

SapMaker



Issue One | Autumn 2016



in this issue

New Products • *Handmade Beauty* | **Latest News** • *Palm Oil* • *Behind the Scenes* • *Benefits of Rose Oil, Honey & Beeswax*



Contents

- 3 Welcome
- 4 Donkey Milk
- 6 Benefits of Honey
- 7 Handmade Beauty
- 8 Palm Oil
- 10 Behind the Scenes
at The Soap Kitchen
- 11 Benefits of Essential Rose Oil



WELCOME TO OUR FIRST ISSUE OF Soap Maker

Welcome to the first issue of Soap Maker our new quarterly newsletter.

The aim of Soap Maker is to introduce you to our ingredients, products and our expert knowledge on soap, cosmetics and toiletries.

Why listen to us?

As one of the leading hand made soap manufacturers and ingredients stockists The Soap Kitchen provides customers with an unrivalled selection of products, services and ingredients. We are soap suppliers and ingredient suppliers completely dedicated to the crafts of soap making, toiletry making and candle making.

Making Soap with Donkey Milk

Donkey milk has been used over the centuries for its healing and moisturising properties. Hippocrates used the milk as a panacea for many ailments and Cleopatra bathed in ass's milk to soften her skin and reduce wrinkles.

Many of these properties have now been proven scientifically. Recently published studies have confirmed an anti-wrinkle and firming action as well as healing and moisturising effects.

The Soap Kitchen has been working with a company in Greece to provide their customers with cryogenically freeze dried donkey milk powder in sachets. This product maintains all the characteristics of the milk and is certified for use in beauty products. The milking process is not industrialised, the donkeys being milked by hand and living on small farms.

The milk powder can be used in various skin products 1% will achieve a moisturising effect in creams but 1.5% is ideal. The milk can be mixed with water and added to lotions and other leave on products so once rehydrated the equivalent fresh milk percentage is 10-15%.

Donkey Milk Soap

Here at The Soap Kitchen we made our own donkey milk soap using a 10g sachet added to water in a 1kg batch equating to a 10% enrichment. With lavender essential oil the natural soap which also contains glycerine does not dry the skin, the donkey milk



further enhancing the skin friendly benefits of the soap. Anyone new to soap making can make their own using a starter kit. Donkey milk denatures over 40 degrees celsius so a thermometer is helpful when making the soap, adding the powder after the soap is made mixed in a small amount of water before pouring into the mould.

By making your own products you can keep to natural ingredients as much as possible and with a small amount of research this can be a very satisfying pastime.

Early results of further scientific tests are showing that donkey milk also has anti-inflammatory and anti-acne properties. This means that the milk is likely to be beneficial in products for acne prone skin, and soothing when used in nappy rash and eczema creams.



To Make Donkey Milk Soap We Used:

- Lavender Natural Soap Making kit
- 10g sachet of Donkey Milk

Available at The Soap Kitchen.
www.thesoapkitchen.co.uk

The Benefits of Honey & Beeswax

Honey is one of the oldest sweeteners on earth and we all expect to see bees buzzing around when the summer comes. But do you know how important bees are to us. Without them being busy and pollinating everything we would lose so many products that we rely on, such as fruit, vegetables, cotton for clothes and even coffee, along with obviously honey and beeswax.

There are almost 600 compounds in the nectar that bees collect. They swallow, digest and regurgitate the nectar to make honey to feed their young and stock up on over the winter months.

A beehive contains many frames and this is where the bees create wax cells. Some of these cells are used to grow the young and others are used to store honey. A bee keeper waits until the bees have filled up a frame with honey before they remove the frame from the hive. Beeswax is the cap that holds the honey in the cells and this is carefully scrapped off to be melted down or clarified.

Honey is then extracted by spinning and rotating the frames in containers forcing the honey from the frames.

Different Types

There are about 40 different types of Honey each with its distinct taste and properties. Darker honey



tends to have higher antioxidant levels. Clover honey has the highest GI level.

The most popular honey types are Alfalfa, Blueberry, Buckwheat, Clover, Manuka, Orange Blossom & Wildflower.

Beeswax also varies in colour from nearly white to brown, but generally a shade of yellow depending on the types of flowers the bees have gathered from.

Health Benefits

Honey contains flavonoids, antioxidants which help reduce the risk of some cancers and heart disease.

Bees add an enzyme to honey that makes hydrogen peroxide making it an anti-bacterial and anti-fungal.

Honey can help soothe throats and coughs when you have a cold.

Your skin can feel moisturized and nourished when honey and/or beeswax is used with other ingredients to make creams and lip balms.

When used in a face mask honey can be clarifying and open up your pores making it easier to unclog them.

Honey with other ingredients in a shampoo can help to repair damaged hair and is good in a conditioner.

Beeswax is an important ingredient in moustache wax and hair pomades, which make hair look sleek and shiny.

See our blog for these recipes www.soapmakingmagazine.co.uk

- Face Mask Recipe
- Lip Balm
- Lotion Bar

New Product Handmade Beauty



NOW IN STOCK

Available now from www.thesoapkitchen.co.uk

£19.99

Handmade Beauty begins by exploring the different ingredients, equipment and techniques you need to make the cosmetic projects.

With over 35 recipes for the face, body and hair. Step-by-step illustrations, clear instructions and easy to follow recipes.

Extracted from Handmade Beauty: Natural recipes for your face, body and hair by Juliette Goggin and Abi Righton. Photography by Amanda Heywood. Published by Jacqui Small (£20).

Sustainable Palm Oil

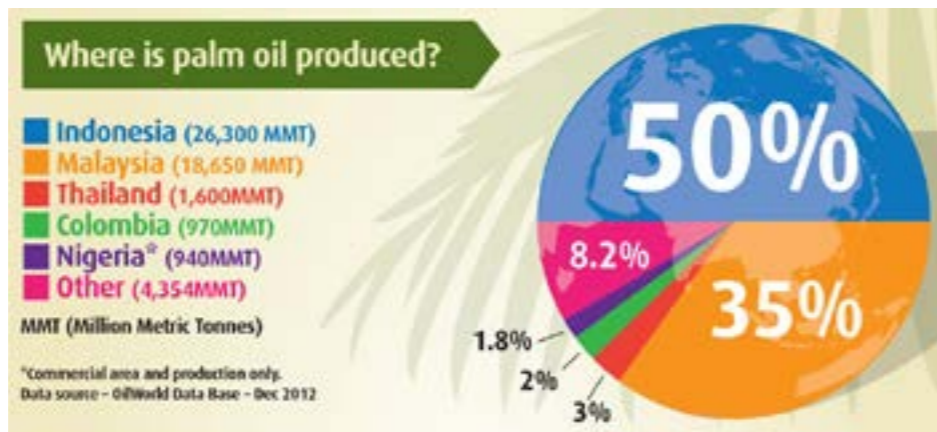


Image Source: <http://www.sustainablepalmoil.org/infographics/>

“If it’s grown sustainably, palm oil production can benefit local communities, and help to protect valuable species and forests. By using sustainable practices, farmers can increase their income by making more palm oil from less land”.

RSPO



The production of palm oil has had an impact on forests and endangered species such as the orangutan, but there is a solution that doesn't harm anyone or nature.

Palm Oil that has been certified by the Roundtable on Sustainable Palm Oil (RSPO) according to specific criteria is Certified Sustainable Palm Oil. By respecting the criteria the negative impacts of palm oil cultivation on the environment and communities are reduced.

Where does it come from?

Palm oil derives from the Oil Palm Tree, primarily grown in Indonesia and Malaysia and to a lesser extent Africa and Latin America, though they are growing rapidly. Oil is extracted from both the pulp of the fruit (palm oil, edible oil that's high in saturated fats and often used in soap manufacture) and the kernel (palm kernel oil, used in foods and for soap manufacture).

Palm oil is found in a surprisingly large amount of products from cosmetics products like lipstick, face creams and of course soap, but also in around 50% of what you buy and consume such as cookies and ice cream.

Who/What is the RSPO?

Established in 2004 by a group of stakeholder from 7 sectors of the palm oil industry, the RSPO has developed a set of environmental and social criteria which companies must comply with in order to produce Certified Sustainable Palm Oil (CSPO). When properly applied, these criteria can help to minimize the negative impact of palm oil cultivation on the environment and communities in palm oil producing regions. RSPO's vision is to “transform the market by making sustainable palm oil the norm”.

Why is this important?

The palm oil supply chain, from the tropics to its use as an ingredient in retail products all over the world, is complex. It can be hard to know exactly where the palm oil in the final product has come from. To ensure the credibility of the sustainability claim at the end of the supply chain, all organisations that take legal ownership and physically handle RSPO certified sustainable oil palm products need to be supply chain certified. Transparency and credibility



Image Source: <http://www.sustainablepalmoil.org/infographics/>

are assured through RSPO Supply Chain Certification and RSPO Principles and Criteria Certification.

RSPO & Consumers

As a consumer, how do you know if you're buying products that contain sustainable ('good') palm oil? Look for the RSPO trademark on the things you buy, like food and cosmetics. This is one of the best ways to be sure that you're buying items that are made with palm oil from certified sustainable palm oil plantation.



Useful Resources

For more information about RSPO and the benefits of using 'good' sustainable palm oil, see <http://www.rspo.org/consumers/about-sustainable-palm-oil>

RSPO's 'SAY YES TO GOOD PALM OIL' campaign

RSPO has launched an exciting campaign, aimed at consumers, which highlights the many products that contain palm oil and the distinction consumers should make between 'good' and 'bad' palm oil. <http://goodbadpalmoil.org/>

Behind the Scenes at The Soap Kitchen

We pride our self on being one of the leading suppliers of soap and toiletry making ingredients to the hobbyist and small business in Europe.

Our warehouse is full of our supplies just waiting for you to order them.

Did you know that we hand pick each and every order?

From the moment you order enters our warehouse it is the responsibility of one of our packers to weigh out and measure each and every item on your order.



The Health Benefits of Rose Essential Oil

Roses are widely considered the most beautiful flower in the world and you expect to find them in a quintessential English Country Garden. With a variety of colours, range of shapes and sizes, you can find one for every mood and occasion. Typically the symbol of love and romance but the oil has been used throughout history in the ancient art of aromatherapy as a healing tonic and mood-elevating supplement.

Rose Essential Oil is extracted by steam distillation of fresh petals from the Rosa Damascena, or Damask Rose as it is more commonly known. Steam distillation is a special type of distillation for temperature sensitive materials like natural aromatic compounds. Steam is used to carry the vaporised compound to a condensation flask, where the condensation flask helps to separate the compound and allows for easy collection. It can take up to 12,000 petals to make 5ml of oil and can be hard find in its pure form making it expensive. However that does not stop it being a very popular essential oil.

As well as having a delightful aroma Rose Essential Oil has many health benefits but most commonly for emotional balance and skin health, though it has been used in the past for digestion, hormonal, immune, heart and other conditions.

Skin Treatment

The primary benefit of Rose Essential Oil is skin health. It can soothe irritations and reduce inflammation, help balance moisture levels, reduce the appearance of skin imperfections and promote an even skin tone and complexion. It's also a fragrant and luxurious antiseptic when applied to wounds.

Emotional Balance

Rose Essential Oil may help relieve stress and anxiety by increasing the feelings of calm, relaxation and reduce anxiety by inhaling the aroma. It is widely used in aromatherapy to invoke positive thoughts and feelings of happiness and joy. Rose Essential Oil boosts self esteem, relieves anxiety and increases confidence allowing you to fight depression and its symptoms. Depressive symptoms can also be relieved when used in massage therapy and also when used in baths and aromatherapy burners during times of stress and fatigue.

Inspiration for using Rose Essential Oil

Here are some suggestions that might work well using Rose Essential Oil.

- Bath Crystals
- Moisturising Cream
- Candles



Notes

Use with caution during pregnancy and keep out of eyes, ears or nose.

IFRA Guidelines for inclusion of Rose Oil in Cosmetics and Toiletries has recently been revised, so please refer to their latest information when choosing to add Rose Essential oil to your cosmetic and toiletry products in case you need to observe new suggested maximum inclusion levels.



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