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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Coming Clean: The Truth About Soap

By Chere Deshayes

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What Is Soap?

Soap is the oldest cleanser around. It is created by a chemical reaction between oils, water and lye. Although lye is used to make soap there is no lye left after saponification (the chemical reaction that makes soap) is complete. There is no such thing as a bar of soap that was made without the use of lye. Different kinds of soap are made using a variety of different oils. Both animal & plant oils can be used in the soap making process, each adding different qualities to the soap.

Conventional Bar Soaps

Much of the soap available in the store today is not really soap at all, but a detergent. Detergents are a petroleum based product, like gasoline and kerosene. Have you ever noticed how regular soap leaves your skin feeling dry, itchy and tight? Alkali, the most common irritant in soap is often the culprit. Others ingredients in mass-marketed soap have been proven harmful to human health and can cause severe skin irritations in some people. These include ingredients such as DEA, Isopropyl Alcohol, BHT and Triclosan (commonly found in anti-bacterial soap). The most common ingredient in conventional bar soaps is sodium tallowate. It is the natural product of combining tallow, or beef fat, with lye. The attractiveness for tallow for mass producing soap is that it processes quickly, produces a hard bar of soap and is cheap and plentiful.

The New Bar On The Block

While there is nothing new about handmade soap, its popularity is growing rapidly. The sales of handmade soap continue to grow as part of society's movement toward buying products that are healthy and good for the environment. With the ever increasing use of synthetic chemicals and studies about their dangerous effects, consumers are on the lookout for more "green" alternatives.

Benefits Of Handmade Soap

Evidence abounds of the healing properties of a handmade bar of soap. Those who suffer from skin conditions such as psoriasis and eczema, as well as people that have sensitive skin or are hypoallergenic often find immediate relief by switching to handmade soap. Compared to store bought soap, handmade soap is very mild. They are often made from vegetable-based oils, such as olive, coconut, and palm and do not contain the potentially harmful chemicals found in conventional bar soap. One of the biggest differences between commercial soap and handmade soap is glycerine. Glycerine is a clear liquid that absorbs water from the air and is a key factor in keeping skin soft and healthy. Glycerin soap is especially good for sensitive and delicate skin, and for children. Because it is a high quality by-product in the soap making process, many mass commercial soap manufacturers often extract the glycerine and sell it as a by-product to be used in higher priced products like lotions and skin creams.

Handmade Soap Is Good For Your Body

For adults, the skin covers approximately 20 square feet of the human body. It is the largest human organ and is the bodies first line of defense against dehydration, temperature, infection and harmful substances. Handmade soaps give your skin the care it deserves and make bathing a gentle, soothing experience.

Handmade Soap Is Good For Your Mind

For many of us today, life seems to move at an often hectic pace. While the stress of everyday life increases, personal time is at minimum. A fragrant, handmade bar of soap is a simple indulgence that fosters a feeling of relaxation and being pampered. Treat yourself or someone you love to the benefits of handmade soap!

Chere Deshayes is the owner of Bath Plantation, a company that specializes in fine handcrafted bath and body products. Subscribe to her FREE newsletter at

or visit her site at

Finding the Right Baby Soap

By Erwin Venegas

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Baby Soap

Aren't all soap the same, especially baby soap? Do you really need to look at which baby soap you use with your new born baby? Bath time can be worrisome enough for new parents with a new baby. Is the

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water too hot or too cold? How do I hold the baby specially when they are all wet and slippery? Am I doing things right? With all these things to worry about, we should be completely sure that the baby soap we use is completely safe and gentle for your baby's skin.

Finding the Right Baby Soap

Keeping your baby's skin clean is one of the most important things you can do to help your baby stay healthy, and baby soap plays a very important role in keeping your baby's skin clean. So we need to make sure that we are using:

baby soap that is gentle

baby soap that is hypoallergenic

baby soap that is non-toxic

baby soap that is SLS free

You need to make sure that your baby soap is gentle because otherwise it could be irritating your baby's skin during or after bath time, and this would actually be opposite to what bath time is supposed to do. The baby soap that you use should be hypoallergenic since you do not know what your baby may be allergic to, and they are more susceptible at this very young age. Baby soap also needs to be non-toxic since young babies like to put their hands in their mouth, and you want to know that if your baby swallows some of the baby soap, they will be safe. Finally, your baby soap should be Sodium Laurel Sulfate (SLS) free. SLS is a harsh chemical that is used as the chief foaming agent in soaps, including some baby soaps. The Journal of the American College of Toxicology said, "SLS can damage the immune system, causing separation of skin layers and inflammation of skin." Is this something you would like to expose your baby's skin to by using harsh baby soap?

Consider using

that is made from only natural ingredients insuring that it is safe and

gentle on your baby's skin. Many times natural baby soap even helps protect and soothe your baby's skin.

During the first few weeks and months of your baby's life, your baby's skin will develop spots, rashes, and some dots. This is normal. They will come and go naturally, but if you are concerned, then do not hesitate to contact your doctor or pediatrician. Even though your baby's skin will go through a few rough times, if you are using the right baby soap, then you know that you are caring for your baby's skin as best as you can.

Erwin Venegas is a father and helps run an e-commerce business providing natural baby products and toiletries. The shop can be found at <http://www.ecobaby.uk>

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