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Essential Oils Box Set #20: Soap Making For Beginners & Top Essential Oil Recipes (Soap Making, Soap Making Books, Essential Oils Recipes, Soap Making ... Making For Beginners, Soap Making Recipes)

Lindsey P

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Soap Making For Beginners: A Guide to Making Natural Homemade Soaps from Scratch, Includes Recipes and Step by Step Processes for Making Soaps & Top Essential Oil Recipes: A Recipe Guide Of Natural, Non-Toxic Aromatherapy & Essential Oils for Healing Common Ailments, Beauty, Stress & Anxiety

Soap Making

This book is perfect for those who want to make their own soap but do not know where to begin. Soap making is a fun and rewarding hobby that you can also turn into a business once you have successfully made your first batch of soap. In this book, you will get to know the different ingredients, tools and processes on how to create soap.

Soon you will get to know the basic steps on how to process soap. There are mainly two basic processes, the Hot Process and Cold Process. But before moving on to these two, let's first discuss a very useful online tool that you can use in formulating the perfect soap recipes.

Soap making is a fun filled activity that anyone can enjoy. The sense of accomplishment in producing something that is useful in everyday life can build one's self confidence and self esteem. You can even add a personal touch in the soaps that you will make by adding some of your favorite oils and scents.

Natural soap has a greater advantage in terms of skin moisturizing than commercially manufactured soaps because of the ingredient glycerine that will be left in the soap. In commercially manufactured soaps, glycerine is filtered out of the soap and sold as a different product. Glycerine is an ingredient that is responsible for retaining water in the skin, leaving it soft and moisturized.

Homemade soaps can be used as gifts to your friends and relatives during the holidays. Surely, they will appreciate the effort you put into making the soaps as well as the skin health benefits they have. These homemade soaps can be income generating as well, for you can sell your nice smelling products in stores that support selling of natural and homemade goods, or in the internet.

If you have always wanted to know how to make soap, wanted to have the recipes that will eliminate those unhealthy products your using everyday on your body! Then you need to act! And act now, stop using cancerous products that harm you and your family!

Top Essential Oils

To make essential oils, it needs to be extracted from the plant. This can be done through expression and distillation.

Expression, also referred as cold pressing, expression is method used to extract oils from citrus fruits like lime, orange, tangerine, lemon, and bergamot. In the past, expression doesn't require any sorts of tools except for a sponge. After soaking the citrus rind or zest, it will be pressed against the sponge repeatedly to absorb the oil. The sponge will then be squeezed over a container to catch the oils and allow it to separate from its juices. After a few hours, the oils will be siphoned off and bottled.

A modern type of expression involves using a blender-like device that's equipped with spikes. Once the citrus zest, rind, or peel is placed into the device, it will rotate and prod and prick the citrus until the oils are released. Oil will be collected at the bottom of the device and bottled immediately.

Distillation, which most essential oils are extracted using the distillation process. In this process, the plant part is placed on a grid that's inside a container called still. The still is then sealed. The water, steam, or water/steam combination swirling inside the sealed still will slowly break down the plant to release its volatile components and turn it into steam. These components will then rise up and collect into the condenser. Once the condenser is cool, the components will revert back into liquid form and will be collected in a separate container. Once the essential oil separates from the water, it will be siphoned off and stored.

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Juana Houck:

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