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# Smart Lotionmaking: The Simple Guide To Making Luxurious Lotions, Or How To Make Lotion That's Better Than You Buy And Costs You Less (Smart Soapmaking)





## Synopsis

\*\*\*\*\*#1 .COM BESTSELLER IN BEAUTY & GROOMING (JULY 2014)\*\*\*\*\*#1 KINDLE (US)  
BESTSELLER IN BEAUTY & FASHION (JULY 2014)\*\*\*\*\*#1 .COM BESTSELLER IN  
CRAFTS & HOBBIES (JULY 2014)\*\*\*\*\*#1 .COM BESTSELLER IN SOAP MAKING (JULY  
2014)\*\*\*\*\*  
A 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 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 from scratch.  
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 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.  
"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 Hamman, 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)~ ~ WHERE TO READ MORE~ ~ WHERE TO GET TESTING~ ~ WHERE TO GET  
SUPPLIES~ ~

## Book Information

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Hobbies > Candlemaking #79 in~ ~ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Soap  
Making

## Customer Reviews

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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  
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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? Â (Gathering the Equipment You Need)Â Chart: Equipment ChecklistÂ Recipe: Anne&apos;s Almond LotionÂ STEP-BY-STEP LOTIONMAKING Â (From Prep to Cleanup and Beyond)Â TESTING YOUR LOTIONÂ (Making Sure It&apos;s Safe)Â MORE RECIPES!Â (Different Lotions You Can Try)Â Recipe: Anne&apos;s Walnut LotionRecipe: Shea LotionRecipe: California LotionRecipe: Sunflower and Avocado LotionRecipe: Star of the Meadow LotionRecipe: Almond and Cocoa Butter LotionRecipe: Almond and Coconut LotionRecipe: Autumn LotionRecipe: Rice Bran and Shea LotionRecipe: Hemp and Almond LotionRecipe: Shea, Silk, and Chamomile LotionRecipe: Ingrid&apos;s Magic Potion LotionRecipe: Suz&apos;s Light LotionRecipe: Milly&apos;s Body LotionÂ MILK LOTION RECIPESÂ (Treating Your Skin to Milk)Â Recipe: Linda&apos;s Goat Milk LotionRecipe: Deena&apos;s Goat Milk LotionRecipe: Almond Milk and Pistachio LotionRecipe: Goat Milk, Chamomile, and Jojoba LotionRecipe: Buttermilk, Hazelnut, and Honey LotionRecipe: Golden LotionÂ DESIGNING YOUR OWNÂ (How to Create Great Recipes)Â Chart: Properties of FatsÂ TROUBLESHOOTINGÂ (Tricks, Tweaks, and Fixes)Â MAKING IT A BUSINESSÂ (How to Go Pro, Not Bust)Â WHY? WHY? WHY?Â (Frequently Asked Questions)Â WHERE TO READ MOREÂ WHERE TO GET TESTINGÂ WHERE TO GET SUPPLIESÂ //////////////////////////////////////Â FROM THE INTRODUCTIONÂ I have no idea why anyone would buy lotion. It&apos;s a mystery.Â Maybe it&apos;s because of another mystery: the lotions themselves. With even halfway decent lotions so expensive, they must somehow be hard to make, right?Â Not really. If we all knew how easy it was to make our own lotion, the stores could clear a lot of shelf space. Who would buy what they could make better, and at a tenth of the cost?Â The thing is, few people believe that lotionmaking could be easy -- not before they&apos;ve tried it, that is.Â It seems like it would have to be hard. It&apos;s hard to even read the ingredients, when you look at consumer labels. By the time you&apos;ve plowed through methylparaben, triethanolamine, butylene glycol, glycol stearate, glyceryl stearate, disodium EDTA, aluminum magnesium silicate, DMDM hydantoin, and tocopheryl acetate, you&apos;re just about ready to give up -- and if that doesn&apos;t do it, you&apos;ll definitely throw up your hands at 3-iodo-2-propynylbutylarbamate. You wouldn&apos;t know where to get that stuff, much less what to do with it once you did.Â "Honey, I&apos;m running to the store for DMDM hydantoin and 3-iodo-2-propynylbutylcarbamate. Anything you need while I&apos;m out?"Â But, whatever manufacturers do to make bottles of lotion by the millions, handcraft lotionmaking is much simpler. It&apos;s a lot like making salad dressing. Of course, if you make lotion to sell, it will be regulated by law, just like food in a restaurant -- but making it for your own use is like cooking at home.

You'll work clean, as you would for cooking, but you won't be held to commercial standards. I'll show you how to make lotion for yourself in a way that's clean enough -- and how to check if that causes any problem. It isn't likely to. I've made lotion for myself for years, and never had any go bad. In some cases, you should sanitize more thoroughly. So, this book will give two different methods for making lotion. Personal Technique is for simple lotion meant for your own use. This one is quicker and easier. Pro Technique is for lotion you mean to sell, or for lotion with perishable ingredients like milk, or for lotion with no preservative. This one isn't difficult either -- just more painstaking and precise. But why the difference? After all, you wouldn't want something insanitary for your own use. Why wouldn't you follow the same procedure for any lotion? The answer is that Pro Technique is designed to conform to common laws and regulations for commercial lotionmaking. These laws and regulations have to address almost anything that can happen. They have to prevent the sale of lotion made in filthy conditions by people who have no idea what they're doing. They have to apply the same way to everyone. And with all that, they're simply more than you need for most home use. Still, the difference between the techniques isn't huge. And whichever you try, you'll soon be making lotion better than you're likely to find at any price.

GOT A QUESTION? JUST ASK ME! -- A NOTE FROM ANNE Let'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's always a chance you'll find something you don't quite get or that doesn't quite fit your situation. So, what do you do? If the book is one of mine, you can go to my Web site and ask me direct. I'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.) I also use my Web site to describe new things I'm wondering about and trying and exploring. So, please do take a look! //

SOAP AND LOTION BOOKS BY ANNE L. WATSON

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've made melt-and-pour soap and want to move on -- or you've made traditional soap with slow, outmoded methods -- or you've never made a bar in your life -- 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 with the least fuss and bother.

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.

Experience the rich, soothing, luxurious feel of milk soap you've made yourself. Your skin will thank you for it.~ ~ ~ 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 from scratch. 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.~ ~ ~ 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.~ ~ ~ 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.~ ~ ~

I have been making my own soaps and creams for years now but always like to see what's new. While the recipes in here are very good, there is nothing new if you are experienced at making creams and lotions. If you have never made lotion before, this would be THE book to get. My favorite one is out of print and I have not seen it sold anywhere. This book is strictly for making body lotions. No creams or facial products. If you have ever gone to any lotion crafting websites then you will be familiar with all of the ingredients in here. If this is your first time making lotion, Anne describes everything that you will need and why. That said, you will need a gram scale since they are more accurate and, while the ounces are also given in each recipe, using grams is actually easier. You'll also need to find some e-wax since all but one of the recipes use it. No substitutions are given. I like to use xanthan gum but it tends to make a sticky product. It also happens to be easier to find locally. Other ingredients that you may need that recipes use are stearic acid, vitamin E, preservative, and conditioning emulsifier, which is also called BTMS. And then there are oils and butters, which should be easy to find. There are a couple of recipes that call for goat's milk and one that uses almond milk. Of course, you could substitute milk for the water in any of the recipes. I made a goat's milk lotion one time and it was incredibly thick. Be aware that adding milk will do

that. Getting lotion into bottles presents its own challenge, which Anne is up for. Follow her directions and you will be bottling lotion like a pro. I use wide-mouthed small jars but I don't sell my lotions and creams. Everybody in the house gets their own jar. If you want to make your own recipes, Anne covers that in detail. She also tells you what to do if you want to start your own lotion-making business. And there is a trouble-shooting section. Finally, there is a list of suppliers in the back, which includes suppliers in several other countries besides the US. These are the most popular ones. If you want to make all-purpose body lotions, get this book. You truly will be making anything better than what you will find in a store.

This is a fantastic book on making your own lotion from The Smart Soapmaking Lady. We discovered her Smart Soapmaking and Smart Milk Soapmaking books several years ago. We love making our own soap and all of our family and friends are impressed and delighted when we give them our soap. Smart Lotionmaking is every bit as good. I would say that sometimes her directions and layout are a bit confusing, but it is worth putting in the effort to figure it out because the content is pure gold. You can customize your lotion and make lotion--heavier, lighter, customized oil, scented or unscented. I find it to be relaxing to go into my kitchen to play mad scientist lotionista.

This book goes into detail of the process of making lotion for personal use and for commercial selling. It goes into more information than I really wanted to know and felt it would be more useful for making lotion in your home for commercial selling. She uses the terminology of personal technique and pro technique and show each. I personally felt it was more in tune with Pro Technique for commercial selling. For me too much information.

This book covers just about everything I could think of. Recipes, step by step directions, what oils to use, what lotions are good for what, frequently asked questions, testing your lotion, myths and probably more that I can't think of. Oh it even covers equipment needed and sanitizing! It's easy to read and follow. I love this book and can't wait to make lotion. FYI - I have bought other books by this author and loved every one.

If you're like me, you're inquisitive about the 'what-is-it' question: what makes a lotion recognizable as such? When is a lotion a cream or an ointment? Why use THIS ingredient instead of THAT ingredient? What's the basic chemistry? Which steps are de rigueur and which are a matter of fastidiousness or mere taste? Why does one do this step before another step, etc.? I tried my first

recipe from this book -- the first one -- today, adding my own ingredients (rosewater and aloe vera instead of distilled water). This is my second homemade lotion, and it seems a lovely success. The book is an excellent addition to my DIY shelves, though I confess I have not worked through all of it yet (I have it in the Kindle edition, which on my version of Paperwhite is harder to see as a totality and at a glance). I appreciate the explanations about phases of lotion-making and the overview of why things are done in the order they are, and so on, very much. I do think the author, for understandable reasons, makes very heavy weather of the sanitary aspects of lotion-making, when it really is much more like cooking for yourself if you are not planning to sell your lotions in this litigious (and anti-common-sense) society of ours. But authors of this sort of book are put in a difficult position: they want home experimenters to feel free and not to be burdened by bureaucratic nonsense and by the chance-in-a-million misfortune, but they HAVE to cover themselves (see 'litigious society'). In a saner age, writers such as Ms Watson could just state what they know and what research and experience tell them (Watson even consulted a microbiologist). But she clearly is an expert on lotionmaking, and I'm glad I bought the book.

Great book for the beginner. There is quite a bit of information given which is easy to read and understand. There are a variety of good recipes for lotions, body butters and scrubs and I was impressed that preservatives are recommended as many of the other books I've purchased do not include the use of preservatives.

This book is very well laid out and has lots of useful information. The author gives you all the info you will need to get started. On a personal note, I would really like to thank the author for her fast response to my email. I am blind's, so before purchasing the book I wanted to make sure that it was text-to-speech enabled. I contacted the author through email and she got the info for me very quickly.

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