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Lindsey P

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0 of 0 people found the following review helpful. Very well written and great for beginners!By Helen O'TooleGreat books for beginners. I bought this set because I have become very interested in essential oils and the benefits of them. I also wanted to know a little bit about soap making. These books are excellent for both. The first book explains how to use essential oils and how they work for you. Then the author discusses the different oils and how they work for weight loss. She says to be wary of store bought mixed oils because they may not work for your weight loss goals. The second book begins by explaining how soap is formed, the safety equipment you need and the tools you need to mix your own soaps. She lists the oils and butters you can use along with fragrances. Also the difference between cold

process and hot process to make the soap. Everything is spelled out to make it as easy as possible.