

Why Natural Skin Care?

Our skin is our largest organ and works very hard continually ridding the body of impurities and absorbing light and moisture. Skin readily accepts a variety of water and oil-soluble materials through our pores. Since both good and bad materials can enter readily, we must carefully consider what products we choose to put on our skin.

Our skin acts as a protective barrier, and will repair itself when injured. When our skin is exposed to toxins, damage to this barrier can inhibit its ability to function properly.

The general health of our skin is related directly to its moisture content-how much water it's able to retain. As healthy skin cleans our bodies, it can retain moisture under normal conditions. Heat, cold, ultraviolet radiation, pollution, synthetic cosmetics, and an over-processed, less nutritious diet can push our skin past its limits.

We need skin care products that help the skin to balance its loss and absorption of moisture, while nourishing the body with vitamins. Such products create a breathable barrier for the skin, attracting and allowing in a fresh supply of moisture while preventing the evaporation of internal moisture.*

* The Natural Soap Book-Susan Miller Cavitch

Olive Oil

Olive oil is a very good moisturizer, not because it has its own healing properties, but because it attracts external moisture, holds the moisture close to the skin, and forms a breathable film to prevent loss of external moisture. Olive oil does not block the natural functions of the skin such as sweating, releasing sebum and shedding dead skin. Olive oil, shea butter, jojoba oil, kukui nut oil, and some other natural materials do not inhibit these necessary functions.*

My honey oatmeal and goat milk soaps have olive oil as the major oil component which makes them safe for sensitive skin. My oldest daughter, who has had sensitive skin since birth, can attest to how safe my cold-processed soaps are!

Goat Milk

Ever since Cleopatra filled her bathtub with it and jumped in, fresh goat milk has been revered for its superior moisturizing properties.

Unprocessed goat milk fresh from a farm contains many benefits. That is exactly what I use in my lotion and soap. It does need to be pasteurized first to kill any bacteria that may be present. Goat milk contains alpha-hydroxy acids such as lactic acid which help remove dead skin cells from our skin's surface. Goat

milk contains many vitamins, but it is very high in Vitamin A, which is necessary to repair damaged skin tissue, and maintain healthy skin. Goat milk has cream that boosts the moisturizing quality of the soap and lotion. Goat milk also has many important minerals for the skin, such as selenium.

Honey & Beeswax

Beeswax is a natural wax produced in the bee hive of honey bees. It is mainly esters of fatty acids and various long chain alcohols. The wax is secreted by the female worker bee's wax glands and molded into six-sided cells which are filled with honey, then capped with more wax. When I harvest the honey, I scrape off the top wax cappings before placing the frames in the extractor. It is impervious to water and unaffected by mildew. Honey is a combination of plant nectar and bee enzymes.

Honey contains large amounts of enzymes, carbohydrates, B-complex vitamins, vitamins C, D, and E, and some minerals. Honey lays down a clear, protective film that helps skin maintain moisture. It is thought to be slightly antiseptic and bacteriostatic. There is much written in history about the uses of honey for medicinal purposes.