

SoapMaker



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WOULD YOU LIKE TO CONTRIBUTE...

Soap Maker

Welcome to the third issue of Soap Maker our quarterly newsletter.

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

Help make the Soap Maker blog better...

If there is a recipe you would like to share, information on a subject not yet covered or you have something else you want to contribute to Soap Maker then contact

kirsty@thesoapkitchen.co.uk

Soap Kitchen's New Packaging

All the Finished Products Ranges have been re - package in with the new brightly coloured packaging that just jumps off the shelf at you.



Lip Balm



Natural Soap



Foam Bath Wash



Men's Range



Cream & Lotion



Bath Bombs, Bath Salts & Foot Soaks



Diary of a Maker Sophie Weld-Davies

starting out with setting up my own little company, I've never written a blog before either! So my posts may not be that witty or particularly wise, but hopefully some of you may be inspired to give it a go!

By way of introduction, my name is Sophie and I live in Dorset with my husband, two children, two dogs and an assortment of sheep and chickens. I'd been working in admin for the NHS and feeling pretty disillusioned when the perfect storm happened – I saw a Kirstie Allsopp programme about soap making and came across a mumsnet thread on candle making. I thought – why not me? Why don't I give it a go?

I started fiddling about with soy wax and beeswax, making candles and lip balms for a start and testing them out on willing friends (who all had very fragrant homes for a while!), chose kilner jars as my packaging, ordered some plain brown paper labels (after a wine-fuelled session with a friend to decide on fonts – harder than it sounds!) and in October 2015 I attended the Soap Kitchen beginners soap making course, followed by the advanced course in February 2016.

I kept on fiddling about until I was happy with my processes and scents, but had no idea where to start selling. My friend Annie gave me a boot up the backside and booked me a table at a local craft fair and to say I was nervous would be a severe understatement! But once you've invested in the initial outlay for materials, there comes a point where you have to just go for it, so I went along and set up my table, kept it plain with some old wooden

crates to display my kilner jar candles, and stacked some business cards at the front of the table. And waited. My biggest fear was that everyone would walk straight past my stand, laughing at my home-grown efforts. I'm not naturally outgoing as a salesperson either, so it was a double challenge!

I made over £300. I couldn't believe it...that first event gave me a huge confidence boost and I immediately booked several more.

The first year has been a steep learning curve. I produced gorgeous little tea-cup candles – but they didn't sell particularly well, so despite the fact that I personally really liked them, they had to go. I originally had brown parcel labels tied to the jars, but this turned out to be fiddly and time-consuming, so I binned them and ordered smart stick on brown paper ones instead. I expanded the range of flavours that I produce and learnt which one sell and which don't.

But the best things I've taken from my first year haven't been financial or material. I've learnt not to put up with a job that doesn't stretch or satisfy me. I've learnt that I DO have confidence in talking to people and talking up my products. I've learnt that even a craft fair where you sell four candles is worth it – you might meet a really good contact or even a potential stockist.

Most of all I've learnt that with hard work and enthusiasm, anyone can do this. It's not just rich ex-city types in glossy lifestyle magazines – if you think you've got a bit of flair and you really want to do it – do it.

The last time I filled my shopping cart with candle-making supplies from The Soap Kitchen, I got a little extra something thrown in...they asked if I'd like to write a regular blog feature 'Diary of a Maker' for their online magazine about what it's like to set up in the candle and soap making business. Not only am I just

Why you should use Green Tea to Detox



It really doesn't matter what time of year it is or the season, but after a heavy night out or a couple of weeks enjoying a holiday, you might want to start a fresh with a detox. Detoxing doesn't just have to apply to your diet; it can also apply to your skin too.

What is a Detox?

Detoxification is the physiological or medical green_tea_powder process through which you remove and cleanse your body of the impurities and toxins. Many alternative medicine practitioners promote various types of detoxification such as detoxification diets, but scientists describe them as a 'waste of time and money'. Though there may be a lack of evidence to support detox claims, there is a lot to be said about 'how you feel in yourself, your own body and mind'.

What is a Green Tea?

Green tea is a type of tea that is made from *Camellia Sinensis* leaves that have not undergone the same withering and oxidation process used to make oolong and black tea. Originating in China green tea production has spread to many counties in Asia.

There are many varieties of green tea depending on the type of *C. Sinensis* used, growing conditions, growing



method, production process and time of harvest. Green tea powder is produced when the leaves are dried and ground into a very fine powder.

Proven to prevent some illnesses as well as improve health because green tea contains antioxidants and it is considered to be an antiviral agent. Some have found it good for fighting cancer, heart disease, diabetes and dementia, as well being popular within the weight loss industry because it improves metabolism. It is great for cleansing your body from impurities and toxic substances.

Using Green Tea to aid detoxification

Green tea is a natural detox agent which is good news for your body when it is bogged down with so many impurities. Using natural green tea ensures that your body doesn't have any synthetic chemicals to deal with, which would render a detox project void and pointless.

Skin detox

Drinking green tea can be good for your health on the inside, but did

you know that it has beautifying skin benefits too.

Improve skin complexion

It helps flush out toxins from the skin, heals blemishes and scars, reduces inflammation and even improves skin elasticity. Overall it improves skin complexion and makes your skin healthier.

Reduces Puffy Eyes and Dark Circles

The antioxidants and tannins (an astringent) in green tea help to shrink blood vessels around the eyes and reduces swelling and puffiness.

Acne

Green tea is particularly good for reducing hormonal acne. It decrease sebum production, reduces inflammation levels and boosts the immune system. Also it can stimulate and rejuvenate skin cells.

Anti-aging

The antioxidants in green tea can help delay the signs of skin aging, such as sagging skin, sun damage, age spots, fine lines and wrinkles. The polyphenols in green tea also help to neutralize harmful free radicals, which can cause significant damage to skin and accelerate the aging process.

Skin toner

Green tea draws out impurities, reduces large pores and gives skin a healthy glow when used as a natural skin toner. It even hydrates the skin too.

Green tea face masks

Here are a few simple face mask recipes that you might find benefit your skin's health when used as part of your weekly or monthly skin care routine.

Green Tea & Lemongrass Mask

This skin detox mask can help heal and reduce damage to your complexion. Mix the ingredients and apply to cleansed skin.

- 1 heaped tbsp of green tea powder
- A few drops of lemongrass essential oil

Green Tea & Rose Water Mask

This face mask helps to promote healthy skin. Mix the ingredients and apply to cleansed skin.

- 1 heaped tbsp of green tea powder
- 1 tbsp of rose water (less for a thicker consistency)
- 4 drops of lavender essential oil

Green Tea & Honey

Your skin will feel lovely and smooth after this treatment.

- 1 tbsp green tea powder
- 1 - 2 tbsp honey
- 1 - 2 tsp water (less for a thicker consistency)

The Benefits of Wheat Germ

Wheat Germ Oil is extracted from the germ (the reproductive part of a seed) of the wheat kernel.

Wheat germ is the most nutritious component of the wheat kernel that contains 23 different nutrients, including protein, B vitamins, omega-3 fatty acids, iron and calcium, making it a healthy addition to your diet. Used as a cooking oil, Wheat Germ Oil is strongly flavoured and expensive. It does however have many health benefits for the skin if used in soap and other toiletry products.

Wheat Germ Oil is rich in vitamins A, B, D, E and also high in antioxidants, which for the skin offers many benefits.

How to use Wheat Germ Oil

Wheat Germ Oil is best used as part of a blend because of its strong aroma. It can be used in conjunction with many other skin supporting essential oils and base oils. When used as part of the base oils in a soap bar, it makes a lovely soft soap bar that is conditioning and lathers. By adding it in the oil phase when making creams and lotions it contributes to the moisturising benefits of skin products.

Your daily skin care routine

To address crow's feet, fine lines, uneven skin tone or cracked skin use equal parts wheat germ oil and almond oil and four to five drops of geranium essential oil. Apply direct on your face after cleansing and pat dry.

NOTE : Caution! If you have a wheat or gluten allergy it is not advisable to use Wheat Germ Oil.

The Health Benefits

Wheat Germ Oil is one of the best oils to support collagen production and fight the cruel signs of aging, because it has antioxidants, which also might helps to prevent many diseases.

It softens and moisturises skin, particularly when used on dry skin in places like the feet, elbows, hands or face. Your skin will absorb all the nutrients when applied and left overnight. It can also help skin problems such as psoriasis and eczema.

Wheat germ oil repairs and heals skin conditions and prevent scarring as it contains vitamin B which helps tissue growth.

Face mask

Mix 3 tablespoons of Wheat Germ Oil with half an avocado and half a cup of plain yogurt.

Apply to your face and leave for 20 minutes, then rinse with warm water.

The Differences between Weight v Volume



Is there a difference between weight v volume? Is weight and volume not the same thing?

The simplest and easiest way to answer the difference between weight v volume is to think about a cup of feathers and a cup of rocks. You know these two things don't weight the same even though they have the same volume.

Accuracy when measuring

In the pursuit to make the perfect product, whether its soap, lotion, cream or other toiletries, measuring ingredients can make an important difference.

Weight

Weight is the heaviness, or mass, of an item and is measured using a set of scales. When purchasing ingredients by weight you can be sure that you are getting the same amount each time you order.

Volume

Volume is the space that the item takes up. Commonly used to measure liquid or what your packaging containers hold.

Most recipes here at the Soap Making Magazine and on the Soap Kitchen website have ingredients measured in weight and not volume. It is important to realise that even when measuring oil and other liquids they have different densities, like feathers and rocks, some are heavier than others. This means that you should never mix the two methods when measuring materials, but stick to the one that is most accurate, weight.

Density can also be affected by heat and pressure. If a substance is heated it makes the molecules move faster causing the substance to expand and decreasing its density. Likewise when pressure is put on to a substance the molecules are forced together and increase the density.



The Conclusion

When ordering your ingredients it is important to know how much you need and to read recipes and instructions carefully before you start making your product, or you could end up with a mess.



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