



Why Should You Make & Use Handmade Soap?

Source: Ann-Marie Failoa of Soap Queen

Why You Should Use Handmade Soap

A large majority of people have never used handmade soap before. In fact, most people have never used *soap* before. Wait...what?

If you take a look at commercial products sold in stores, it's likely you won't find the term "soap" on the package. **Commercial soap sold in stores is often made with chemical detergents, hardeners and synthetic lathering agents.** Some of these ingredients can be drying or irritating on the skin. On the other hand, handmade soap created with oils, liquid and lye does not contain these harsh ingredients and qualifies as 'soap.'

- The ingredients in some commercial bars on the market make them ineligible to be called and advertised as soap. [According to the FDA website](#), a product is defined as soap when:
- the bulk of the nonvolatile matter in the product consists of an alkali salt of fatty acids and the product's detergent properties are due to the alkali-fatty acid compounds, and
- the product is labeled, sold, and represented solely as soap [[21 CFR 701.20](#)].



Handmade soap also contains glycerin. Glycerin is a humectant that attracts moisture from the air to the skin. It's produced naturally during the soapmaking process. It's one of the things that make handmade soap so amazing!

Some commercial soaps remove the glycerin from the bars and sell it to make lotions and creams. Without glycerin, commercially prepared soap isn't nearly as skin loving, and can leave the skin feeling dry



Glycerin is a natural humectant that is found in handmade soap. Glycerin attracts moisture from the air and keeps skin hydrated.

Cold or hot process soap is made with skin-loving oils, such as [coconut oil](#), [olive oil](#) and [avocado oil](#). This combination of oils is what makes each bar completely unique. The great thing about making and using your own handmade soap is that you can customize it to feel exactly how you like it. Love a bubbly and stable lather? Add some [castor oil](#)! Prefer a mild, small lather? Use a high percentage of [olive oil](#).

Now I often get the question, “Isn't homemade soap made with lye? I don't want to put lye on my skin.” Completely agree! I certainly don't want to put lye on my skin either. =) When calculated correctly, there is no lye leftover in handmade soap. Once the lye and oils emulsify and combine, the saponification process begins. This process turns the lye and oil into soap.

In the final bar, no lye actually comes into contact with your skin because there is no lye in the bar – it's now soap! Pretty cool, huh?



Handmade soap can be customized any way you like with colors, fragrance and the skin-loving oils and butters.

In addition to choosing soaping oils and butters for your skin, you can further customize your bars with **exfoliants**, **fragrance**, **color** and more. This is especially important if you prefer to only use natural ingredients. **Handmade soap is a great way to use essential oils derived from plants and natural colorants like clays.** Other fun natural

ingredients, like **milk** and **purees**, can also be added to handmade soap. You won't find those quality ingredients in your bar of store bought soap. This kind of customization is a beautiful way of expressing yourself, your personality and your values. It's a consumable art form that is fantastic to use, sell or give away as gifts.

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So the next time you step into the shower or bath, ask yourself, **“Do I want to use a detergent bar or do I want to use SOAP with moisturizing glycerin and soothing essential oils that are good for my skin?”** As a soapmaker myself, what fueled my passion for making bath and beauty products as an artisan was the misleading advertising and claims from the bath and beauty industry including trusted brands and trusted bath and beauty outlets. At Soaps and Such you may pay a little more for soap but it's REAL soap. As well, everything from the natural aluminum free deodorant to the repellent to the mineral make-up has been extensively researched and formulated to be nourishing for your skin. ~ *Kelly Bruning of Soaps and Such*

