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# Castile Soapmaking: The Smart Guide To Making Castile Soap, Or How To Make Bar Soaps From Olive Oil With Less Trouble And Better Results (Smart Soapmaking)





## Synopsis

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!    For centuries, the name Castile has been associated with the highest quality in soap. But Castile -- made from olive oil, traditionally in factories -- has proven hard to translate to craft soapmaking. It has earned a reputation as difficult to make, slow to cure, and lacking in rich lather.    Until now.    Anne L. Watson, author of "Smart Soapmaking," continues her soapmaking revolution with the first practical book on making Castile soap bars at home. With the secrets revealed in this advanced guide, you'll be making lovely, quick-curing, lather-rich Castile quickly, safely, and reliably.    //////////////////////////////////////    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.    //////////////////////////////////////    CONTENTS    GETTING STARTED    (Facts and Myths About Castile)    THE KEYS TO CASTILE    (Moving It from Factory to Kitchen)    WHAT DO I PUT INTO IT?    (The Ingredients of Castile)    WHAT DO I USE TO MAKE IT?    (Gathering the Equipment You Need)    Recipe: Anne's Classic Castile    STEP-BY-STEP CASTILE SOAPMAKING    (From Prep to Cleanup and Beyond)    MORE RECIPES!    (Different Castile Soaps You Can Try)    Recipe: Milk Castile Recipe: Herbal Castile Recipe: Oatmeal Castile Recipe: Cleansing Castile Recipe: Gardener's Lemon Poppy Seed Castile Recipe: Castor Castile Recipe: Coconut Castor Castile Recipe: Tropical Castile    WHY? WHY? WHY?    (Frequently Asked Questions)    WHERE TO FIND MORE   

## Book Information

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## Customer Reviews

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FROM THE INTRODUCTION:

Castile soap is a soap made from olive oil, sometimes with other plant fats mixed in. It takes its name from the Castile region of Spain, where it was made. But similar soap has been linked to other places where olive oil was plentiful, such as Crete, Nablus, Damascus, Aleppo, and Marseille. There are romantic stories about the soap's origins -- stories involving queens, crusaders, and the Silk Road -- but little or no reliable information. Plant oil soaps, though, were probably developed in the Middle East in medieval times to meet religious objections to the use of animal fats. Castile soap itself is thought to have been inspired by Aleppo soap from Syria, but it omitted that soap's laurel berry oil, which was not easily available in Spain.

Unlike Marseille soap from France, Castile soap has never been legally regulated for content. But it was originally a solid soap made exclusively from olive oil. Hot processing was the only soapmaking method in earlier times -- in fact, soapmakers were called "soap boilers," and their patron saint, St. Florian, was shared with firefighters.

Going by histories and old pictures, soaps like Castile were produced in factories, using unsophisticated equipment and apparently no safety precautions at all. There seems to be no record of Castile soap being made at home. Compared with cottage soap, which was made with reclaimed kitchen grease, Castile was definitely a luxury item. Castile soap is regarded by many as the pinnacle of the soapmaker's craft. It's also believed to be difficult to make, and

especially difficult to make well by a small-scale soapmaker. It's thought to need lengthy mixing. And to need lengthy aging, with some sources recommending a year or more. And to have poor lather, or even slimy lather. These are all myths, based on the trouble that craft soapmakers have had in adapting what was originally a factory process. But making quality Castile soap on a small scale is not only possible, it's even not so difficult. It's just different. So, now, let's explore the differences and see how to make perfect Castile soap -- traditional or with variations -- with little trouble at all.

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 from scratch 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. 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.Ã Â Ã 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 bars at home. With the secrets revealed in this advanced guide, you&apos;ll be making lovely, quick-curing, lather-rich Castile quickly, safely, and reliably.Ã 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.Ã Â

Like all the books written by this author, I love it. It's easy to read and has a lot of information on making soap. I am new to soap making and so far have not actually made soap. I am reading everything I can and also have almost all the equipment and ingredients I need. I have read several books on soapmaking and some are not easy to follow or read so I am very pleased with this book.

I purchased the kindle version because the price on it was excellent and I didn't want to wait 2 days to make some castile soap. Her research is amazing and I took the plunge today. I made her herb castile soap. I subbed the water with aloe vera juice. I have never been able to unmold my soap without at least 24 hours. I was worried about that with castile soap as so many people talk about waiting 2 weeks just to unmold. Well, it is my fastest unmolding ever. It took all of 4 hours, maybe even less to harden up. I used hot process method with my crockpot. In love with how it turned out! Infused olive oil with herbs from my garden in addition to chamomile, rose, calendula, and spriula powder. I think I can smell the chamomile still!

Love Anne Watson's books! She got me off the couch and into the kitchen to make my first batch of soap. She presents recipes and directions simply, clearly, and in manageable batches for the soap hobbist. She also responds to emails immediately. Castile Soapmaking is a brief and concise book with much of the information appearing in her earlier book. Still, I am excited to learn from the master, follow her tips, and try her formulas for castile soapmaking.

Just like all her other books, Anne does a fabulous job explaining the how and why - love it!

A really nice book. I have just started to venture into the homemade cosmetics. This gives you detailed information about the process and how to go about it. Covers the topics where thing may

go wrong. It seems like a personal lesson. Really good work Anne I actually love all your books on homemade cosmetics. Keep up the good work.

Ah, the soap that everyone seems to want, who knew how relatively easy it would be to make. I was surprised at what it was actually made from but pleased that they were easy things to pick up. There is history of the Castile soap in this book, where it came from and why people like it so much. The writing style of this book is consistent with the others I have read so far. This is just a great series of books, easy to read and understand the process. She gives great directions and gets you started, things you need and how to use them are included in this book just like the others. Some great easy to follow recipes bring the whole concept together and make something you thought would be difficult actually very easy to do all by yourself.

I wish, Anne would publish an anthology of all her soaping books together. I say, "publish", because all her books are terrific. I'd like to feel the book and pages in my hands. As technology progresses, and ebooks become outdated on whatever operating system may be around in a few years, I still --will need these books. Thank you, Anne Watson for sharing your expertise!

Got this book when it was free to download, now it makes me want to buy the rest of her books. I have been making soap and was going to try making a castile soap. After reading this book, I knew I really need to read it before trying my hands on making castile soap. It's informational with lots of tips 'you must know'

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