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# **Milk Soapmaking: The Smart Guide To Making Milk Soap From Cow Milk, Goat Milk, Buttermilk, Cream, Coconut Milk, Or Any Other Animal Or Plant Milk (Smart Soapmaking)**





## Synopsis

\*\*\*\*\*#1 .COM BESTSELLER IN SOAP MAKING (DECEMBER 2013)\*\*\*\*\*Â 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!Â Do you love the feel of milk soaps but shy away from the cost? Are you looking for a special kind of gift you can make yourself? Or do you already make soap and want to try something new?Â 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 soapmaking revolution with the first practical, comprehensive book on making milk soap from scratch.Â Experience the rich, soothing, luxurious feel of milk soap you've made yourself. Your skin will thank you for

it.Â Â ///////////////////////////////////Â 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.Â ///////////////////////////////////Â "Beautiful in its simplicity. . . .Â A definitive book for experienced as well as beginning milk soapers." -- Rebekah Bailey, The Original Soap Dish, South Whitley, IndianaÂ "An easy to read and understand book that will take the mystery out of milk-based soapmaking and debunk some of the myths surrounding it. It contains some great basic formulas to get you started making milk soaps of any kind, and fuel to let your imagination run wild when you are ready to formulate your own creations. A good source of information for new soapmakers, and also suitable for more experienced soapmakers who want to start making milk soaps but thought it would be too difficult." -- Amanda Guilfoyle, Bodelicious Bath & Body Products, Ipswich, Queensland, AustraliaÂ "As always, Anne is up to her usual excellence. This book demystifies milk soapmaking so everyone can have the luxury of a truly decadent bar of soap \*easily\*. Â LOVE this book!!!" -- Susan Kennedy, Oregon Trail Soaps, Rogue River, OregonÂ "If you have an interest in milk soaps, this is the book for you. . . . Debunks much of the popular wisdom that may have discouraged some soapmakers." -- Kevin M. Dunn, Author, "Scientific Soapmaking" and "Caveman Chemistry"Â "As uber-soapmaker Anne L. Watson demonstrates, milk soaps made properly are [rightfully] well-known for a quality of luxurious buttery softness that is undeniable. . . . Anne once again acquits herself ably as a scholar of the suds and a natural communicator." -- Wishing Willow (blog)Â "Enthusiastically recommended." -- Midwest Book Review, Feb. 2009, "Reviewer's Choice"Â "Full of information that milk soapers, whether novice or experienced, could use to make

better milk soaps. Anne writes in a conversational style that made me feel as though I were sitting down with her in her kitchen. . . . Anne details what seems to be everything there is to know about the subject. Rather than simply offering her opinions and favorite practices, Anne did extensive testing and experimenting, learning how to make the best milk soap bars that could be made. Soapmakers will be impressed with the amount and quality of Anne's research and observations. . . . That leaves the question: Can a neophyte make good cold-process milk soap? I now say yes, with the caveat they have 'Milk Soapmaking' in hand." -- Beth Byrne, "The Saponifier," Sept.-Oct. 2010

## Book Information

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## Customer Reviews

"Beautiful in its simplicity. . . . A definitive book for experienced as well as beginning milk soapers." -- Rebekah Bailey, The Original Soap Dish, South Whitley, Indiana "An easy to read and understand book that will take the mystery out of milk-based soapmaking and debunk some of the myths surrounding it. It contains some great basic formulas to get you started making milk soaps of any kind, and fuel to let your imagination run wild when you are ready to formulate your own creations. A good source of information for new soapmakers, and also suitable for more experienced soapmakers who want to start making milk soaps but thought it would be too difficult." -- Amanda Guilfoyle, Bodelicious Bath & Body Products, Ipswich, Queensland, Australia "As always, Anne is up to her usual excellence. This book demystifies milk soapmaking so everyone

can have the luxury of a truly decadent bar of soap \*easily\*. Â LOVE this book!!!" -- Susan Kennedy, Oregon Trail Soaps, Rogue River, OregonÂ "Milk soaps are wonderful, and there&apos;s so little guidance available. . . . It&apos;s about time a good book came out." -- Carol Schatz, Dragon&apos;s Pearls Naturals, Calera, AlabamaÂ "If you have an interest in milk soaps, this is the book for you. . . . Debunks much of the popular wisdom that may have discouraged some soapmakers." -- Kevin M. Dunn, Author, "Scientific Soapmaking" and "Caveman Chemistry"Â "As uber-soapmaker Anne L. Watson demonstrates, milk soaps made properly are [rightfully] well-known for a quality of luxurious buttery softness that is undeniable. . . . Anne once again acquits herself ably as a scholar of the suds and a natural communicator." -- Wishing Willow (blog)Â "Enthusiastically recommended." -- Midwest Book Review, Feb. 2009, "Reviewer&apos;s Choice"Â "Full of information that milk soapers, whether novice or experienced, could use to make better milk soaps. Anne writes in a conversational style that made me feel as though I were sitting down with her in her kitchen. . . . Anne details what seems to be everything there is to know about the subject. Rather than simply offering her opinions and favorite practices, Anne did extensive testing and experimenting, learning how to make the best milk soap bars that could be made. Soapmakers will be impressed with the amount and quality of Anne&apos;s research and observations. . . . That leaves the question: Can a neophyte make good cold-process milk soap? I now say yes, with the caveat they have &apos;Milk Soapmaking&apos; in hand." -- Beth Byrne, "The Saponifier," Sept.-Oct. 2010Â //////////////////////////////////////Â CONTENTSÂ A FEW FIRST THOUGHTSÂ MYTHS AND MILK(Stories You Hear about Milk Soapmaking)Â WHAT IS MILK SOAP, ANYWAY?(What It Is and What Goes Into It)Â WHAT DO I USE TO MAKE IT?(Gathering the Equipment You Need)Â THE TWO WAYS TO MAKE MILK SOAP(And How to Choose Between Them)Â Recipe: Anne&apos;s Cool Milk SoapRecipe: Anne&apos;s Warm Milk SoapÂ MILK SOAPMAKING STEP-BY-STEP(From Prep to Cleanup and Beyond)Â MORE RECIPES!(Different Milk Soaps You Can Try)Â Recipe: Yogurt Parfait SoapRecipe: Apricot Cream SoapRecipe: Milk White SoapRecipe: Buttermilk Castile SoapRecipe: Cinnamon Oatmeal SoapRecipe: Sour Cream SoapRecipe: Deena&apos;s Avocado Cream SoapRecipe: Marge&apos;s Chocolate Silk SoapRecipe: Milly&apos;s Milk SoapRecipe: AHA! Buttermilk SoapRecipe: Milk-and-Honey Facial SoapRecipe: Non-Veggie Milk SoapRecipe: Longer-Lasting Milk SoapRecipe: Laurie&apos;s Silk and Milk SoapRecipe: Ruth&apos;s Butter SoapÂ MAKING SOAP WITH PLANT MILKS(Vegans Do It Too!)Â GETTING YOUR MILK SOAP IN SHAPE(How to Choose and Use a Mold)Â CONTROLLING YOUR COLOR(How to Keep It Light)Â WHY? WHY? WHY?(Frequently Asked Questions)Â WHERE TO FIND MOREÂ //////////////////////////////////////Â FROM THE

INTRODUCTION:Â Since my book "Smart Soapmaking" was published, I&apos;ve been asked again and again if it covers milk soapmaking. It doesn&apos;t. Milk soapmaking is a subject unto itself. It uses different materials, of course, but besides that, it needs a different approach. Too much material to cram into one book, I felt.Â Â Also, milk soaps weren&apos;t my specialty at that time. I&apos;d made a few, and they were fine soaps. In fact, several people who received bars of my whipping cream soap as gifts began to nag me to go back into the soap business. But I didn&apos;t consider myself an expert.Â Â Time changes things. As I started trying to answer questions from soapmakers about milk soap, I was drawn farther and farther into the subject. I learned about the different types of milk, what to expect from them, and how to handle each one.Â Â I made hundreds of bars of soap from dozens of different recipes. I experimented with scent and color to see what happens when they&apos;re used with milk. Then there were non-dairy milks to consider -- would any of them make good soap? On a spreadsheet, I kept a log of my experiments -- what went into each batch, and what came out.Â Â When I got unexpected results, I asked materials vendors and chemists -- what&apos;s going on here? And they were kind enough to tell me, so a few more puzzle pieces snapped into place. Then I set up a testing program, giving and sending out soap sets identified only by number to testers who rated them for lather, feel, and general attractiveness.Â Â In the end, I decided to write another book. Otherwise, I really would have had to go back into the soap business.Â Â

GOT A QUESTION? JUST ASK ME! -- A NOTE FROM ANNEÂ Let&apos;s face it. No author can think of every single question you might have while reading the book. No matter how clear and complete it is, there&apos;s always a chance you&apos;ll find something you don&apos;t quite get or that doesn&apos;t quite fit your situation. So, what do you do?Â If the book is one of mine, you can go to my Web site and ask me direct. I&apos;ll be glad to help! (But you might want to look through the rest of the book first, since the answer might come up later -- maybe in the FAQ at the end.)Â I also use my Web site to describe new things I&apos;m wondering about and trying and exploring. So, please do take a look!Â //////////////////////////////////////Â SOAP AND LOTION

BOOKS BY ANNE L. WATSONÂ SMART SOAPMAKING: The Simple Guide to Making Traditional Handmade Soap Quickly, Safely, and Reliably, or How to Make Luxurious Handcrafted Soaps for Family, Friends, and Yourself. Whether you&apos;ve made melt-and-pour soap and want to move on -- or you&apos;ve made traditional soap with slow, outmoded methods -- or you&apos;ve never made a bar in your life -- you&apos;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 with the least fuss and bother.Â

Â MILK SOAPMAKING: The Smart and Simple Guide to Making Lovely Milk Soap From Cow Milk, Goat Milk, Buttermilk, Cream, Coconut Milk, or Any Other Animal or Plant Milk. Anne continues her soapmaking revolution with the first practical, comprehensive book on making milk soap from scratch. Experience the rich, soothing, luxurious feel of milk soap you've made yourself. Your skin will thank you for it.Â

Â SMART LOTIONMAKING: The Simple Guide to Making Luxurious Lotions, or How to Make Lotion That's Better Than You Buy and Costs You Less. After helping tens of thousands of beginners learn to make soap, Anne 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.Â

Â CASTILE SOAPMAKING: The Smart and Simple Guide to Making Lovely Castile Soap Quickly, Safely, and Reliably. Anne offers 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.Â

COOL SOAPMAKING: The Smart and Simple Guide to Low-Temp Tricks for Making Soap with Milk, Citrus, Cucumber, Pine Tar, Beer, Wine, and Other Special Ingredients. Anne extends the low-temp techniques from her book "Milk Soapmaking" to making soap from a variety of special ingredients. Soaps that have long challenged home soapmakers will now pose no problem at all.Â

Once again, Anne Watson creates a wonderful, straight forward approach to what has long been considered a complicated method. This book is the MUST have for anyone wanting to make milk soaps and is light years beyond Casey Makela's book on the same subject. I recommend this book for two major reasons:1) Watson discusses both liquid milk (what she calls the "cool technique") and powdered milk (the "warm technique") and offers excellent recipes and directions for both. Her method is very relaxed and while it is admittedly a hair more complex than regular CP soap, it's not nearly as complicated as some other books make it sound.2) Watson dispels the myths of milk soapmaking. This is HUGE. She goes through all of the myths about using milk from what type of milk you need to who can do it. Also, Watson is accessible through her website. I sent her a question not long ago and she responded to me within two days! How's that for asking the author? :)

I started making soap with Anne's Smart Soapmaking. After becoming comfortable with the basic process of soapmaking, I decided I wanted to expand my horizons and learn about milk soaps. This book does not disappoint. It's written in the same easy to follow manner as her first

book...non-intimidating, very clear, very simple. Since I've started soapmaking, I've purchased books from other authors and I must say that if I would have started with those books, I probably would not have made a batch of soap at all, as a few that I have just don't seem to have the easy to follow instructions like this book has. Just a note, you don't have to start with Smart Soapmaking. This book is geared toward the beginner just as the other book is. So if you've never made soap before and you're more interested in milk soaps, then this book will have you making beautiful milk soaps in no time at all.

Being new to soap making I purchased three (3) books, Milk Soapmaking by Anne L. Watson, Soap Crafting By Anne-Marie Faiola, The Soap Queen and Basic Soap Making edited by Letcavage. I have reviewed the three and find that each of them has good information to offer. If you are looking for an easy to follow soap making book that is great for a beginner like myself I would recommend both Basic Soap Making by Letcavage and Soap Crafting by The Soap Queen as they have easy to follow instructions as well as pictures to follow along. The Basic Soap making book offers more explanation on types of oils and smells to showing you some common items that can be used to make soap. The Soap Crafting book provides easy to follow recipes as well as easy to follow instruction and explanations. I love not only the MANY recipes in this book but also the explanation on techniques used to get different designs in soap. In my opinion, these books complement each other very well or could be purchased separately. The Milk Soapmaking book is perfect for milk soap recipes as well as explanations; it is a straight read only book so if you're looking for a picture explanation you will not get it. She does an excellent job of describing what texture you should look for however, if you like an example this book may be best as an accompaniment to one or both of the other books and not as a sole source.

I now use Anne's freezer method of preparing a yogurt/water mixture for soap making, and it is genius! It is perfect for mixing the yogurt/water with the lye and really shortens the time for the whole process. Anne has done lots of experimentation and record-keeping on many, many batches of milk-based soap which has allowed her to de-mystify and simplify the process, by eliminating unnecessary steps that other books swear by and tell you that you must do. In spite of Anne's caution against using the technique and the yogurt for other recipes, I do, and I have had success every time. I put yogurt in all of my recipes now using Anne's freezer method, and it produces wonderful soap, every time. My only problem with the book is that Anne lays out both the warm method and the cold method side-by-side over the course of several pages. I would rather have had



them laid out separately so that each one takes up only a few pages, by itself (less page turning while working). I see no benefit to having them side-by-side, since you would never make them both at the same time, and who really cares how they compare with one another. The side-by-side layout is rather confusing, I think, and makes each process harder to follow than if each was simply laid out by itself. But the yogurt-parfait soap is perfection! If you are interested in trying to make milk, lye-based soap, you absolutely have to try that recipe! I would spray my mold with cooking spray, however, and put the mold into the freezer for 15 minutes before I unmold, and maybe even leave it in the mold for 48 hours. Milk-based soaps can be pretty soft to unmold.

I absolutely love this book. I am making a batch of the yogurt soap right now. It's in the freezer. This book is full of excellent recipes. Anne is a great teacher. I feel very confident making soap, and a lot of that is due to her straight forward advice. I have a lot of happy customers who are eagerly buying the new soaps for themselves and for gifts.

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