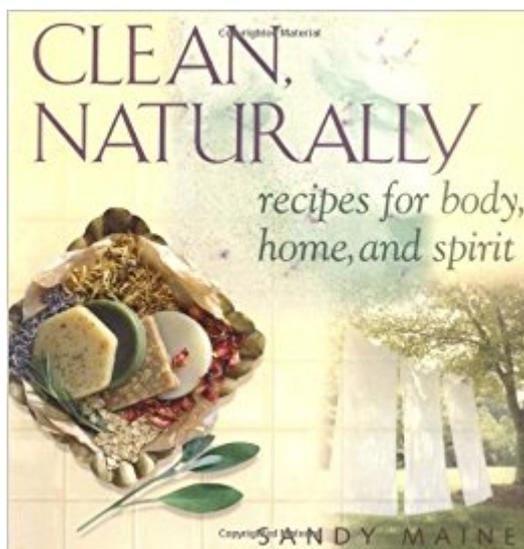


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# Clean, Naturally



## Synopsis

Like a breath of fresh air, this guide to home and personal care embraces the cleaning ritual as a necessary part of daily life and offers tips on how to make it remarkably stress-free and even enjoyable. Harsh chemical cleaners, artificial scents, and allergy-inducing additives can be replaced with the pure, gentle, and wholesome cleaning products in this handbook. In a world where environmental sensitivities are on the rise and time to complete basic tasks seems to slip away, the efficient recipes and methods in this book come as a welcome surprise. By eliminating unnecessary cleaning products from the home, under-the-counter clutter is greatly reduced, allergies and sensitivities are easily addressed, and favorite scents and textures become a part of the calming and fulfilling ritual of keeping things clean.

## Book Information

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## Customer Reviews

With the rise of interest in aromatherapy and natural fragrances, homemade soap has increased in popularity. Herbs and essential oils play a large part in the finished products in both of these books, whose authors have written other books on soapmaking. Browning's melt-and-pour projects use commercially available soap bases that can be melted in a microwave or double boiler and scented and molded to suit the maker's taste. Her recipes include bath salts and oils as well as soaps. Maine has a natural soap business and makes everything from scratch. She offers instructions and formulas for all types of soap, including bath soap, shampoo, pet soaps, and even poison ivy

remedies. Both books are recommended for public libraries. Copyright 2002 Reed Business Information, Inc.

Sandy Maine is the author of *Herbal Homekeeping*, *Soothing Soaps for Healthy Skin*, and *The Soap Book*, and is the creator of the Sunfeather Handcrafted Herbal Soap Company. She lives in Ithaca, New York.

"Clean, Naturally" is a very good collection of soap and household cleaner recipes. We own a small business and have expanded into producing Bath & Body care products, so picked up this book to add to our library. This is one of the best collections of practical recipes we have found but, as others have noted, many are contained in Main's other books (*Soap Book*). This is not a big issue for us, but if you already own that book, you might want to pass on this one. Also, several of the the recipes use Sodium Lauryl Sulfate (SLS), which is a serious skin irritant for many people, but for those that are concerned about SLS (like us), Sodium Coco Sulfate is considered a safer alternative. The recipes are generally easy to follow and many have color pictures to show what the finished product should look like, which is always helpful. Recommended!CFH

I find this to be a thoughtful book that is beautifully presented. Sandy Maine advocates natural products without being preachy about it, shares some useful and effective recipes, and does it in an entertaining manner. I was sorry that I had to buy this used....it appears to be going out of print. That's a shame. I make soap, and I am delighted she shared so many wonderful ideas as far as essential oils and additives. I will take some and use here and there with my own oil blends and experiment to come up with items that are uniquely my own. Feel free to substitute on the recipes as well. As far as the reviewer who criticized her recipes for the same oil blend, I will say that most soapers find their "perfect blend" and use it for most of their products...swapping out scents and additives to make different products. Her soap blend isn't my first choice but it would indeed make good soap. For those concerned about SLS and SLISA, they really ARE a low health concern, but you can substitute grated soap of your choice for those ingredients. They might not be quite as strong but will still be effective. Overall, I think it is a very worthwhile book and worthy of a place on my coffee table and my library.

It's a soap recipe book, little about actually cleaning naturally

great book -great service

Simple recipes for the beginner.

Save your money and look online for recipes to clean naturally. This book had ingredients that needed to be purchased specially to make things....not a fan. Would not recommend.

Love the book!

Great Deal

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