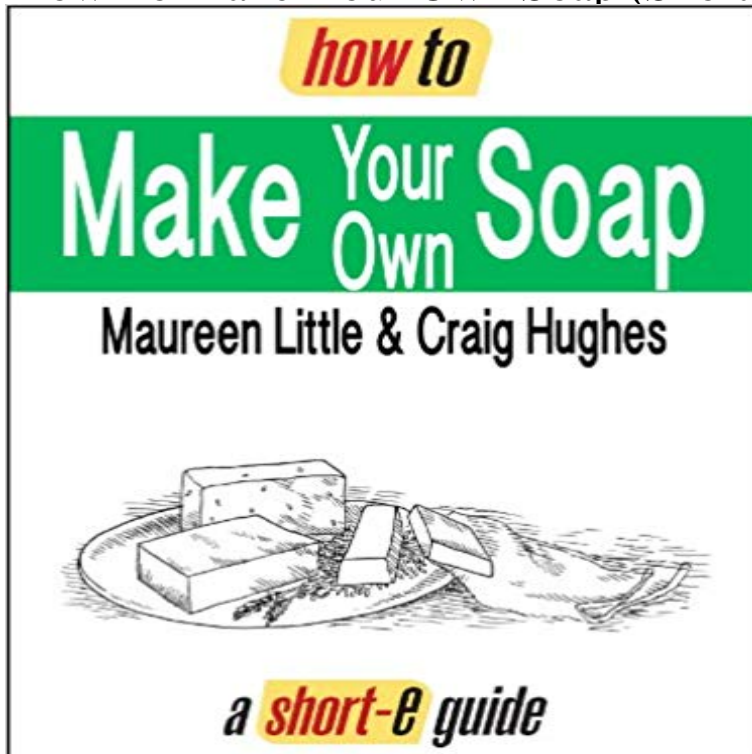


## How To Make Your Own Soap (Short-e Guide)



Soap is very much like many other products once you have used a handmade, natural version you are less likely to buy a commercially produced one again. This Short-e guide will tell you about different types of soaps, the ingredients and science of soaps, and also has some recipes so you can start to make your own. Maureen's grasp of horticulture started at an early age on her father's market garden and plant nursery in Sussex: she soon learned that grasping a nettle was not to be advised, whereas picking a luscious strawberry straight from the plant left her taste buds tingling. Her horticultural education continued, on and off, alongside conventional education at De Montfort and Lancaster universities, to the extent that she found herself, at various times, teaching in the Royal Navy, lecturing in English Literature at university, training as a professional garden designer and growing herbs. It was during the latter venture that she met Craig Hughes, owner of Crossmoor Honey Farm, who introduced her to his beloved honey bees. Since then Maureen has fallen in love with the bees and does all she can to promote their welfare, whilst at the same time keeping true to her horticultural roots. As well as gardening and bees, Maureen's other main area of interest is herbs. She is a member of the Herb Society and was delighted to speak at the Society's Annual Conference in 2010 and at The Garden Museum in 2011. Growing up in the country and having an almost self-sufficient upbringing allowed Maureen to gain a number of practical skills. For example, she has kept chickens, can make bread and cakes, and is a pretty good cook - something her husband is particularly grateful for!

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