



Coconut Oil for Easy Weight Loss & Soap Making For Beginners (Essential Oils Box Set) (Volume 22)

Lindsey P

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Soap Making For Beginners: A Guide to Making Natural Homemade Soaps from Scratch, Includes Recipes and Step by Step Processes for Making Soaps & Coconut Oil for Easy Weight(A Step by Step Guide for Using Virgin Coconut Oil for Quick and Easy Weight Loss) Soap Making

This book is perfect for those who want to make their own soap but do not know where to begin. Soap making is a fun and rewarding hobby that you can also turn into a business once you have successfully made your first batch of soap. In this book, you will get to know the different ingredients, tools and processes on how to create soap.

Soon you will get to know the basic steps on how to process soap. There are mainly two basic processes, the Hot Process and Cold Process. But before moving on to these two, let's first discuss a very useful online tool that you can use in formulating the perfect soap recipes.

Soap making is a fun filled activity that anyone can enjoy. The sense of accomplishment in producing something that is useful in everyday life can build one's self confidence and self esteem. You can even add a personal touch in the soaps that you will make by adding some of your favourite oils and scents.

Natural soap has a greater advantage in terms of skin moisturizing than commercially manufactured soaps because of the ingredient glycerine that will be left in the soap. In commercially manufactured soaps, glycerine is filtered out of the soap and sold as a different product. Glycerine is an ingredient that is responsible for retaining water in the skin, leaving it soft and moisturized.

Homemade soaps can be used as gifts to your friends and relatives during the holidays. Surely, they will appreciate the effort you put into making the soaps as well as the skin health benefits they have. These homemade soaps can be income generating as well, for you can sell your nice smelling products in stores that support selling of natural and homemade goods, or in the internet.

If you have always wanted to know how to make soap, wanted to have the recipes that will eliminate those unhealthy products your using everyday on your body! Then you need to act! And act now, stop using cancerous products that harm you and your family!

Coconut Oil:

You're about to discover how Virgin Coconut Oil benefits our bodies as well as the different means through which it can hasten our weight loss. It is quite unconventional, considering that oil typically equals fat when we think about it. However, this is certainly not the case with coconut oil for it contains many beneficial nutrients that are good for our bodies—inside and out.

Here, you'll be provided with more than just simple facts. You'll also be given lots of recipes that you can enjoy during your diet without having to worry that you'll end up ruining your routine. In fact, by eating these, you'll lose weight more efficiently.

So do not procrastinate, find out the secrets and miracles behind coconut oil that so many have no idea about! Guaranteed you will not be disappointed!

Here Is a Sneak Peak Of What You Get With Coconut Oil For Weight Loss:

- What is Virgin Coconut Oil?
- *How Virgin Coconut Oil Works For Weight Loss*
- *Other Known Health Benefits*
- *Virgin Coconut Oil Diet Recipes*
- *Complement Your Virgin Coconut Oil Regimen*
- *Much, much more!*

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