making courses in London and France.

While the book itself is lovely, there are some errors and it's just not possible to make the soaps, creams, etc like the pictures show with the given directions. Colors aren't even in the same realm and even an experienced soapmaker (which I am) would be hard pressed to get the results in the pictures as described as I believe they're heavily photoshopped. This is not to say they can't be achieved, but these details are left out for the new soapmaker. When I got this book several years ago, I adored it as I was just beginning in soap making, however I had many problems with getting well emulsified creams, lotions, etc with her given wax amounts. I also had soaps that were way too cleansing. For example, in one cream recipe she writes for 32 gm of butters/oils total and only 4 gm wax and 2gm cetyl alcohol. This is definitely not enough wax and was the reason my creams never stayed emulsified for any length of time with her recipes. The amount of emulsifier should almost always be 25% of your oils portion. Now I know the soap recipes are meh, but they do 'sound' lovely. If you love the idea of using extreme specialty oils for personal use (these would be way too expensive to ever make into sellable items), this might be nice, however many of the recipes have oils like 'watermelon', baobab, etc that are very spendy and not easy to come by for an authentic version. She does give alternatives in some recipes, but you're left feeling like you're missing out if you aren't using the original stated. As far as scenting any of these products, you will not get any scent in your soap at her recommended ratios. While many of the blends are lovely, her amounts are minuscule and don't come through the cold process at all, especially any that contain citrus which isn't mentioned at all. Citrus in general is wasted in cold process unless you use 10x or 5x orange, lemon, or litsea cubeba.

Lots of good info and lovely photos. Interesting recipes not found elsewhere (looking forward to trying the Fig & Honey one someday). Word of caution - double check the math on figuring out how much lye is needed when creating your own recipes. She says that 20oz of oil equals 500g, which works out to 25g/oz. Last I knew, the conversion was closer to 28.35g/oz.

Beautiful pictures. Nice recipes, I have tried a few. There are a few recipes with ingredients that I don't think you can get in the United States. But I enjoy learning about the different soap recipes

anyway.

In addition to the beautifully laid-out photos and the clarity and logical sequencing of content, Melinda Coss goes the extra mile in describing the importance of selecting ingredients. For example, she included a discussion on the importance of considering ecological & sustainability concerns when purchasing carrier oils and other natural ingredient from reputable suppliers. For me, this issue and fair trade practices are very important. Beyond the usual discussions of the qualities and constituencies of commonly used carrier oils & waxes, Ms. Coss also included important information related to endocrine, hormonal and cellular health impacts of psuedo-natural, and synthetic ingredients frequently used by both commercial and home soap makers to enhance specific qualities such lathering, foaming, creaminess, conditioning, and hardness. Specifically discussed are Sodium Lauryl Sulfate (SLS), Sodium Laureth Sulfate (SLeS), Parabens, DEA and Borax among others. This book offers good practical suggestions as well as scientific advice on soap crafting. For example, when explaining the process of saponification and its effect on skin-nutrient ingredients in carrier oils the author suggests investing wisely in lower-grade carrier oils like olive pomace instead of extra-virgin, first processed olive oil because pomace produces a better lather and perhaps even a harder bar. On the other hand, as most soap-makers are probably aware, certain oils like Jojoba (a wax), Borage Seed, oil and Emu are very expensive and should be used in small amounts or reserved for use in lotions & creams for which there are also wonderful recipes in the book. Of course, the author includes wonderful cold-process soap recipes and an excellent listing of reputable suppliers, some of which are U.K. based while others are located in the U.S. Unfortunately, some like Snowdriftfarms.com are no longer in business. I can personally attest to the quality of service and professional reputations of many resources included on the U.S. based portion of the list. Lastly, the author also provides helpful information on selling, marketing, advertising, promoting and packaging your soaps. I highly recommend "Natural Soap: Techniques and Recipes for Beautiful Handcrafted Soaps" to anyone interested in the craft whether for personal use or for professional development.

I love this book and constantly go back to it when needed. Very informative and is a must have. Has sections on lotions balms an also liquid soap making as well as cold process soap making. Thanks!

I really enjoyed reading this book. It's full of great information and great pictures. I'm very glad I bought it.

I have not made any of the recipes yet, but they look interesting.

I am a beginner skin care maker and this is a great beginner book. I used this as a guide. I wish there was a recipe for the African soap though.

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