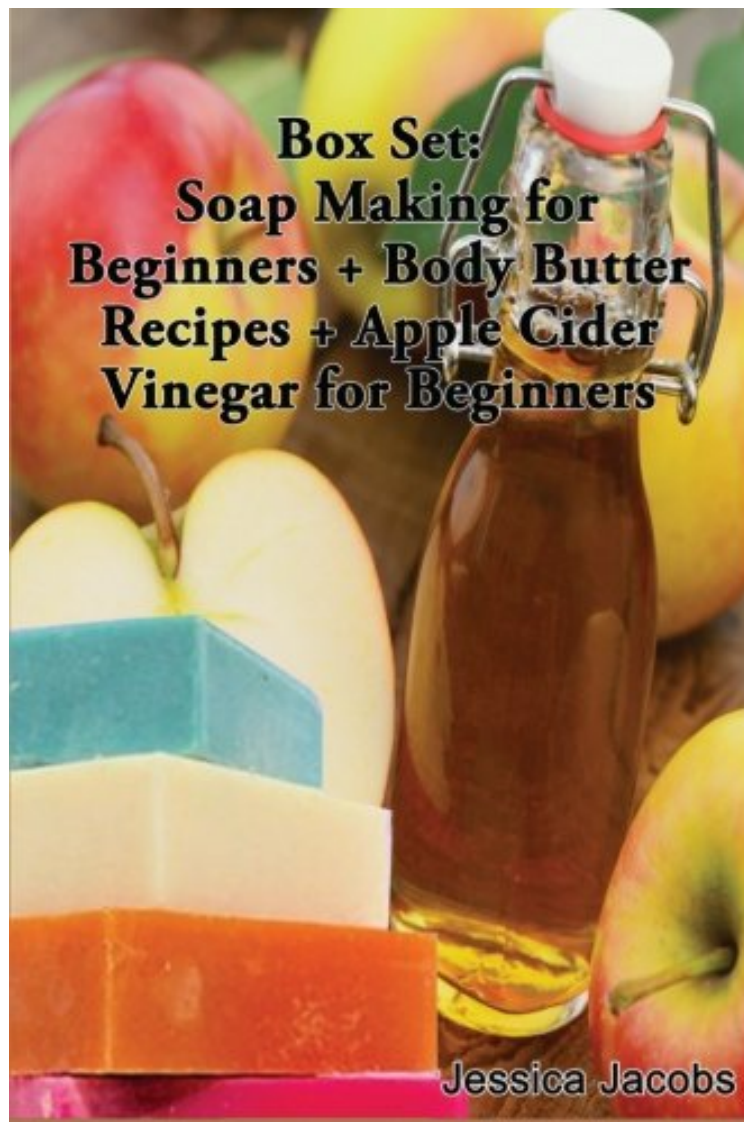


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## **Box Set: Soap Making for Beginners + Body Butter Recipes + Apple Cider Vinegar for Beginners (Volume 1)**

*Jessica Jacobs*

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Box Set: Soap Making for Beginners + Body Butter Recipes + Apple Cider Vinegar for Beginners (Volume 1):

3 of 3 people found the following review helpful. Good Rendition On How To Make Soap By Dr. Joseph S. Maresca This is an excellent book on the intricate processes inherent in making high quality soap. The author describes fatty base mixtures like Shea, as well as, safflower, hazelnut and grapeseed. The process for adding water to lye is set forth. In addition, classic additives are explained like seaweed, tea and even buttermilk. This book would be an excellent value for people interested in naturally-based soap preparations for health reasons. The presentation would be helpful for people who make their own soap to avoid inorganic additives for health reasons. Inorganic additives may introduce harmful substances into the body through rigorous rubbing while bathing. As a result, some health conscious consumers may prefer to make their own soap at home. This book is good for doing this. As such, the book is highly recommended. 1 of 1 people found the following review helpful. `The future of health is in nature, and that nature is strong enough to keep our bodies healthy.' By Grady Harp Jessica (Jesse) Jacobs offers three books in one with this very satisfying overview (and a lot of details, too) of natural elements that enhance your lifestyle based on natural products around the house. It is all part of her `green lifestyle' she has adopted. Or as she states it, `Forget about beauty magazines and popular cosmetic brand commercials. This book will take you through the world of natural skincare and basically - through your own kitchen. It will also show you the way to save money as you won't have to spend money on expensive skincare products and will learn that you already have everything what your skin is longing for. These natural skincare recipes and methods have proven themselves through decades; those who turn to natural skincare don't return back to commercial products.' Jesse includes three of her published books in this trio of health ideas. In her book on the uses of homemade body scrubs and masks she uses her traditionally user-friendly fashion. For the uses of soap making she offers the following segments: Tea Tree Oil Soap, Shea Butter Marvel Soap, Soothing Ginger Soap, Banana Cream Smoothie Soap Deluxe Olive Castile Soap and then offers pointers for making this process both easy and healthful. She then moves on to advices on body butter recipes and ways to use these for healthy skin: What Body Butters Are and Why You Should Make Your Own, Knowing Your Skin and Its Needs, The Home Body Butter Laboratory: The Essentials You'll Need, Base Body Butter Ingredients, Popular Ingredients to Add to Body Butter Bases, and Simple Body Butter Recipes You Can Start Trying Right Away. And in the final portion of this triptych she shares the secrets and health aspects of apple cider vinegar: How Apple Cider Vinegar Can Be of Use to You, Apple Cider Vinegar for Weight Loss and Detoxification, Apple Cider Vinegar for Optimum Health, Beautiful Skin with Apple Cider Vinegar and then offers Key Takeaways from this Book Summed Up Nicely So You Can Take Action. Jesse's style is warm and friendly yet everything she discusses she backs up with fine references. This is another fine collection. Grady Harp, September 14 0 of 0 people found the following review helpful. This is an awesome box set By LKayS This is an awesome box set! I love the secret uses of Apple Cider Vinegar, that is my absolute favorite. Learning about any household product that I can put to more use than one is very intriguing to me. It is amazing all the things you can do with Apple Cider Vinegar. I can't wait to try it for my joint pain. The Soap Making for Beginners was very helpful and informative. It explained everything perfectly in my opinion, and with a lot of detail. I felt the same on the Body Butter Recipes. It was filled with great information and fun recipes to try. These books were all very thorough. Worth the money!

Discover A Box Set that Includes the Following Books: Soap Making for Beginners + Body Butter Recipes + Apple Cider Vinegar for Beginners If you'd like to gain high-quality, practical information that is not only easy to use but also beneficial to your health and wellness, then please read on... Book 1:: Soap Making for Beginners: Proven Secrets to Making All Natural Homemade Soaps that Will Rejuvenate, Refresh and Revitalize Your Skin Here's a preview of the quick and easy recipes you'll find inside this book: \*Tea Tree Oil Soap \*Shea Butter Marvel Soap \*Soothing Ginger Soap \*Banana Cream Smoothie Soap \*Deluxe Olive Castile Soap \*Key Takeaways from this Book Summed Up Nicely \*List of Resources for Further Reference Book 2:: Body Butter Recipes: Proven Formula Secrets to Making All Natural Body Butters that Will Hydrate and Rejuvenate Your Skin Here's a preview of what's inside this book: \*What Body Butters Are and Why You Should Make Your Own \*Knowing Your Skin and Its Needs \*The Home Body Butter Laboratory: The Essentials You'll Need \*Base Body Butter Ingredients \*Popular Ingredients to Add to Body Butter Bases \*Simple Body Butter Recipes You Can Start Trying Right Away \*Key Takeaways for Easy Future Reference \*List of Resources for Further Reference Book 3:: Apple Cider Vinegar for Beginners: An Apple Cider Vinegar Handbook with Proven Secrets to Natural Weight Loss, Optimum Health and Beautiful Skin Here's a preview of what's inside this book: \*How Apple Cider Vinegar Can Be of Use to You \*Apple Cider Vinegar for Weight Loss and Detoxification \*Apple Cider Vinegar for Optimum Health \*Beautiful Skin with Apple Cider Vinegar \*Key Takeaways from this Book Summed Up Nicely \*List of Resources for Further Reference And much, much more!