

Smart Lotionmaking The Simple Guide To Making Luxurious Lotions Or How To Make Lotion Thats Better Than You Buy And Costs You Less Annes Soap Making Books

Homemade soaps, scrubs, salves, lotions, and other bath and body products have been popping up all over the places from craft fairs to Etsy and it's no surprise why. Soap making is a fun and creative hobby that you can do right in the comfort of your own kitchen. Want to learn how? Look no further. The Complete Photo Guide to Soap Making is an A-Z primer on all things soap making. Written by About.com soap making expert David Fisher, this easy-to-use book will guide you through everything you need to know from necessary ingredients, tools, and safety requirements to soap making methods, including: melt and pour, hand milling, cold process, and hot process. You'll be a pro in no time! Each of the chapters focuses on a specific method, demonstrating basic process, decorative techniques, recipes, and related products such as scrubs, bath bombs, and liquid soaps. You'll also find a section on how to formulate original recipes, plus guidance on storage and ideas for packaging to impress your friends, family, and maybe even customers! So grab your creativity and some great ingredients and let's get started.

Learn which vegetable oils, herbs, floral waters, essential oils, plant-based emulsifiers, and natural preservatives to use, how to pack and label your own beauty products, and how to store them safely.

Soapmakers may love to add a variety of materials to soap, but they find that some cause more trouble than others. In the heat of the chemical reaction, an ingredient might discolor, or lose its scent, or develop a bad smell. Or it might cause problems during soapmaking, giving off noxious fumes, or making the soap harden so fast that there's no time to pour it in the mold. Help has arrived. Anne L. Watson extends the low-temp techniques from her book "Milk Soapmaking" to making soap from a variety of special ingredients, including cucumber, citrus, pine tar, beer, and wine. Soaps that have long challenged home soapmakers will now pose no problem at all.
///// Anne L. Watson is the author of the wildly popular and widely acclaimed beginners book "Smart Soapmaking" and its companions, "Milk Soapmaking" and "Smart Lotionmaking." She has made soap professionally under the company name Soap Tree, and before her retirement was a historic preservation architecture consultant. Anne's other published books include "Baking with Cookie Molds" and several novels. Anne, her husband, Aaron, and their cat, Skeeter, live in Friday Harbor, Washington.
///// CONTENTS GETTING STARTED (From High-Temp Soapmaking to Low) WHAT DO I PUT INTO IT? (The Ingredients of Cool Soapmaking) WHAT DO I USE TO MAKE IT? (Gathering the Equipment You Need) PROJECT #1: MILK SOAPS Recipe: Anne's Cool Milk Soap COOL SOAPMAKING STEP-BY-STEP (From Prep to Cleanup and Beyond) PROJECT #2: CUCUMBER SOAPS Recipe: Basic Cucumber Soap Recipe: Cucumber Yogurt Soap Recipe: Cucumber Green Clay Soap Recipe: Cucumber Apricot Soap Recipe: Cucumber Avocado Soap Sidebar: Designing Cucumber Soaps PROJECT #3: CITRUS SOAPS Recipe: Basic Citrus Soap Recipe: Orange Yogurt Soap Recipe: Citrus Honey Soap Recipe: Ruby Red Grapefruit Soap Sidebar: Designing Citrus Soaps PROJECT #4: SOAPS WITH ACCELERANTS Recipe: Sweet Bay Soap Recipe: Pine Tar Soap Sidebar: Designing Soaps with Accelerants PROJECT #5:

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BEER and WINE SOAPS Recipe: Basic Beer Soap Recipe: Chocolate Ale Soap Recipe: Red Wine Soap Recipe: White Wine Soap Recipe: Anne's Coconut Beer Soap Sidebar: Designing Beer and Wine Soaps WHY? WHY? WHY? (Frequently Asked Questions) WHERE TO FIND MORE

Make your own custom-tailored and perfectly formed cold-process soaps! Learn how to use milk jugs and yogurt containers for molds, and how coffee, avocado, and even beer can add unique dimensions to your creations. This encouraging introduction to the art of soapmaking makes it simple to master the techniques you need to safely and easily produce your own enticingly fragrant soaps.

Nourish and revitalize your skin with your own handcrafted creams and lotions. Donna Maria shares her simple five-step method for creating fragrant all-natural body rubs, facial creams, lip balms, moisturizers, and more. Explore how aromatic oils can effectively preserve and protect your skin, and learn how to craft products that target your skin's specific needs. You'll be amazed at how your products, which are both inexpensive and free of harsh chemicals, can help promote healthy and vibrant skin. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

A collection of 101 natural, chemical-free recipes that provide safe and healthy alternatives for personal body care.

Simon Williams takes a fresh look at the Sicilian Dragon. Concentrating on his favourite Dragadorf Variation, Williams constructs a cutting-edge repertoire for Black – perfect for the modern Dragon player.

Taking from the rich and giving to the poor, Robin Hood and loyal followers fight for the oppressed against the evil Sheriff of Nottingham. Written in graphic-novel format. These reader-favorite tiles are now updated for enhanced Common Core State Standards support, including discussion and writing prompts developed by a Common Core expert, an expanded introduction, bolded glossary words and dynamic new covers.

There's no shortage of experts to cheerfully advise you on how to declutter, organize, and clean your home. But do they know what YOU want and need? Or are they only pushing rigid, quirky systems that ignore people's differences and how we really live? With insight, wit, and common sense, "Smart Housekeeping" cuts through the clutter of questionable and often silly advice to offer practical keys to reclaiming and maintaining your home. //////////////// Anne L. Watson is the author of a variety of works, including literary novels, soapmaking manuals, and a cookie cookbook. She is also retired from a long and honored career as a historic preservation architecture consultant. Anne "lives apart together" with her husband, fellow author, and publisher, Aaron Shepard, in Friday Harbor, Washington. //////////////// CONTENTS Getting Started A Decluttering Tale Keys to Decluttering Step-by-Step Decluttering Clutter Control Keys to Organizing Keys to Cleaning Sharing the Load A Few Final Keys //////////////// BISAC SUBJECTS HOM019000 HOUSE & HOME / Cleaning, Caretaking & Organizing SEL044000 SELF-HELP / Self-Management / General

SMART LOTIONMAKINGSmart Soap Making

SPECIAL NOTE! -- ANNE WILL PERSONALLY ANSWER ANY QUESTION OF YOURS AFTER READING THIS BOOK. ASK ON

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HER WEB SITE, AND YOU'LL NORMALLY HEAR BACK WITHIN HOURS! Maybe you've made melt-and-pour soap and want to move on to something more challenging and rewarding. Maybe traditional soapmaking appeals to you, but you figure that working with lye is too difficult or dangerous. Or maybe you're already doing it, but outmoded ideas and methods are complicating the process and slowing you down. No matter which of these fits you, you'll find "Smart Soapmaking" practical, helpful, and refreshing. Written by a former professional soapmaker, this book explodes the myths about soapmaking and shows you how to make luxurious soap from scratch with the least fuss and bother. With both customary and metric measurements, plus a list of suppliers in five countries, "Smart Soapmaking" is the first truly international book on the craft! // Anne L. Watson is the first author to have introduced modern techniques of home soapmaking and lotionmaking to book readers. She has made soap under the company name Soap Tree, and before her retirement from professional life, she was a historic preservation architecture consultant. Anne and her husband, Aaron Shepard, live in Friday Harbor, Washington. //

*****RECOMMENDED BY THE HANDCRAFTED SOAP & COSMETIC GUILD***** "Should become THE book for soapmaking. . . It's about time someone wrote a book like this. Most are idealistic and inaccurate. This book has a wonderful common sense approach that is SO long overdue. . . . I can recommend it with 100% confidence." -- Susan Kennedy, Oregon Trail Soaps, Rogue River, Oregon "Smart it is A simple, no-nonsense book that cuts through the curmudgery of stifling soap bibles like no other." -- Shellie Humphries, Harstine Island, Washington "Way overdue. . . . A gift of common sense caution, proven methods, tried-and-true shortcuts, and some excellent recipes as well, for both the professional/experienced soapmaker and the eager beginner." -- Deb Petersen, Shepherd's Soap Co., Shelton, Washington "A great book for beginners, with clear and easy instructions." -- Anne-Marie Faiola, Bramble Berry Inc., Bellingham, Washington "I learned more from Smart Soapmaking than from any other soaping book, and I have read quite a few. . . . It's written with the average person in mind, not a chemistry major. Directions are very simple and easy to understand. It really takes the mystery out of making soap." -- Jackie Pack, Stuart, Virginia "Groundbreaking Anne L. Watson [is the] universally respected and loved author/crafter/curator of this lost art for thousands of aspiring soapers Unquestionably the best book with which to begin. To be precise, it's probably the most accessible, most reader-friendly, and most immediately useful container of information a first-time soapmaker could hope to find." -- Wishing Willow (blog)

A motivational entertainer presents a guide to overcoming temporary setbacks, showing how to take command of one's future, and offers anecdotes illustrating his approach

Natural & Organic Liquid Soap Making Business Startup Learn How to Make Shampoo, Conditioner, Body Wash, Sunscreen Lotion, Muscle Balm, Hand Sanitizers, Pet Shampoo & So Much More I started making Body wash, shampoo and conditioners in 2004 when after a couple of allergy tests my dermatologist advised me not to use any store bought soap or shampoo. The doctor said my skin discoloration issue was an adverse chemical reaction from the soap. Soon my necessity to make soap became a true passion. It wasn't until 2012 when my husband got laid off from his job, I had to seriously think about how to turn my passion into a small home based business, and I did. I grew my business into a decent business making not only Shampoos or liquid soaps, but I

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Castile) THE KEYS TO CASTILE (Moving It from Factory to Kitchen) WHAT DO I PUT INTO IT? (The Ingredients of Castile) WHAT DO I USE TO MAKE IT? (Gathering the Equipment You Need) Recipe: Anne's Classic Castile STEP-BY-STEP CASTILE SOAPMAKING (From Prep to Cleanup and Beyond) MORE RECIPES! (Different Castile Soaps You Can Try) Recipe: Milk Castile Recipe: Herbal Castile Recipe: Oatmeal Castile Recipe: Cleansing Castile Recipe: Gardener's Lemon Poppy Seed Castile Recipe: Castor Castile Recipe: Coconut Castor Castile Recipe: Tropical Castile WHY? WHY? WHY? (Frequently Asked Questions) WHERE TO FIND MORE

Do you love the feel of a good lotion but find yourself unhappy with the cost, or wary of the chemical ingredients? Do you ever wonder if you could make it for yourself at home? Are you afraid to try because the lotion might not turn out well, or might even be unsafe? Anne L. Watson's "Smart Soapmaking" was the first book based on modern techniques that eliminate the drudgery and guesswork from home soapmaking. Now, by popular demand, she continues her handcraft cosmetics revolution with the first practical, comprehensive book on making lotion. Whether you want to make lotion for personal use or to sell, Anne allays any fears with methods that are proven safe and approved by experts, yet simple and easy enough to perform in your kitchen. You'll soon be making lotion that's better than any you've been buying, and at a fraction of the cost. ////////////////////////////////////// Anne L. Watson is the author of the wildly popular and widely acclaimed beginners book "Smart Soapmaking." She has made soap professionally under the company name Soap Tree, and before her retirement was a historic preservation architecture consultant. Anne's other published books include "Milk Soapmaking," "Baking with Cookie Molds," and several novels. Anne, her husband, Aaron, and their cat, Skeeter, live in Friday Harbor, Washington. ////////////////////////////////////// "The definitive guide to lotionmaking." -- Donna Puizina, Ekoaromas, Lafayette, New Jersey "Spells out everything and makes it easy to understand." -- Cheryl McCoy, Emerald City Soap, Haven, Kansas "Anne makes it so much fun, and so easy." -- Mary Jean Hammann, Grandma Jean's Soaps and Lotions, New London, Ohio "So logical and easy to understand that my first batch was a success AND a sell-out!" -- Susan Dinion, Holiday Farm & Handmade Goods, Berlin, Massachusetts ////////////////////////////////////// CONTENTS A Few First Thoughts Lies and Lotions (Myths About Lotion and Lotionmaking) Lotion Lingo (Learning the Jargon) What Is Lotion, Anyway? (What It Is and What Goes Into It) The Two Ways to Sanitize Lotion (And How to Choose Between Them) What Do I Put It In? (Choosing Your Bottles) What Do I Use to Make It? (Gathering the Equipment You Need) Step-by-Step Lotionmaking (From Prep to Cleanup and Beyond) Testing Your Lotion (Making Sure It's Safe) More Recipes! (Different Lotions You Can Try) Milk Lotion Recipes (Treating Your Skin to Milk) Designing Your Own (How to Create Great Recipes) Troubleshooting (Tricks, Tweaks, and Fixes) Making It a Business (How to Go Pro, Not Bust) Why? Why? Why? (Frequently Asked Questions) Resources This excellent self-study book for intense General IELTS preparation in a few weeks is designed to help students achieve their best personal score. All the tips, techniques, strategies and advice are focused on maximizing students' score by increasing their task-solving speed and efficiency, and preventing typical mistakes. 'Ace the IELTS' is loved by teachers as well as students. Here are three statements, see if you agree with me People always complement others who smell great Wearing a great perfume

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or cologne can uplift someone's mood A great perfume or cologne can also be a great confidence booster But designer perfume and cologne can also be expensive. What if you could make your favorite scents at home? In my book, How to Make Perfume at Home, I will teach you all about how to craft beautiful, luxurious, natural aromatherapy products in the comfort of your home kitchen. Perfumes make life interesting. Even if you are not in a good mood, the sweet scent of perfume will give you the will to face your day with more energy. A good perfume offers more than just a pleasant smell to your body. It exudes confidence and makes an individual feel special in one way or another. When I was a little kid, I can recall being absolutely captivated by the scents my mother wore. In fact, most of my earliest memories are related to smells. As an adult, I became almost obsessed with the idea of creating and recreating those amazing scents which capture my memories. This led me to study aromatherapy, perfumes, colognes, and creating natural scents. I wrote this book to share this love with aromas and smells with the world. From a fashion standpoint, perfume makes the outfit. If you smell good, you feel good. Your confidence soars, and it makes you feel amazing. You can be your very best when you're wearing perfume and a smile! This book takes a practical approach, and every person who wishes to benefit from it must be practical. I have divided the book into three main practical sections and one informational section. To help you benefit from the book the most, we start off with the informational section. In the informational chapters, we mainly look at the general information about perfumes. For instance, the first chapter covers the terminologies you should expect in the book. This chapter offers a clear view of what the book should contain. Without reading the first chapter, you may not know the meaning of terms such as accord, notes, scent, perfume, etc. These terms are vital in the practical steps of developing perfumes from scratch. In the practical sections of the book, we start by looking at the tools we will need for the entire project. We look at the materials needed to acquire essential oils, plant matter extracts such as tinctures, and infusions for the project. After determining the tools and materials, we look at the process that can help us extract essential oils, tinctures, infusions, and other extracts from plants. Most of our recipes mainly involve naturally occurring scents that can be extracted from plants. In the second section of our practical guide, we look at the step by step process of preparing liquid perfumes. The book elaborates and outlines the basic steps involved in perfume preparation. The book further introduces you to practical scent development. We show you how to come up with a unique scent, how to add essential oils to an existing scent, and how to improve the duration of the particular scent. We then move on to preparing unique perfumes based on customized recipes. All the perfumes we have prepared are made out of natural ingredients with some additions such as preservatives and fixatives. We show you how to prepare both liquid and solid perfumes that can be applied at home. Finally, finish up the book by looking at some precautionary measures you should take and the mistakes you should avoid. We also look at special tips that will help you prepare the best perfumes and how to wear your perfume. There are tricks that you can practice to make your perfume or cologne last longer, I share those tips and tricks that you can master very easily. Enjoy!

SPECIAL NOTE! -- ANNE WILL PERSONALLY ANSWER ANY QUESTION OF YOURS AFTER READING THIS BOOK. ASK ON HER WEB SITE, AND YOU'LL NORMALLY HEAR BACK WITHIN HOURS! Beautiful to look at but hard to use. That's the

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family roots, McMinn packed up her three kids, left her husband and her sterile suburban existence behind, and moved to rural West Virginia. Amid the rough landscape and beauty of this rural mountain country, she pursues a natural lifestyle filled with chickens, goats, sheep—and no pizza delivery. With her new life comes an unexpected new love—"52," a man as beguiling and enigmatic as his nickname—a turbulent romance that reminds her that peace and fulfillment can be found in the wake of heartbreak. Coping with formidable challenges, including raising a trio of teenagers, milking stubborn cows, being snowed in with no heat, and making her own butter, McMinn realizes that she's living a forty-something's coming-of-age story. As she dares to become self-reliant and embrace her independence, she reminds us that life is a bold adventure—if we're willing to live it. Chickens in the Road includes more than 20 recipes, craft projects, and McMinn's photography, and features a special two-color design.

The first step in picking out the correct products and in making homemade creams and a lotion is to use something that's right for you. Depending on your age, diet and genetics you will primarily fall into one of the following 5 skin types: 1. Normal Skin The simplest to maintain normal skin has little to no oily spots, maintains regular circulation with little to no trouble spots. It's fairly elastic and looks healthy with very little make-up and attention. 2. Oily Skin Most prone to breakouts, the trouble zones are usually in the T zone of your face (forehead, nose and chin); oily skin tends to have oversized pores and can look greasy or shiny. With the right creams and proper diet its oil levels can be maintained. Oily skin tends not to have much wrinkling or aging. 3. Dry Skin Most people with dry skin feel tightness after washing their face and easily flake around the mouth and nose with dry spots. Dry skin is prone to aging and wrinkling and it's important to properly moisturize and nourish it regularly. 4. Sensitive Skin The sensitive skin type becomes irritated easily, gets red and dry spots and breaks out easily. This skin type is like a historical map - it tends to wear all of its battles for all to see. The type of creams and lotions applied on sensitive skin is extremely important as an irritation or reaction can occur with certain ingredients and chemicals. 5. Combination Skin The most common skin type in women, combination skin is both oily and dry. Combination skin tends to be dry on the cheeks and around the eyes and oily spots on the forehead and nose. IT requires more cleansing in the oily areas and sensitive creams without too much oil in the dry areas. In this guide we focus on the three extreme skin cases grouping normal, combination and sensitive into a Sensitive Category. Because combination and normal skin is the most adaptable to most products, anything created for sensitive skin will only promote health and the look of younger, suppler skin with a clear complexion. The other two are oily and dry skin types.

The pure luxury of soaps made with coconut butter, almond oil, aloe vera, oatmeal, and green tea is one of life's little pleasures. And with the help of author Anne-Marie Faiola, it's easy to make luscious, all-natural soaps right in your own kitchen. This collection of 32 recipes ranges from simple castile bars to intricate swirls, embeds, and marbled and layered looks. Begin with a combination of skin-nourishing oils and then add blueberry puree, dandelion-infused water, almond milk, coffee grounds, mango and avocado butters, black tea, or other delicious ingredients — and then scent your soap with pure essential oils. Step-by-step photography guides you through every stage of cold-process soapmaking.

A natural treasure for every body. Whether it's about saving money, living greener, or treating sensitive skin, The Complete Idiot's Guide® to Making Natural Beauty Products has everything the hobbyist will need to create organic, natural beauty products. ?Includes everything from face creams to mineral makeup to shampoo and more ?Each formula is clearly presented in recipe style, with notes on prep time, storage, and uses ?All products are made from natural ingredients which will appeal to people going green as well as to people with sensitive skin
NO STARTER -- NO WASTE -- NO CHEAT -- NO FAIL NATURALLY FERMENTED BREAD IN JUST 24 HOURS WITH YOUR HOME

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PROOFER, INSTANT POT, SLOW COOKER, SOUS VIDE COOKER, OR OTHER WARMER There's sourdough, and then there's SMART sourdough -- a whole new approach to an ancient bread! Most sourdough recipes lead you through days or even weeks of developing a starter before you can make your bread -- and then into a lifetime of maintaining that starter. But this book is based on the belief that all that rigmarole is no longer needed. With modern methods of regulating temperature, and with the easy availability of baker's yeast, honest-to-goodness naturally fermented sourdough bread can be made from start to finish in less than a day. With all the benefits of naturally fermented sourdough, it's only the hassle of making it that has discouraged home bakers. Well, hassle no more. The age of smart sourdough has arrived. // Mark Shepard began baking his own sourdough bread in 1979 and went on to publish the bestselling booklet "Simple Sourdough." In 2012, he began developing a sourdough method that's even simpler and more reliable -- one that could be used by anyone, with no fear of failure. Mark now lives in Bellingham, Washington, with his wife and fellow author, Anne L. Watson. // "A fresh new look at making your own sourdough . . . I love Mark's attention to detail. No matter your setup, tools, or needs, he's got you covered . . . I questioned his use of a pinch or two of baker's yeast, but his research and experiments have me sold. His recipes combine the advantages of cultivated yeast and naturally occurring sourdough bacteria to make bread that actually rises and doesn't take days to make."—Holly Howe, author of "Fermentation Made Easy! Mouthwatering Sauerkraut" "Mark Shepard shares how to make sourdough bread, with its characteristic flavor and health benefits, without maintaining a long-term starter. It's relevant to anyone looking to save time in the kitchen, learn a new technique, or just read a very detailed and interesting book on sourdough."—Emily Buehler, author of "Bread Science: The Chemistry and Craft of Making Bread" "I have always wanted to do sourdough, but I am away from home A LOT and often hubby is with me, so there would be no one at home to maintain the starter. BRING ON THE INSTANT POT!!! It is so simple, I have zero idea why this book was not written years ago . . . Want a great wedding gift idea? This book, an Instant Pot, flour, and yeast. They will thank you forever!" -- Janet Cousineau, Poppy-Coloured Pages (Facebook group), April 27, 2021 At the beginning of the pandemic, I (and most of the rest of the planet) decided to start a sourdough culture and make my own sourdough. I mixed the ingredients, kept everything scrupulously clean, followed the instructions -- and it was a total, completely disgusting failure. So, I was a bit skeptical of the author's no-fail, 24-hour workaround which doesn't require a refrigerated starter culture. I followed his directions and used our Instant Pot to keep the dough evenly warm, added a little yeast at the end of the process, and managed to make a credible loaf of sourdough in 24 hours . . . Five stars." -- Annie Buchanan, Nonstop Reader (blog), June 1, 2021 "If you survived the pandemic without making sourdough, then THIS is your book. You can get ahead of everybody else, with the quickest recipe possible for amazing bread, pizza dough, pancakes, and dosa! . . . As a homeschool mom, I'd also say that since you're basically growing bacteria and watching for reactions, it would be a great book for a Kitchen Chemistry or Biology class!" -- Nicole Henke, Bless Their Hearts Mom (blog), Aug. 6, 2021

In this comprehensive guide, Susan Miller Cavitch covers everything you need to know to make your own soaps. Learn the basic techniques for crafting oil-, cream-, and vegetable-based soaps, and then start experimenting with your own personalized scents and effects. Cavitch provides tips for making more than 40 different specialty soaps, showing you how to design colorful marbled bars and expertly blend ingredients to create custom fragrances. You'll soon be making luxurious soaps at a fraction of the cost of boutique products. Important Notice Early printings of this book contain a recipe variation in a sidebar note on page 36. As a result of further testing, author Susan Miller Cavitch and Storey Publishing strongly recommend that you do not try this variation. Adding honey when you are combining the sodium hydroxide and water may result in a stronger reaction with more intense heat. The mixture may bubble up quickly and come out of the pot,

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posing a potential hazard.

Charles C. Ryrie's years of study, teaching and writing make him exceptionally qualified to help readers grasp the Bible's fundamental truths. By focusing on Scripture, The Ryrie ESV Study Bible is designed to enhance a deeply personal study of God's Word. A comprehensive source containing 10,000 concise explanatory notes, in-text graphics, and thorough book outlines, extensive cross-references, expanded topical index and concordance, and now integrated with the popular English Standard Version and a larger trim size that lays open easily on a lap or desk, this Ryrie Study Bible is the best yet! In addition, you will receive a software download for The Moody Library, an ideal Bible software program for Pastors, Teachers, Professors, Students, Bible Study Leaders, and anyone thirsting to learn and understand more fully. Valued at over \$400, this study and reference software was developed by Moody Publishers and WORDsearch™ as an electronic companion to The Ryrie Study Bibles.

Ever think of making your own beauty products -- handmade, high performance, healthy alternatives to just about every chemical laden product you currently put on your face and body? It's easier than you think! In Make It Up author Marie Rayma shares the recipes she has developed through years of trial, error, and testing to come up with the very best. This is real makeup and skincare: bright lipsticks, quality mineral powders, long-wearing eyeliners, and masks and cleansers that yield results. Rayma walks you through natural ingredients available online or at health food stores. These awesome oils, butters, clays, and minerals will replace the petroleum products, artificial colors, and lab-created mystery fragrances that have untold effects on our bodies. Products can be tailored for individual needs -- from swapping out ingredients not suitable for sensitive skin to whipping up the perfect colors suited for any complexion. With easy-to-follow instruction, Make It Up provides more than 40 essential cosmetics and skin care projects so you can make just what you want, when you need it.

For centuries, the name Castile has been associated with the highest quality in soap. But Castile -- made from olive oil, traditionally in factories -- has proven hard to translate to craft soapmaking. It has earned a reputation as difficult to make, slow to cure, and lacking in rich lather. Until now. Anne L. Watson, author of "Smart Soapmaking," continues her soapmaking revolution with the first practical book on making Castile soap at home. With the secrets revealed in this advanced guide, you'll be making lovely, quick-curing, lather-rich Castile with no trouble at all. // Anne L. Watson is the author of the wildly popular and widely acclaimed beginners book "Smart Soapmaking" and its companions, "Milk Soapmaking" and "Smart Lotionmaking." She has made soap professionally under the company name Soap Tree, and before her retirement was a historic preservation architecture consultant. Anne's other published books include "Baking with Cookie Molds" and several novels. Anne, her husband, Aaron, and their cat, Skeeter, live in Friday Harbor, Washington. // CONTENTS

GETTING STARTED (Facts and Myths About Castile) THE KEYS TO CASTILE (Moving It from Factory to Kitchen) WHAT DO I PUT INTO IT? (The Ingredients of Castile) WHAT DO I USE TO MAKE IT? (Gathering the Equipment You Need) Recipe: Anne's Classic Castile STEP-BY-STEP CASTILE SOAPMAKING (From Prep to Cleanup and Beyond) MORE RECIPES! (Different Castile Soaps You Can Try) Recipe: Milk Castile Recipe: Herbal Castile Recipe: Oatmeal Castile Recipe: Cleansing Castile Recipe: Gardener's Lemon Poppy Seed Castile Recipe: Castor Castile Recipe: Coconut Castor Castile Recipe: Tropical Castile WHY? WHY? WHY? (Frequently Asked Questions) WHERE TO FIND MORE

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"If you can follow a recipe, then you can make soap." The Natural Soap Making Book for Beginners is the only soap making book you'll need to bring your favorite scents and styles to homemade soaps--even if you've never made soap before Making soap from scratch is a fun hobby and a great way to control the ingredients in the products you use, but it can be hard to know where to start. The Natural Soap Making Book for Beginners will show you how easy and simple it is to make your very own homemade soaps without artificial dyes and chemicals. Your senses will tingle as you master the art of cold-process soap making using fresh, floral, woody, and amber scents to create your own handcrafted soaps. Get your hands wet with The Natural Soap Making Book for Beginners when you soak in: Step-by-step instructions, tips, and tricks for mastering cold-process soap making, decorating techniques, and scent pairing--designed specifically with beginners in mind. Natural ingredients that avoid harsh chemicals and artificial dyes, which can dry out and irritate your skin. Over 55 diverse recipes to choose from such as castile soap, shampoo bars, shaving bars, anti-aging soaps, salt soaps, goat-milk soaps, and more. Illustrated charts detailing how and when to use natural colorants, essential oils, and herbal infusions. Join Kelly Cable, a longtime soap maker, herbalist, teacher, and creator of the popular blog Simple Life Mom, as she shares the simple tips and tricks of her craft in The Natural Soap Making Book for Beginners.

Broadway hit about a young Irishman on the eve of his emigration to America.

"Wise, timely, and truthful . . . There are as many ways of living together as there are people, and it's great that there's at last a book reflecting that with such humour and insight." -- Deborah Moggach, author, "The Best Exotic Marigold Hotel" and "Tulip Fever" You hear many reasons why marriages and long-term relationships break up, but there's one that's seldom acknowledged: Many committed couples would get along better if only they weren't roommates. But what can they do? They have to share a home, don't they? What if they chose to defy expectations -- their own and everyone else's? What if they decided to live in separate apartments or houses, nearby or even side-by-side? Wouldn't they avoid many tensions that typically drag couples down? Wouldn't they gain richer and happier times together? Anne L. Watson and her partner have lived this kind of life successfully for nearly two decades. In this groundbreaking book, she draws on personal experience to reveal the benefits of such an arrangement and tell how you might make it work for yourself. In the end, Anne helps you understand that not all couples need a common residence to live happily ever after. /// Anne L. Watson is the author of a variety of works, including literary novels, soapmaking manuals, and a cookie cookbook. She is also retired from a long and honored career as a historic preservation architecture consultant. Anne "lives apart together" with her husband, fellow author, and publisher, Aaron Shepard, in Friday Harbor, Washington. /// CONTENTS The Vow How We Got Here Living Room -- Decorating and Entertaining Kitchen and Dining Room -- Cooking and Eating Bedroom -- Sleeping and Sex Bathroom Housekeeping Money Kids and Elders Pets Expectations Compromise and Cooperation Dominance and Deference Time Alone Time Together The Choice Frequently Asked Questions /// BISAC SUBJECTS FAM029000 FAMILY & RELATIONSHIPS / Love & Romance SOC026010 SOCIAL SCIENCE / Sociology / Marriage & Family FAM030000 FAMILY &

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Create Fabulous Modern Soaps The Truly Natural, Eco-Friendly Way With this new comprehensive guide, herbalist Jan Berry offers everything the modern-day enthusiast needs to make incredible botanical soaps. Beginners can join in the sudsy fun with detailed tutorials and step-by-step photographs for making traditional cold-process soap and the more modern hot-process method with a slow cooker. Jan presents 50 easy, unique soap recipes with ingredients and scents inspired by the herb garden, veggie garden, farm, forest and more. Sample soap recipes you won't want to miss are Lavender Milk Bath Bars, Sweet Honey & Shea Layers Soap, Creamy Avocado Soap, Citrus Breeze Brine Bars, Mountain Man Beard & Body Bars and Classic Cedarwood & Coconut Milk Shave Soap. Featured resources are Jan's handy guides to common soapmaking essential oils and their properties, oil and milk infusions with healing herbs and easy decoration techniques. The book also contains Jan's highly anticipated natural colorants gallery showcasing more than 50 soaps that span the rainbow. Soap crafters of all levels will enjoy referencing this book for years to come. *All recipes are sustainably palm-free!* Expand your herbal product collection with these other books in Jan Berry's bestselling series: - Easy Homemade Melt & Pour Soaps - The Big Book of Homemade Products for Your Skin, Health & Home

From the bestselling authors of the classic "What Your Doctor May NOT Tell You" books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally. Dr. John Lee will help you answer key questions like: Are my symptoms caused by a hormonal imbalance? Which hormones do I need to regain hormone balance? How do I use hormones for optimal health and balance? Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

Lotion Making In Book Three of Thermal Mermaid Lotion Recipes you will get 25 exotic body butters and massage bar recipes. These are items on our cosmetic line that have been exceptionally popular over the past few seasons as people become more interested in luxury personal products. These recipes differ from traditional lotions and are packaged with a different twist. - They do a great job nourishing and protecting your skin - They contain only those ingredients that you choose, so you can avoid harmful chemicals - They are better for your skin, since you can customize them to fit your needs exactly - They can be made with your favorite essential oils for custom fragrances - They are lot cheaper than store-bought lotions and body butters With this book, you

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will learn everything you need to know to get started with homemade lotions today. Here are just a few of the things this book will teach you: - How to make professionally made lotions that you can sell - We discuss safety and precautions involved in selling your products - What equipment you will need to make each kind of lotion - Where to get ingredients and supplies - Whether you need to use preservatives to prolong your lotion's shelf life - How to clean up after making your lotion This book contains our recipes that we have created for our product line from the artisans at Thermal Mermaid. Here are some of the recipes you can prepare today:

From the world leader in fascinating facts and amusing true stories comes a book about how to feed, clothe, and protect yourself in the wilderness...and might even make you want to avoid anything resembling the wilderness forever. For more than 25 years, Uncle John's Bathroom Reader has helped you learn amazing things you didn't know. Now, Uncle John will show you how to do things you didn't know how to do...and probably should never, never, never actually do, unless you're in a survival situation and really, really, really need to do. It's Do-It-Yourself Guide to the Bizarrely Impossible: Survival Edition. A new approach to survival guides and how-to books, this book provides step-by-step instructions for how to make do in any rugged terrain. But if you're expecting "how to start a fire," think again. This isn't the kind of book that will tell you how to make a fire by rubbing two sticks together--it will tell you how to make a fire using a car battery. It will also tell you: • How to swing from a vine like Tarzan • How to land an airplane in an emergency • How to fight a bear...and win • How to perform emergency surgery in the woods • How to identify what insects you can--and cannot--eat • And lots, lots more.

Take your baking from simple to sensational with Anna Olson's comprehensive guide to beautiful baked goods. Bake with Anna Olson features more than 125 recipes from her popular Food Network Canada show. From chocolate chip cookies to croquembouche, pumpkin pie to petits fours, Anna Olson's newest baking book is full of delectable delights for every occasion, category and skill level. Beginner bakers, dessert aficionados and fans of her show will find over 125 recipes to take their baking to the next level, whether through perfecting a classic like New York Cheesecake or mastering a fancy dessert like Chocolate Hazelnut Napoleon. Introductory sections on essential tools and ingredients explain how to prepare your kitchen for baking success, and Anna's helpful notes throughout point you towards perfecting key details for every creation. Recipes for cookies and bars, pies and tarts, cakes, pastries, and other desserts give bakers a range of ways to savor their sweet skills, with a chapter on sauces and decors to round out your knowledge, and a chapter on breads to practice your savory savoir-faire. Gorgeous photography illustrates each recipe and guides you through difficult techniques. Baking your way through Anna Olson's favorites couldn't be easier (or more delicious!). Whether you're looking for a classic baking recipe or a new baking challenge, Bake with Anna Olson is your new go-to baking book for all occasions!

SPECIAL NOTE! -- ANNE WILL PERSONALLY ANSWER ANY QUESTION OF YOURS AFTER READING THIS BOOK. ASK ON HER WEB SITE, AND YOU'LL NORMALLY HEAR BACK WITHIN HOURS! Do you love the feel of a good lotion but find yourself unhappy with the cost, or wary of the chemical ingredients? Do you ever wonder if you could make it for yourself at home? Are you

