

Moisturizing Body Wash Sulfate Free Scientific Spectator

Recipes for making liquid soaps, including herbal shower gels, conditioning shampoos, moisturizing hand soaps, luxurious bubble baths, and more.

Touted as the new darling of the chemical industry, alkyl polyglycosides are gaining in popularity due to the fact that they are readily biodegradable, low-toxic, and made from renewable resources. *Sugar-Based Surfactants* compiles the most recent and relevant aspects of sugar-based surfactants, including self-association, phase behavior, and interfacial properties. Focusing on both colloidal and interfacial science, the book deals with the adsorption of surfactants in both the air-liquid and solid-liquid interfaces. It also covers new advances in surfactant science, such as the development of a family of potent surface active agents that are non-toxic, and thus usable in ubiquitous consumer products

Vivid and magisterial, *The Gun, the Ship, and the Pen* reconfigures the rise of a modern world through the advent and spread of written constitutions. A work of extraordinary range and striking originality, *The Gun, the Ship, and the Pen* traces the global history of written constitutions from the 1750s to the twentieth century, modifying accepted narratives and uncovering the close connections between the making of constitutions and the making of war. In the process, Linda Colley both reappraises famous constitutions and recovers those that have been marginalized but were central to the rise of a modern world. She brings to the fore neglected sites, such as Corsica, with its pioneering constitution of 1755, and tiny Pitcairn Island in the Pacific, the first place on the globe permanently to enfranchise women. She highlights the role of unexpected players, such as Catherine the Great of Russia, who was experimenting with constitutional techniques with her enlightened *Nakaz* decades before the Founding Fathers framed the American constitution. Written constitutions are usually examined in relation to individual states, but Colley focuses on how they crossed boundaries, spreading into six continents by 1918 and aiding the rise of empires as well as nations. She also illumines their place not simply in law and politics but also in wider cultural histories, and their intimate connections with print, literary creativity, and the rise of the novel. Colley shows how—while advancing epic revolutions and enfranchising white males—constitutions frequently served over the long nineteenth century to marginalize indigenous people, exclude women and people of color, and expropriate land. Simultaneously, though, she investigates how these devices were adapted by peoples and activists outside the West seeking to resist European and American power. She describes how Tunisia generated the first modern Islamic constitution in 1861, quickly suppressed, but an influence still on the Arab Spring; how Africanus Horton of Sierra Leone—inspired by the American Civil War—devised plans for self-governing nations in West Africa; and how Japan's Meiji constitution of 1889 came to compete with Western constitutionalism as a model for Indian, Chinese, and Ottoman nationalists and reformers. Vividly written and handsomely illustrated, *The Gun, the Ship, and the Pen* is an absorbing work that—with its pageant of formative wars, powerful leaders, visionary lawmakers and committed rebels—retells the story of constitutional government and the evolution of ideas of what it means to be modern.

An all-encompassing guide to skin care for readers of any age draws on the expertise of a Fifth Avenue dermatologist, providing the same advice she gives to her celebrity patients while explaining how to achieve positive results with a minimum of time and money. 50,000 first printing.

Edited by a team of experienced and internationally renowned contributors, the updated Third Edition is the standard reference for cosmetic chemists and dermatologists seeking the latest innovations and technology for the formulation, design, testing, use, and production of

cosmetic products for skin, hair, and nails. New features in the Third Edition: 39 new chapters reorganized by skin functions descriptions of ingredients, products, efficacy measurement, and mechanisms in each chapter revised chapters on skin types, skin perception, and targeted products new chapters on skin aging and cosmetics for the elderly strong emphasis on testing and current methods used for testing, and the evolution of instruments for skin and hair testing new ingredients, delivery systems, and testing methodologies information on skin physiology and cosmetic product design interactions affecting and attributed to cosmetic products cosmetic ingredients, vehicles, and finished products difference between pure cosmetics for enhancement and cosmetics used to treat high quality standards in cosmetic products that improve appearance, protect their targets, and maintain natural functions

¿Black Wolf: Loco Lobo¿ shows how Joaquin Black Wolf, talented drummer for his and his brothers¿ band, tries to put his shattered life back together, one piece at a time. Ghosts and nightmares and hallucinations haunt him at every turn, making him doubt his own sanity and his own heart. He turns to his family¿s beliefs for help, but will their ancient rituals heal him? As a young bride, Jennifer Smith couldn't wait to build her life with the man she adored. She dreamed of closeness, of being fully known and loved by her husband. But the first years of marriage were nothing like she'd imagined. Instead, they were marked by disappointment and pain. Trapped by fear and insecurity, and feeling totally alone, Jennifer cried out to God: What am I doing wrong? Why is this happening to us? It was as if a veil had descended between her and her husband, and between her and God—one that kept her from experiencing the fullness of love. How did Jennifer and her husband survive the painful times? What did they do when they were tempted to call it quits? How did God miraculously step in during the darkest hour to rescue and redeem them, tearing down the veil once and for all? The Unveiled Wife is a real-life love story; one couple's refreshingly raw, transparent journey touching the deep places in a marriage that only God can reach. If you are feeling disappointment or even despair about your marriage, the heart-cry of this book is: You are not alone. Discover through Jennifer's story how God can bring you through it all to a place of transformation.

Put a little wiggle into your shower routine! Everything you need to make up to 12 jellies comes in the box, including a custom mold with six fun shapes. Add colour tablets and glitter to make each jiggling jelly your own. Lather your soap jelly into an exfoliating DIY bath pouf for the full spa experience!

Provides recipes for making soaps, bath salts, bath oils, massage oils, facial scrubs, and bath tea bags, and includes instructions on creating gift packages and labels

This Environmental Health Criteria (EHC) series publication addresses dermal exposure to chemicals. It describes sources and pathways of dermal exposure, models and tools to estimate dermal exposure and methods for dermal exposure prevention and reduction. Furthermore, the EHC introduces skin diseases associated with dermal exposure. This EHC aims to provide information to national regulatory authorities to assist in conducting health risk assessments and managing the risk involving dermal exposure to chemicals.

Silicones for Personal Care, 2nd Edition provides invaluable information to the cosmetic chemist about the basic chemistry and properties of these important silicones. This book stresses the various steps in the synthesis of silicone compounds¿construction, functionalization and derivitization¿which have a profound impact on performance. Topics include:Basic silicone materials Emulsions Silicone surfactants Silicone esters Silicone complexes Silicone resins And much more!

The new children's book from No. 1 bestselling author David Walliams – an extraordinarily brilliant and rollicking mystery adventure illustrated by artistic genius, Tony Ross, and the sequel to the much-loved and bestselling Gangsta Granny.

Celebrate the beauty of curls in a buoyant how-to, manifesto, and curly girl support group all in one. Say no to shampoo, unplug the dryer, and kiss frizz and bad hair days good-bye. Curly

Girl is the surprising bible for those with naturally curly or wavy hair and a desire to celebrate it, from Lorraine Massey, owner of the Devachan salons and products. It's all here: Daily routines for corkscrew, Botticelli, fractal, and wavy curls. Homemade lotions and potions for locking in moisture. Expert tips on caring for African American hair. Fabulous dos for weddings and special occasions. How to trim your hair yourself, step-by-step. (Remember: It's not what you take off; it's what you leave on.) Recommendations for chemical-free products. And so much more: the care, the styling, the products, the remedies, the empowering, pro-curl attitude. Includes: Ten things to do before you dye You are what you eat—and so are your curls Getting kids to love their curls Curly guys Lorraine's 12-step recovery program And check out Lorraine's video tutorials on YouTube.

Dazzling Makeup Tips for Date Night, Club Night, and Beyond Maximize the glam, access your inner diva, grab the glitter, and get excited about makeup! With stunning photos, featuring stars like Jennette McCurdy, Ariana Grande, Brandy, and Willa Ford, and easy-to-follow step-by-step instructions, Melanie Mills shows you the makeup techniques for creating fun, trendsetting looks inspired by rock 'n' roll vixens and fairy tale characters. She inspires you to experiment with stunning makeup for all occasions, from a party or a night out with friends to a special date or anytime you want to amplify your look. Melanie offers advice on makeup for any skin tone, and shows you how to master color combinations, taking you through a rainbow of shades to inspire you to break out of your everyday color palette. These looks are stunning, sometimes wild, and guaranteed to make a statement!

Recent technological advancements, socio-economic trends, and population lifestyle modifications throughout the world indicate the need for foods with increased health benefits. The clear relationship between the food that we eat and our well-being is widely recognized. Today, foods are not only intended to satisfy hunger and provide necessary nutrients: they can also confer additional health benefits, such as preventing nutrition-related diseases and improving physical and mental well-being. This book provides a comprehensive overview of developments in the field of functional foods and food supplements. Readers will discover new food matrices as innovative natural sources of bioactive compounds endowed with health-promoting properties. Studies on chemical, technological, and nutritional characteristics of healthy food ingredients, analytical methods for monitoring their quality, and innovative formulation strategies are included.

When it comes to alternative medical treatment, essential oils are indispensable for every home. They are natural, inexpensive and 100 effective for optimum healing and health. Synthetic substances contained in expensive drugs merely cover up symptoms but damage vital organs in the name of side effects. Essential oils are not like that. Proven to be 50 times stronger than herbs, essential oils heal at a cellular level, passing through the skin and straight into the circulatory system and cells to bring lasting healing and restoration without side effects. There are over 200 recipes in this big book to help you cure everyday ailments. From simple Coughs and Colds, headaches, fevers to pains, digestive problems and emotional issues, you will never have to spend lots of money on medications anymore. What's more, there are also plenty of information on essential oils to help you benefit immensely from their diverse usage. As a matter of fact, everything you need to know about essential oil for healing and health can be found in this big book. It's worth every penny!

This book will guide you through creating your own liquid and bar soap. Design and create bars of soap using traditional methods that incorporate moisturising oils and butters, and make fun and funky glycerine soaps that look almost too fabulous to use. If you prefer liquid soaps then this book also explains how to create liquid and cream soaps from scratch as well as how to design body washes using many of the easily obtainable surfactants. In this book you will discover how to: · Choose soap making

ingredients that will be most beneficial for your skin type · Design and create a range of soapy products including hand and body washes · Scent your soaps using essential and fragrance oils · Make glycerine melt and pour soap from scratch · Understand different soap making methods and techniques

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside:

- More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings
- A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more
- Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips
- A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health
- An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition
- Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations
- Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances
- Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

It's every woman's skin care fantasy: What if a leading dermatologist just happened to be your best friend and you could ask her anything? Dr. Ellen Marmur, a world-renowned New York City dermatologist, is ready to answer your questions with this comprehensive, cutting-edge guide to healthy, beautiful skin. Each day in Dr. Marmur's practice, she hears the same questions again and again from so many patients. "What's the best investment against aging?" "Will this cream make my wrinkles go away?" "What does a cancerous spot look like?" A busy mother of four, Dr. Marmur knows women don't have the time or money to waste on products or procedures that are costly and ineffective. As a skin cancer surgeon -- and a skin cancer survivor herself -- she has treated thousands of patients confused about sun protection, cosmeceuticals, and antiaging procedures. This is what inspired her to write this book. In a refreshingly accessible way, Dr. Marmur explains that it doesn't have to be so difficult for women to get great skin or so expensive to maintain it. In fact, Dr. Marmur believes that to obtain gorgeous, healthy skin you need just three basic skin care essentials. And she gives you the know-how to adjust your regimen to treat issues like acne breakouts, dry skin, wrinkles, and more. With Dr. Marmur's passionate expertise and simple, inspired solutions, Simple Skin Beauty is the definitive go-to skin care guide for women of all ages. Simple Skin Beauty has the answers to your most pressing skin

care questions, such as: • What's the difference between sunblock and sunscreen, and which ingredients are the best? • Will drinking a lot of water make my skin look better? • What is the best facial cleanser and moisturizer for my skin? • What, besides plastic surgery, can help my sagging neck? • How do I know if this freckle is skin cancer? • Which antiaging products truly work? • What should I ask my dermatologist if I'm considering Botox, fillers, lasers, or other procedures?

Each recipe features only organic, unprocessed, whole ingredients. Carrie Vitt's journey began with severely debilitating migraines that led her to a whole new way of delicious cooking. Many friends and relatives wanted to know how she did it, so she started her Deliciously Organic blog, which led to this book. Today, she lives on a military base with her husband and their two daughters.

The Gun, the Ship, and the Pen: Warfare, Constitutions, and the Making of the Modern World
Liveright Publishing

With the hugely successful natural hair movement, Black women have been embracing their natural textures in full force within the last decade. This has caused an increase of information on natural hair from styling to caring but most information is scattered around the web in blogs, vlogs and some books. Finding step by step direction and accurate information is hard for most and downright difficult for others. It was time to bring a one stop shop of accurate and detailed information to make the process easier and up close and personal. In this comprehensive guide to training once-processed hair to return to its original state, *Natural Hair For Beginners*, is a must-read for women of color or any woman with the desire to achieve the evolutionary results they seek. This book is unique as it is a comprehensive and user-friendly read, complete with expertly explained definitions along with providing essential tools and techniques for maintaining strong, well-nourished hair. There is no book on the market that has all of that information along with educating women on natural hair terms, brands, and even the mindset needed to attain a positive experience. With extensive background information, step-by-step directions, and answers to the most frequently asked questions, readers will find all the information they need to accomplish their hair styling goals from hair growth, thinning edges to common ingredients to look for and to steer clear of.

The Science of Black Hair is the ultimate consumer textbook on black hair care.

Technically oriented and detailed throughout, this book was written with the serious hair care consumer in mind. Hair science, research and testimony combine in this carefully written text designed to examine black hair on a deeper level. With its light academic style it is truly the last hair book you'll ever need. Readers will learn how to: * Maintain chemically-treated or natural hair in optimal health. * Stop hair breakage with a novel, protein/moisture balancing method. * Regulate product pH balance for shinier, more manageable hair. * Grow their hair longer, stronger and healthier for life! Additional Features * Regimen Builder with extensive product listings * Ingredients glossary * Interviews * Real photos of hair at the microscopic level Are you ready to stop battling your hair? Win the war against breakage. Forever. *The Science of Black Hair: A Comprehensive Guide to Textured Hair Care* combines research with testimony in an authoritative reference text dedicated to the care of black hair- relaxed or natural. This powerful book introduces readers to a comprehensive healthy hair care strategy for achieving beautifully radiant hair regardless of hair type. Black hair structure, properties, and maintenance methods are carefully outlined throughout this go-to

reference book to give you the tools you need to improve the health and look of your hair, TODAY. The Science of Black Hair Chapter 1: Scalp and Hair Structure, Function, and Characteristics Chapter 2: Textured Hair Properties & Principles Chapter 3: Understanding Hair Growth and Damage for Healthier Hair Care Chapter 4: What's Your Hair Care Regimen? Chapter 5: Hair Product Selection Basics Chapter 6: Protein & Moisture Balancing Strategies for Breakage Correction and Defense Chapter 7: Getting Started with a Healthy Hair Care Product Regimen Chapter 8: Low-Manipulation Hair Maintenance Strategies Chapter 9: Coloring Textured Hair Chapter 10: Chemically Relaxing Textured Hair Chapter 11: Transitioning from Relaxed to Natural Hair Chapter 12: Regimen-Building Considerations for Kids Chapter 13: How Our Health Affects Our Hair Chapter 14: Working Out on a Healthy Hair-Care Regimen Chapter 15: Final Thoughts

How-to for installing new countertops, cabinets, showers, lights, flooring, and more. Do-it-yourselfers' answers to plumbing, wiring, carpentry, and tiling questions. Step-by-step photos, pre-start checklists, and precise instructions. Common remodeling issues plus extra information addresses unusual situations. Information on techniques, tools, and materials to achieve professional results. Advice to equip novices and experts with confidence to select and install materials. Stanley's Pro Tips warn of pitfalls and offer shortcuts for success.

More than 1,800 cosmetics and toiletry formulations are detailed in Volume 1 of the Second Edition of this well-received and useful book. It is based on information obtained from industrial suppliers. If you would like to purchase the ent

From a modern-day Carrie Bradshaw comes an insider's guide to making it in the fashion industry. From a young age, fashion editor, stylist, and writer Caroline Vazzana knew the fashion industry was where she belonged—but gaining access to the amazing and mysterious world of fashion in the city that never sleeps takes countless hours of hard work and dedication. After making it to some of fashion's biggest publications, Caroline's finally pulling back the curtain and telling us her secrets. In *Making It in Manhattan*, Caroline sheds a bit of light on her journey and guides fashion hopefuls to stand out from the crowd and land the job of their dreams. Written in conversational style, in a format reminiscent of a journal, complete with pictures and illustrations (and a little bit of name-dropping), Caroline shares what she's learned about pursuing a career in fashion and the resources that helped her land jobs at *Teen Vogue*, *Marie Claire*, and *InStyle* magazines. *Making It in Manhattan* topics include: Exploring your options How to get that golden ticket (to fashion week) What to do if you didn't attend a big fashion school Building your personal brand on social media And more! From how to get your foot in the door, to making fashion your full-time job, Caroline's insider advice gives you everything you'll need for breaking in and making it in Manhattan. Reaching nearly 1 million readers monthly, *Better Nutrition* celebrates 70 years as a leading in-store distributed magazine for health conscious consumers. Widely distributed to thousands of health-food stores and grocery chains across the country, *Better Nutrition* provides authoritative, well-researched information on food nutrition, dietary concerns, supplements and other natural products.

The Beauty Brains is a beauty advice book that reveals the science behind cosmetics and personal care products. It was written by real scientists to help people cut through the confusing, misleading and sometimes false information that the beauty companies

bombard us with. The goal of this book is to explain cosmetic science and answer common beauty questions in a way that's entertaining and easy to understand. In this surprising and remarkably practical book, Dr. Skotnicki reveals the harmful effects of modern skincare habits and provides a step-by-step guide to preserve the microbiome, fight aging and develop beautiful, problem-free skin. Women, men and children are having more skin problems today than ever before. Sensitive skin prevalence has skyrocketed, and the number of people reacting to cosmetics is climbing. Why? Dermatologist Sandy Skotnicki argues that the cause is a key element of our contemporary lifestyle: the grooming and beauty habits that the advertising and personal-care product industries have encouraged us to pursue. Those miraculous cleansers, creams and balms we're buying to protect our outer layer may actually end up harming the body's largest organ. In *Beyond Soap*, Dr. Skotnicki argues that the best state for normal skin is the natural state—the one that avoids disturbing the skin's protective barrier and the bacteria that accompanied the body throughout its evolution. A combination of diagnosis and prescription, Dr. Skotnicki explains the problem with society's current cleansing and beauty habits, then provides a practical guide on how to fix things with a 3-step product-elimination diet that will help you remove unnecessary and potentially harmful ingredients from your beauty and skincare regime, returning the skin to the condition nature intended. *Beyond Soap* also includes indispensable advice on how to wash and care for the skin of adults, babies and children, followed by a common-sense beauty regimen intended to stave off aging, reduce skin problems and return the face and body to its natural glow.

The WHO Guidelines on Hand Hygiene in Health Care provide health-care workers (HCWs), hospital administrators and health authorities with a thorough review of evidence on hand hygiene in health care and specific recommendations to improve practices and reduce transmission of pathogenic microorganisms to patients and HCWs. The present Guidelines are intended to be implemented in any situation in which health care is delivered either to a patient or to a specific group in a population. Therefore, this concept applies to all settings where health care is permanently or occasionally performed, such as home care by birth attendants. Definitions of health-care settings are proposed in Appendix 1. These Guidelines and the associated WHO Multimodal Hand Hygiene Improvement Strategy and an Implementation Toolkit (<http://www.who.int/gpsc/en/>) are designed to offer health-care facilities in Member States a conceptual framework and practical tools for the application of recommendations in practice at the bedside. While ensuring consistency with the Guidelines recommendations, individual adaptation according to local regulations, settings, needs, and resources is desirable. This extensive review includes in one document sufficient technical information to support training materials and help plan implementation strategies. The document comprises six parts.

For any woman who last saw forty on her speedometer comes a sparkling new primer for aging—the French way—with grace and style. Frenchwomen of a certain age (over forty) are captivating and complex. They appear younger than their years and remain stylish throughout their lives. They look at birthdays as a celebration of a life well-lived and perhaps a good reason to go shopping before they dress to perfection for a celebration of another anniversaire. American-born journalist and blogger Tish Jett has lived among the French for years and has studied them and stalked them to learn their

secrets. Exploring how their wardrobe, beauty, diet, and hair rituals evolve with time and how some aspects of their signature styles never change, Jett shows how Frenchwomen know their strengths, hide their weaknesses, and never talk about their fears, failures, or flaws. After all, in France, beauty, style, and charm have no expiration dates!

""Second Edition provides a thorough, up-to-date treatment of the fundamental behavior of surface active agents in solutions, their interaction with biological structures from proteins and membranes to the stratum corneum and epidermis, and their performance in formulations such as shampoos, dentifrice, aerosols, and skin cleansers.

Ever think of making your own beauty products -- handmade, high performance, healthy alternatives to just about every chemical laden product you currently put on your face and body? It's easier than you think! In *Make It Up* author Marie Rayma shares the recipes she has developed through years of trial, error, and testing to come up with the very best. This is real makeup and skincare: bright lipsticks, quality mineral powders, long-wearing eyeliners, and masks and cleansers that yield results. Rayma walks you through natural ingredients available online or at health food stores. These awesome oils, butters, clays, and minerals will replace the petroleum products, artificial colors, and lab-created mystery fragrances that have untold effects on our bodies. Products can be tailored for individual needs -- from swapping out ingredients not suitable for sensitive skin to whipping up the perfect colors suited for any complexion. With easy-to-follow instruction, *Make It Up* provides more than 40 essential cosmetics and skin care projects so you can make just what you want, when you need it. Over 100 vegetarian recipes, flavour-packed + gluten-free Spiced pumpkin snacking cake, Pea, mint + halloumi fritters, Mushroom + lentil lasagne, and Roasted strawberry + ginger 'ice cream' are among the beautiful, nourishing, simple-to-make and absolutely delicious recipes celebrated in Emma Galloway's third book from her home kitchen. Everyday food should be quick and easy, using readily available ingredients and simple techniques. Over years working as a chef and as a mother of two, Emma has designed tips and tricks to make cooking simpler through planning ahead and using ingredients that are easy to swap out. Dotted throughout *My Darling Lemon Thyme: Every Day*, you will find 'anything' recipes to suit your tastes and whatever ingredients you have to hand. All the recipes are vegetarian, flavour-packed and gluten free - recipes you can trust, for every season, every day. 'A book full of generous, vibrant food. As nourishing as it is delicious. I want to cook it all.' - Anna Jones' *Every Day* is just the kind of cook book I long for! Full of simple, nourishing food with big flavours that I actually want to make.' - Naomi Devlin, author of *River Cottage Gluten Free*

"The things we do every day to keep ourselves clean can have surprising and unintended effects, as this entertaining introduction to the new science of skin microbes and probiotics reveals Keeping skin healthy is a booming industry, and yet it seems like almost no one agrees on what actually works. What one person

says is vital another says is toxic. We have not cured acne or eczema, allergies keep getting worse, and autoimmune conditions are becoming increasingly common. In *Clean*, doctor and journalist James Hamblin explores how we got here, examining the science and culture of how we care for our skin today. He talks to dermatologists, microbiologists, allergists, immunologists, aestheticians, bar-soap enthusiasts, venture capitalists, Amish people, theologians, and straight-up scam artists, trying to figure out what it really means to be clean. He even experiments with giving up showers entirely, and discovers that he is not alone. Along the way he realizes that most of our standards of cleanliness are less related to health than most people think. In fact, our overuse of soap, sanitizers, and untested, misleading skin-care products may be to blame for many problems. But a little-known area of science is shining light on our skin microbiome—the trillions of microbes that live on our skin and in our pores. These microbes influence everything from acne, eczema, and dry skin to how we smell. The new goal of skin care will be to cultivate a healthy biome—and to embrace the meaning of "clean" in the natural sense. This can mean doing much less, saving time, money, energy, water, and plastic bottles in the process. Lucid, accessible, and deeply researched, *Clean* explores the ongoing, radical change in the way we think about our skin, introducing readers to the emerging science that will be at the forefront of health and wellness conversations in coming years"--

Surfactants are used throughout industry as components in a huge range of formulated products or as effect chemicals in the production or processing of other materials. A detailed understanding of the basis of their activity is required by all those who use surfactants, yet the new graduate or postgraduate chemist or chemical engineer will generally have little or no experience of how and why surfactants work. *Chemistry & Technology of Surfactants* is aimed at new graduate or postgraduate level chemists and chemical engineers at the beginning their industrial careers and those in later life who become involved with surfactants for the first time. The book is a straightforward and practical survey of the chemistry of surfactants and their uses, providing a basic introduction to surfactant theory, information on the various types of surfactant and some application details. This will allow readers to build on their scientific education the concepts and principles on which the successful use of surfactants, across a wide range of industries, is based.

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