



Soap Making Recipes: 365 Days of Healthy and Organic Soap Making Recipes for Your Body

K.M. KASSI

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Did you know that most commercially produced face and body soaps contain ingredients that are known to be toxic to humans? Some of these cause irritation and superficial damage to sensitive skin. Others cause permanent and lasting repercussions, like:

- Dioxane – synthetically derived from coconuts which has been linked to the increase of carcinogens or cancer-producing cells
- Formaldehyde – a preservative that compromises the immune system, and is linked with chronic fatigue, headaches/migraines, and respiratory ailments
- NDEA or Nitrosodiethanolamine – is a potent carcinogenic, which afflicts kidneys and livers
- Parabens – are also preservatives, and have been linked to the increase of breast cancer in women and ED or erectile dysfunction in men
- PEG-6 – has been linked with breast and ovarian cancer
- SLS or sodium laurel sulfate – used as a lathering agent commonly found in shower gels and liquid soaps, also triggers the growth of carcinogens
- Triclosan – is often used as an antibacterial agent, but this is a potent pesticide

Fortunately, making your own bath soaps at home can be as easy as: buying a few ingredients, pouring measured portions out into a bottle, and mixing these for 30 seconds. Homemade soaps are budget-friendly especially if you make large batches. Many oil-based ones can be stored for up to 12 months, making these ideal gifts to family and friends, or as a small-scale business venture. Best of all, you have full control over the ingredients. You can mix in scent and moisturizers you like, and forego harmful substances normally found in commercial products.

This book contains information on how you can make body or facial washes in the comfort of your own home. With 365 easy-to-follow soap-making recipes, you can make your own skin cleansers that are organic, milder on your skin, and environmentally-safe. These recipes are easy to customize to your own personal tastes as well. Lastly, this book contains information on how to properly store your homemade soaps to prolong their shelf lives, and give you almost a year's worth (or more) of bar soaps, shower gels, etc.

Take action today and download this book for a limited discount of only \$2.99!

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