



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

*By Susan Miller Cavitch*

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**The Natural Soap Book: Making Herbal and Vegetable-Based Soaps** By Susan Miller Cavitch

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.

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## **The Natural Soap Book: Making Herbal and Vegetable-Based Soaps** By Susan Miller Cavitch **Bibliography**

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### **Editorial Review**

From the Back Cover

It's fun to make your own natural soaps at home!

Susan Miller Cavitch takes the mystery out of soapmaking, sharing her formulas for making high-quality vegetable-based soaps that are good for your skin -- and free of synthetic additives.

The Natural Soap Book gives you:

- \* Clear directions and illustrations to guide you step-by-step through the entire process -- from buying supplies to cutting and trimming the final bars.
- \* Recipes for old favorites like oatmeal/honey and avocado soaps to Susan's unique recipes for goat milk, borage, and even a tropical shampoo bar.
- \* Creative wrapping and gift packaging ideas.
- \* Formulas for exotic specialty scents like Holiday Spice, Sweet Earth, and Southern Summers.
- \* Profiles and tips from professional soapmakers.

### **About the Author**

Author Susan Miller Cavitch is the founder and president of Soap Essentials, Inc., a Memphis-based retail mail-order company producing homemade herbal products. She is the author of *The Natural Soap Book* and *The Soapmaker's Companion*. She lives in Eads, Tennessee.

### **Users Review**

#### **From reader reviews:**

#### **Brian Lopez:**

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**Sheilah Harvey:**

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**Susan Swain:**

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