

# HANDMADE HAVEN

## THERAPEUTIC THREADS AND SOAPS



### MATCHA TEA 2 OZ

Anti-aging Matcha tea is a Shea butter soap strategically blended with Matcha tea powder, vitamin e, Lavender, lemongrass, frankincense, and geranium therapeutic essential oils to help battle the visible effects of skin aging.

\$6

### LAYERED LAVENDER 4 OZ

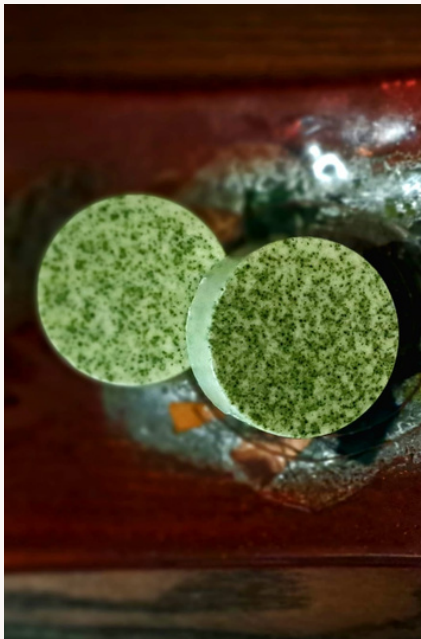
Layered Lavender is shea butter based, with added vitamin e to promote softer skin. infused with Lavender buds and therapeutic Lavender essential oil. Lavender oil is a known anti-bacterial that can heal acne and kill the bacteria that causes eczema

\$7

### TURMERIC 2 OZ

This soap is made with turmeric, therapeutic lemon essential oil, and Shea butter (and check out my new soap stamp!!), if you're unaware of the IMMENSE benefits of turmeric for the skin be amazed! Turmeric helps heal acne. This works on several levels. Lightens hyperpigmentation. Deals with dull skin. Reduces dark circles. Protects against environmental damage. Prevents premature aging. Helps psoriasis and eczema. Lemon oil is used for a variety of skin conditions, including acne. When diluted and applied topically, lemon essential oil can kill bacteria that may get trapped in pores and cause breakouts. It can also clarify your skin, gently exfoliating dead skin cells that so often become trapped in hair follicle and pores.

\$6



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### INTENSIVE MOISTURIZING BODY BUTTER

6oz of goodness in a glass jar!  
This body cream is packed with Shea butter, sweet almond oil, vitamin e, organic beeswax, and your choice of therapeutic essential oil blends. I will personally walk you through your customized blend to match your needs!

**\$12**

### HEALING SALVES 4OZ

Contains organic coconut oil, pure olive oil, organic beeswax, vitamin e, and Lavender, tea tree, and Lemon therapeutic essential oils.

Healing salve can be used on face and body to heal cuts, sunburn, tattoos, and so much more. I have a variety of blends for sleep, dry skin, and fragrance free for sensitive skin.

**\$10**

### EXTREME MOISTURE BODY SPRAY

Ingredients include: Distilled water, vegetable glycerin, coconut oil, sweet almond oil, Ylang Ylang essential oil. The scent alone of ylang-ylang is energizing enough, meaning that it is particularly useful in treating fatigue or aches and pains aromatically. \*Customizable oils to match your individual needs.

**\$10**



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### BUG OFF! 4OZ

All natural bug repellant! Eliminate all the nasty ingredients, sticky residue, and smelly spray from commercial bug repellant! 4oz glass spray bottle of amazing therapeutic ingredients to help deter those pesky mosquitoes.

Ingredients include: Water, witch hazel, geranium, lavender, patchouli, lemongrass, and citronella essential oils.

**\$15**

### MASSAGE OILS 2OZ

Relaxation is a calming blend of Lavender, Cedarwood, and sweet orange essential oils.

Romance is a blend of Lavender and Ylang Ylang essential oils.

Muscle Ache is a tension relieving blend of Eucalyptus, Rosemary, and peppermint essential oils. Great for post workout relief!

Sleep is a rest inducing blend of Lavender and a Chamomile essential oils.

**\$9**

### EPSOM SALT SOAK

Vanilla and Lavender Epsom Salt Soak blends are perfect for soaking away the stress of the day while reducing toxins in the body and adding much needed magnesium!

**\$10**



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#### HIMALAYAN SALT 4OZ

Himalayan Salt with Jasmine essential oil, vitamin e, and Shea butter. They're super pretty, and smell amazing! Plus, Jasmine oil benefits are known to include:

- Dealing with stress, anxiety and depression.
- Increasing alertness. Helping to fight low energy.
- Boosting skin health. Reducing hormone-related problems like menopause and PMS symptoms.
- Encouraging a better night's sleep. Fighting off harmful bacteria, viruses and fungi.

\$8

#### SEASONAL SOAPS 4OZ

As seasons change, I offer a variety of limited time soaps. Follow me on Facebook, Instagram, and check out my website for these special blends!

\$8



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#### CALMING CALAMINE 2OZ

Calming Calamine, a 2oz bar packed with all that you need to relieve rashes, bug bites, dry, and irritated skin! This blend is kid- safe (2+ years)!

Calming Calamine is a Shea butter soap infused with vitamin e, Calamine, organic coconut oil, and Chamomile, lavender, and tea tree therapeutic essential oils.

**\$6**

#### TEENAGE DREAM 2OZ

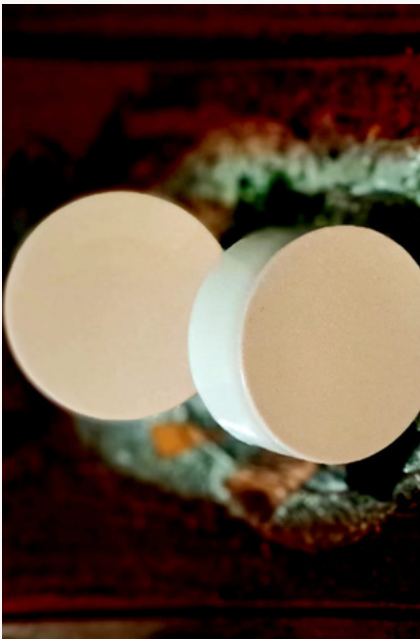
This goats milk soap is blended with activated charcoal, vitamin e, Jojoba oil, peppermint, and frankincense essential oils. This will leave you with clean pores, soft skin, and less break outs.

**\$6**

#### GARDENERS SOAP 4OZ

This special blend of soaps, oils, and an added Loofah sponge help remove dirt, heal small cuts, soften skin, and eases sore hands from working in the garden. The top is Aloe soap infused with tea tree oil, while the bottom is Shea butter soap infused with lavender or orange oil and lavender seed for extra exfoliation. The whole bar contains added vitamin E oil to assist in healthier skin.

**\$9**



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#### GERANIUM FACIAL 2OZ

Geranium essential oil infused bar that will assist in the elimination of fine lines and large pores. This facial bar is an aloe based soap with added vitamin e.

\$6

#### JUNIPER BERRY FACIAL 2OZ

Juniper Berry essential oil infused bar that moisturizes and encourages brighter looking skin while cleansing. This facial bar is an aloe based soap with added vitamin e.

\$6

#### FACIAL TONERS 2OZ

This special blend of cleansers, therapeutic essential oils, and vitamin e can transform your skin with daily use after washing. Each oil has a specific target use, and can be customized to your needs.

\$8



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### BABY PURE 2OZ

Baby Pure, lightly scented with lavender essential oil, Creamy Goat Milk soap infused with vitamin E.

\$5

### MORNING BREW 4OZ

Morning Brew is a coffee exfoliating blend, shea butter based, with added vitamin e to promote softer skin, and therapeutic frankincense and peppermint oils.

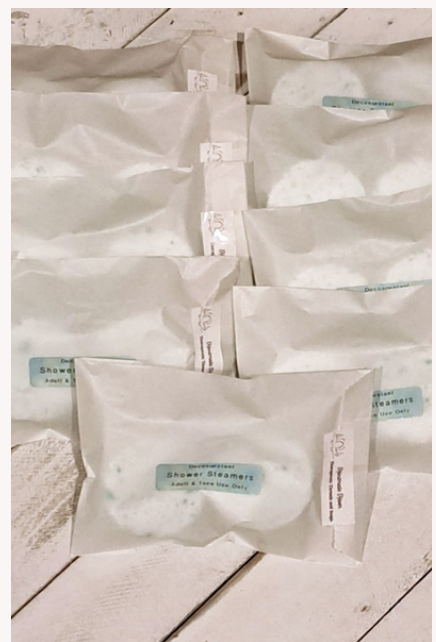
\$7

### SHOWER STEAMERS 2 PACK

Specially formulated for a variety of ailments, place shower steamers in the base of your shower and enjoy the aromatherapy of therapeutic essential oils!

\*Specify adult or child friendly

\$5



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### ECZEMA AIDE 2OZ

Eczema Aide: Creamy and Pure Goat Milk soap with added oat cleanser and vitamin E. No added fragrance, for sensitive skin.

\$6

### SHAMPOO BARS 4OZ

Choose from a variety of therapeutic blends to meet your hair care needs! Each bar is made using goat milk soap, vitamin e, and a blend of essential oils formulated for different hair types.

\$8



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### CROCHET SOAP SAVERS

Handmade soap savers are great to use in the shower to easily wash up and not fumble with a slippery soap. These washcloth pouches are 100% cotton, and can be customized!

\$6

### BAMBOO SOAP DISHES

Made from bamboo, these soap dishes have the perfect drainage to extend the life of your handmade soaps. I have rectangular light and stained varieties, as well as a round dish that is perfect for the 2 oz facial bars!

\$4



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## HANDMADE CROCHET SPA KITS

SPA KITS INCLUDE:  
ONE LARGE WASHCLOTH OR SHOWER POUF  
ONE SOAP SAVER  
6 FACIAL ROUNDS  
100% COTTON  
\*CUSTOMIZED

\$25



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### Pricing and Information guide

#### THERAPEUTIC ROLLERS 10ML

Sweet Dreams: a peaceful blend of Juniper and Lavender oils to promote a calmness and a good night's rest.

Mental Clarity: heighten your senses with this blend of Rosemary, Cypress, and Lemon oils.

Extra Immune Support: Help your immune system fight back against those pesky germs with this blend of Frankincense, Lemon, Oregano, Tea Tree, Orange, Clove, Cinnamon, Eucalyptus, and Rosemary oils.

Head and Neck Tension: relieve your stiff neck and tension in the head with this blend of Cypress, Basil, Lavender, and Peppermint oils.

\*CUSTOMIZABLE BLENDS AVAILABLE

\$8



A variety of therapeutic blends, customizable upon availability of specific oils. These blends are not for topical use, as they are not diluted. For diffusing purposes only.

\$10



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### *Pricing and Information guide*

#### THERAPEUTIC FACIAL SERUM

3 serum blends to target different skin types to help you meet your skincare goals! These blends are made with natural ingredients and therapeutic grade essential oils. These 2oz glass bottles will last quite awhile with daily use! Being handmade, I am able to sell for a lower price than what you can find commercially, WITHOUT the added chemicals!

\$18



#### GERANIUM & LAVENDER ESSENTIAL OIL ANTI-FRIZZ HAIR SERUM

Tried and tested by my daughter and I for the past 2 months! This serum has helped both of us calm the frizz while leaving our hair soft and shiny. There is no oily residue! To use, simply spritz either on your palm or the ends of your damp hair, and massage in. Typically use about 6-8 spritzes each use. Comb the product through and you're set! I let my hair air dry.

\$12



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#### AROMA BATH

5 scents available now! Chamomile, Ylang Ylang, sweet orange, lavender, and geranium essential oil blends mixed with ask natural products to create a relaxing bath experience. 1-2 TBS added to your bath will fragrance, sooth, and fizz away stress

\$10



#### CHARCOAL CLEANSE & SCRUB SOAP

Goat milk soap, activated charcoal, vitamin e, Frankincense and Cypress therapeutic essential oils. The added Loofah sponge will help scrub away dirt, grease, and dead skin. Activated Charcoal is known for effectively cleansing the skin, unclogs pores, removes deeper impurities, and dead skin cells

4OZ \$8



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### HAIR REGROWTH CONDITIONING SPRAY 12OZ

This LEAVE IN conditioning spray contains distilled water, rice bran oil, witch hazel, geranium, lavender, and rosemary therapeutic essential oils. That's it! No added chemicals, and packed with therapeutic essential oils that will assist you in regrowing healthy, strong hair!

This product is the perfect match to use along with my Regrowth and Shine Shampoo bar!

\$10

### ACNE BUSTER

Tea tree and vitamin e oil infused soap. Great for face and body! Tea tree essential oil is a powerful antibacterial, antifungal, and anti-inflammatory properties that make it a fantastic natural remedy for acne breakouts!

4OZ \$8

2OZ \$6



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### FURRY FLEA FOE

Furry Flea Foe! This all natural Doggie shampoo is chalked full of goodness, and lacks the chemicals found in commercial pet shampoos. The blend of pet safe essential oils will deter fleas and ticks, too!

Contains- pure Goat milk soap, organic coconut oil and shea butter, crushed oatmeal, Cedarwood, lemongrass, lavender, and Chamomile therapeutic essential oils. That's it! No junk for your fur baby!

3 OZ- \$7

2 OZ- \$5



### HEALING PAW BALM 2 OZ

How about some puppy love?! Protect and heal your fur baby's paws with this all natural, therapeutic Paw Balm. Simply place your pups clean paw pads into the Balm to apply, massage into harder to reach areas for full coverage.

This product is made with organic beeswax, organic coconut and olive oils, and lightly infused pet safe therapeutic Lavender and Frankincense oils for extra healing power.

\$10



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#### FUNKY FEET SOAP 4OZ

These bars have a partially exposed Loofah sponge to assist in sloughing off all the dead skin, a must in the summer months!

Each bar is infused with African Shea butter, vitamin e, and its own therapeutic essential oil.

Red- Peppermint oil! "Peppermint essential oil is one of the best essential oils for sore feet. In addition to its fresh, minty aroma, it also acts as an analgesic, cooling the area and temporarily masking pain. If you've been on your feet all day, using peppermint oil can help to reduce tension and swelling, while also energizing the body."

Orange- Sweet Orange oil! "The detoxifying properties of sweet orange oil can help to improve circulation and remove toxins from the skin."

Yellow- Lemon oil! "Lemon essential oil has powerful antifungal properties for treating certain skin overgrowths."

Green- Tea Tree oil! "The chemicals in tea tree oil might kill bacteria, fungus, and mites, and reduce allergic skin reactions by decreasing swelling. People use tea tree oil for acne, toenail fungus, and athlete's foot."

Blue- Eucalyptus oil! "Eucalyptus oil can also help to soothe sore feet and improve circulation. Additionally, eucalyptus oil can help reduce stress and anxiety. Eucalyptus oil is packed with some powerful anti-fungal properties. It treats athletes' feet, thrush, ringworm and other infections."

Purple- Ylang Ylang oil! "When rubbed into the soles of the feet, your entire lower body will start to feel refreshed and relaxed. This one small addition can dramatically enhance your overall ability to unwind in a number of key ways."

\$ 8



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