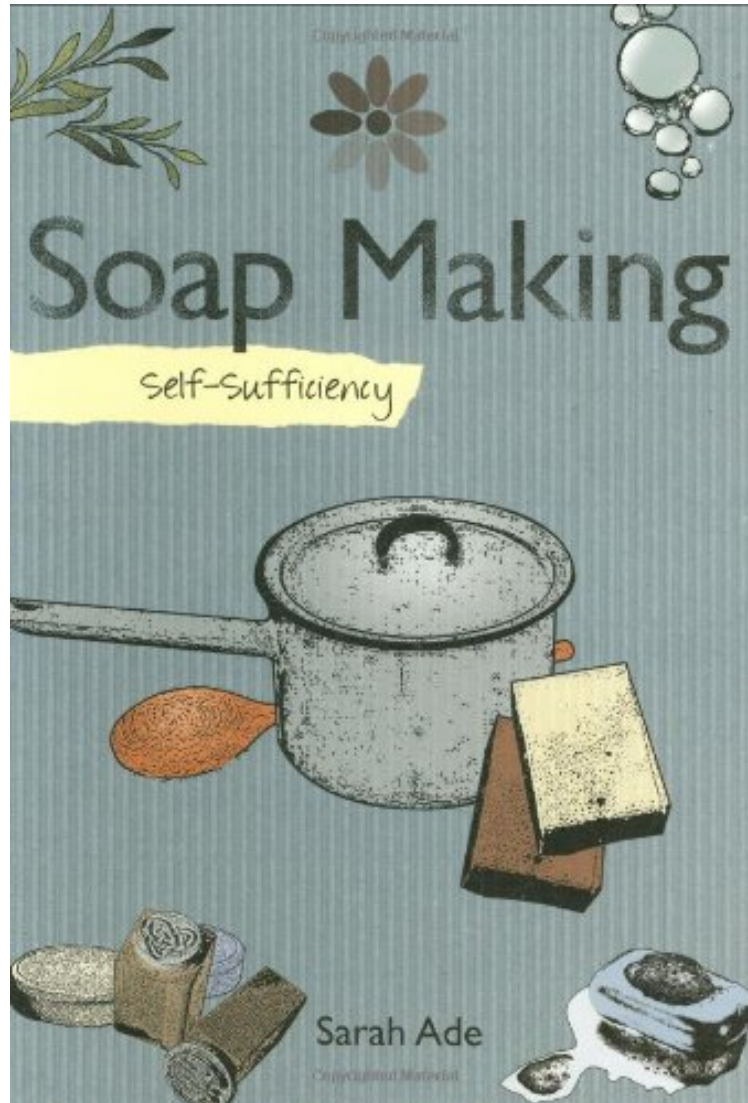


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Soap Making: Self-Sufficiency

Sarah Ade

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Sarah Ade : Soap Making: Self-Sufficiency before purchasing it in order to gauge whether or not it would be worth my time, and all praised Soap Making: Self-Sufficiency:

Our skin is our largest organ. We often think about how the things we put into our body effect us, but how much time do we take to consider how the things we put onto our body effect us? This timely book is packed full of helpful advice about how to make your own luxurious and beautiful soaps at home, using only the best natural ingredients.

Not only are the soaps good for you, they look great and are wonderfully indulgent too. Sarah Ade begins by listing the natural ingredients available and their properties before describing how to put ingredients together for a specific purpose. She also discusses the benefits of a macrobiotic lifestyle and holistic skin care, and why your body will thank you for it. The recipes range from the fun and frivolous to sensible and serious and the text is packed with homemade skin care ideas. This is an essential guide for anyone interested in what they put onto their body as well as what goes inside.

About the Author Sarah Ade is joint director of The BareNaked Soap Company a family-run holistic company who make soap and other skin care products using only the finest pure and natural ingredients.