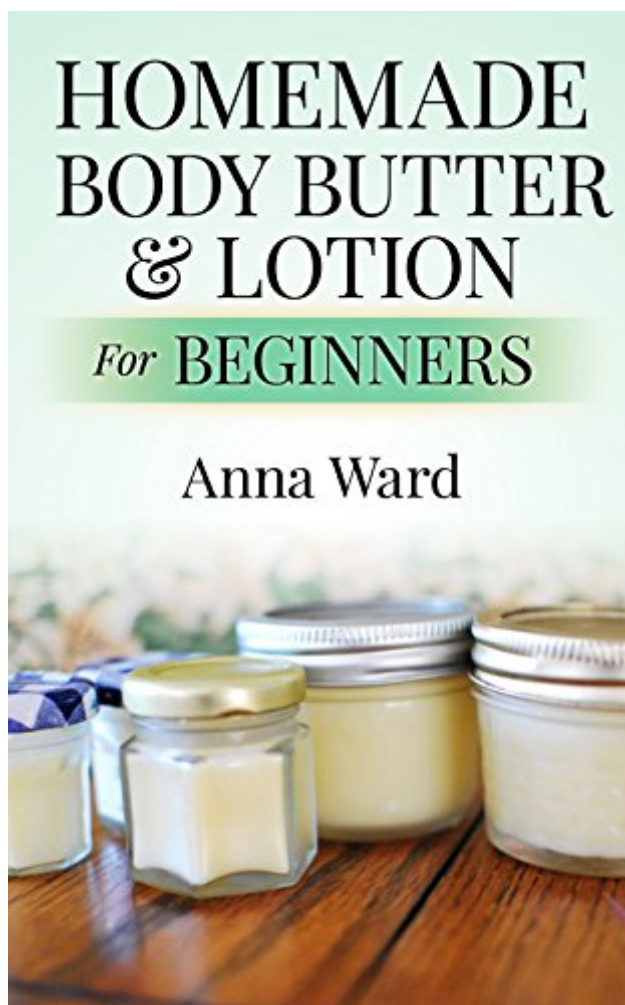


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# Homemade Body Butter & Lotion For Beginners (How To Make Soap)



## Synopsis

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## Book Information

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## Customer Reviews

This book has a lot of good information, and is well written. I was a quarter of the way through and totally thought it was going to break the mold of bad self-published books. And, then I hit the section about preservatives. The author was SO close. Here's why I can't give this book a raving good review. ANY LOTION MADE USING WATER MUST CONTAIN A PRESERVATIVE if you want it to have a shelf life longer than leaving a glass of milk out. VITAMIN E, GRAPEFRUIT SEED EXTRACT AND ESSENTIAL OILS ARE NOT PRESERVATIVES! Please look into Optiphen or Germall, to name just a few options. I know there is a lot of buzz about parabens, etc. However, the risk of any kind of damage from the tiny usage rate is slim to none, while people have been documented to have lost eyes due to infections of unpreserved facial products. You can also have more common issues like staph infections and rashes. Bacteria can grow in a product well before you can even see it. PLEASE be smart. If you're serious about avoiding preservatives, make a whipped body butter without a water base, or keep your formulas refrigerated and toss after 10 days. And, please, for the love of all that's holy, do not sell to the public without a commercial preservative. People sue at the drop of a hat, and it's just not worth it. I do appreciate that the author explains the process well and is easy to read and understand. That is extremely rare in a self-published book, especially in the DIY category. She does focus on basic safety procedures, including sanitizing equipment, containers and your work space. I would like to give this 3.5 stars, but am erring on the side of generosity because this book does have a lot of strong points.

I choose this rating because the writer made it very simple and very thorough. I would recommend this book to any new beginner.

Very informative with scientific reasoning as to why & how the ingredients work the way they do. Also plenty of recipes. Definitely going to make some of these!

this is a good beginners guide to handmade body lotions and butters

A must read for home make body butters and lotions. It even teaches you how to create your own recipes.

I enjoyed the introduction to lotions. It has a great breakdown of each type of lotion and each ingredient with some basic recipes to get you started.

Very informational. Can't wait to try some of the body butters and lotions.

All the recipes are simple. I tried a few and they turned out fine. You just have to be careful and precise with the quantity of the ingredients.

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