



Soaps, Bubbles & Scrubs: Natural products to make for your body and home

Nicole Seabrook

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After attending a natural product workshop during her time as an aromatherapy student, Nicole Seabrook became interested in creating her own, personalized natural products. Her mission to discontinue using chemical products in her home in favor of ‘all things natural’ proved a tough challenge at first as it was difficult to source certain ingredients in South Africa. However, as consumers become more aware of the toxic chemicals present in everyday household cleaning agents and cosmetics, and are keen to ‘go green’, these ingredients are now readily available at specialty health shops and pharmacies. Nicole also saw the need for a book on how to make these products at home in a practical, affordable and easy way.

Soaps, Bubbles & Scrubs comprises more than 100 simple, easy-to-follow recipes that Nicole has developed for use on your body and in your home. There are chapters on facial products, hair products, treatments for hands and feet, as well as products for babies and children, and for use during pregnancy. She also shows you how to make glycerin and cold-process soaps, and discusses the various essential oils and their uses. QR (quick response) codes have been included to provide links to videos on the Internet demonstrating how to make some of the products.

Contents: Introduction, About natural skin care, The origin of natural cosmetics and the history of soap making, Aromatherapy essential oils, Carrier oils, Equipment, Products for the body, Products for hands and feet, Products for hair, Bath products, Facial products, Products for pregnancy and childbirth, Products for babies, Products for kids, Soap, Products for the home, First-aid and medicinal products, References, Index.

- 100+ recipes for a wide range of products, from soaps, body scrubs, shampoos and foot soaks to wound cleansers, mouthwash, dishwashing liquids and air-fresheners.
- Only natural ingredients and essential oils are used. There are also products that can be used safely during pregnancy and for babies and children.
- QR codes will link to video clips on YouTube, with separate clips for recipes that require more detail.

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Jennifer Smith:

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