



300 Years of Natural Soap & Cosmetic Recipes

By Marie Gale



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Soap and cosmetic recipes have been around for thousands of years. Before the discovery of synthetic scents and colors (ca 1890) and detergents (ca 1930's) nearly all the ingredients used to create soap, cosmetics and perfumes were "natural" (not necessarily SAFE, but certainly derived from natural sources). This book contains over 500 recipes for many different categories of soap and cosmetic products, including soap, creams and lotions, balms and salves, oils, bath fizzies and bombs, salts and soaks, powders, exfoliants and scrubs, clays and masks, perfumes, and products for the hair, teeth and household. There is also a short chapter on the strange and bizarre (not recommended for actual use). The recipes were compiled from antique and vintage books and several websites, focusing on those that made using safe, natural ingredients (recipes containing arsenic, mercury, lead and other toxic materials were not included). The focus of the soap recipes are pre-1930 (before detergents) and a large percentage of the cosmetic recipes are pre-1900. Also included is an extensive glossary of the ingredients used in the recipes provided, along with possible alternative ingredients when the original is exorbitantly expensive or generally unavailable. These recipes can be used as-is (although not all of them have been tested), or can be used as a starting point for developing unique natural soap and cosmetics formulations of your own.

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Editorial Review

About the Author

Marie Gale is a self-professed computer geek who actually likes reading laws, statutes, regulations, court cases and old books. She probably would have been a lawyer or a chemist had things worked out differently. As it is, in 1998 she started making and selling handcrafted soap and cosmetics. Her tendency toward research of all kinds, led her to delving into labeling regulations, resulting in her book "Soap and Cosmetic Labeling" (2008). Involvement with the community of soap and cosmetic handcrafters and seeing the need for good manufacturing practices, brought about her book "Good Manufacturing Practices for Handcrafters" (2012). Her love of old books became the driving force behind her extensive library of antique and vintage books about the making and use soap and cosmetics, particularly those products made with natural ingredients. Wanting to share at least some of the amazing recipes available in her library, Marie published "300 Years of Natural Soap & Cosmetic Recipes" (2011). Marie lives in Southwestern Oregon with the man of her life. When not participating in the handcrafted soap and cosmetic community, she can be found doing website programming, managing her family's timber ranch or researching her family tree.

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