



Soap Making & Beauty Supplies Inc.

## NEWSLETTER - WINTER 2006

North Vancouver, B.C. V7R 3M7

Phone: (604) 986-4044

Fax: (604) 986-3848

[www.sudsandscents.com](http://www.sudsandscents.com)

email: [info@sudsandscents.com](mailto:info@sudsandscents.com)

### What's New!

Happy New year Everyone! For those of you who haven't visited us for a while, we have moved yet again.

Many of you asked why I decided to move and there were many reasons. My motto has always been "family first". I first began Suds N' Scents in my home, teaching my first class in the kitchen. I watched my son grow and the business grew. The business grew to the point where family didn't come first anymore. My "boys" and sweet dog were very tolerant of my long hours. It was clearly time to step back.

It has taken a year to feel settled into the new digs of a home-based business. I want to thank everyone for their patience and support.

2005 was a year of change for many of us. We're ready for a year full of fun and adventure in 2006! Have a wonderful, exhilarating year!

### Check out NEW Stuff!

- ❑ **New! Flex Molds**
- ❑ **New! Fragrance Oils** - Carnation FO, Christmas Spice FO, Kauai Ginger Blossom FO, Peppermint FO, Pumpkin Pie FO, Tropical Breeze, White Linen.
- ❑ **New! Ancient Sea Bath Minerals**, Dead Sea Salt, Jumbo Salt Crystals (these are crystal clear)
- ❑ **New! Party Kits! (for those do-it-yourself-er's)** - Gloss & Glitter Glamour, Bath Fizzy Starter Pack, Spa Salts Project Kit, Natural Lip Balm Kits
- ❑ **New Packaging**, clear plastic Jars, clear PET 1 oz oval bottles (clear sprayer, blue press tops)
- ❑ **New!** Frosted roll-on bottles with aluminized tops
- ❑ **New** Hinged tins
- ❑ And much, much more!

### New Flex Molds!



Flex Stacking Stars



Ergo Flex Mold



Flex Organic Mold

### Check out the website for more designs!

Flexibility greatly improves the release of your cured soap from the mold cavity. Soaps are easier to get out of the molds, more detail and smaller detail, which may have crumbled before, is now possible. With gentle flexible soap molds, your fingers are spared the rawness and pain cause by pushing repeatedly against hard inflexible plastic.

**A Flexible Soap Mold Lasts Much Longer** - By using flexible vinyl instead of hard plastic, Flex Molds are more durable and not prone to the cracking and warping that other molds have. Per use cost is significantly lower allowing you to enjoy soap making that much more. Without constantly having to replace cracked molds, you can focus on collecting all the shapes you want instead of just the ones you need.

**A Flexible Soap Mold is Easier to Clean** - Top rack dishwasher-safe and with a high-gloss polished finish, Flex Molds are a snap to clean. Clear walls and accessible corners also facilitate an easy thorough clean with no scouring or scrubbing to remove the colorant or other secret ingredient. The days spent using toothbrushes and toothpicks to clean stubborn ingredients off your molds are no longer. Now you can easily clean your soap molds with a warm wet soap washcloth.

By using clear material, Flex Molds take the guesswork out of soap making. Bubbles and half filled cavities are easily detected and fixed with transparent material.

By not wasting resources on incomplete or bubbly soap, Flex Molds allow you to have a consistent and efficient output.

## New Products Update

**Ancient Sea Bath Mineral Crystals** - have 10 times more minerals than regular sea salt!

### **Ancient Sea Bath Mineral Crystals - Coarse**

Minerals act as a catalyst to speed biological healing & skin regeneration. High quality Natural Sea Minerals from 3000 feet beneath the great plains in Saskatchewan, Canada. Rich in minerals, especially potassium (anti-bacterial properties), calcium (protects against sun damage), magnesium (skin toner) and sodium (cleansing, hydrating).

### **Ancient Sea Crystals - Extra Fine**

Exfoliating. Useful as body polish and body scrubs. Bath minerals - excellent for detoxification and purification of the skin. Hydrating, nourishing, cell regeneration, re-mineralizing, oxygenating.

### **Dead Sea Salt - Coarse**

For a truly relaxing soak! A dry, natural white crystal harvested from the Southern Dead Sea where the concentration of minerals is the highest. Full of vital minerals from the sea! Natural skin softening, muscle relaxing properties.

### **Jumbo Salt Crystals - Rinsed (see our diffuser blend)**

Solar evaporated from the clear waters of Brazil. Minimally crushed and left in large pieces. Ideal for use in crystal potpourri. Crystals are semi-porous and can be infused with colour and essential or fragrant oils. Crystals can be heated to slowly release the scent into the air. Heated sea salt emits negative ions when it combines with moisture in the air. Can reduce indoor pollutants, balance levels of serotonin.

## **Diffusing Red Wine Stains**

What else? Salt.

Use an absorbent towel, blot up excess wine. Apply thick layer of salt, leave on until salt has absorbed the wine, then rinse. Alternatively, try soaking in club soda.

## **Dry Skin /Après Ski - Try this Coconut Body Butter**

- 30 ml Beeswax pellets (or grated beeswax)
- 10 ml Distilled water
- 125 gm Cocoa butter (provides protective layer to skin)
- 30 ml Coconut oil (full of vitamins, minerals, saturated fat - good skin softener)
- 15 ml Olive oil
- 60 ml Apricot Oil

Melt beeswax with water over low heat. Add cocoa butter and blend. Gradually blend in remaining oils. Pour into sterilized glass jar. Lotion will thicken as it cools. Apply to body as desired.

**NEW! Canadian Glacier Clay** - cosmetic grade - fine powder. A true Glacial clay from BC, Canada. It is considered to be the 'crème de la crème' of clays for cosmetic and therapeutic applications and cannot be produced synthetically. Has a pH factor of 6.5 to 7.3, as close to neutral as possible. Specific gravity is 2.75, approximately 50-64% silica, 13-15% aluminum and 4-10% iron.

**NEW & Improved! Suds N' Scents Ultimate Moisture, Quick Absorbing - Unscented Lotion Base** - Purified water, vegetable oil blend (sweet almond oil, avocado oil, jojoba oil), vegetable glycerine, emulsifying wax NF, Vitamin E Acetate, Vitamin C Ascorbic phosphate (easily absorbs into skin), Calendula Extract, Chamomile Extract, Lavender Extract, Aloe Vera Extract, Citric Acid, Sodium PCA (a naturally occurring humectant increases softness, Silk Amino Acids (mixture of amino acids to increase silky feel on the skin). Preservative (Liquipar Optima which is a blend of parabens to offer full spectrum preservative capabilities - most world-wide approved preservative).



## **Back to Basics Aromatherapy**

Essential Oils are the concentrated essence of plants, extracted from various parts of the root, seeds, trunk, leaf, fruit and flower.

The essential oil plays a key role in the immune system of the plant. On a more subtle level, it can be referred to as the soul or spirit of the plant.

Aromatherapy is the use of highly fragrant essential oils, the concentrated extract of plants to create subtle, or often dramatic changes to occur within an individual at all levels of being.

The use of these essences, through inhalation or external application, can create opportunities for pleasure, enjoyment and healing to occur on a physical, emotional, mentally or spiritual level.

### **How does Aromatherapy Work?**

The scent of essential oils are carried through the sense of smell (olfactory) to areas of the brain that can influence emotions and hormonal response.

When used in a bath or massage, the oils are absorbed through the skin and carried by body fluids to the main body systems; such as the nervous and muscular systems for a healing effect.

## Invigorating Foaming Salt Scrub

Makes: 600 gm (20 oz) scrub:

540 gm (18 oz) Dead Sea Salt or Fine Sea Salt or a combination of both  
60 ml (1/4 cup) of Fractionated Coconut Oil\*  
**Or** 60 ml (1/4 cup) AquaOil\*\*  
30 ml (1/8 cup) Liquid Glycerin  
1 tablespoon Sodium Laureth Sulfoacetate (optional if you prefer it to foam)  
8 ml (1.2 teaspoon) Lavender Essential Oil  
6 ml (1.1 teaspoon) Peppermint EO or FO  
3 ml (1/2 teaspoon) Rosemary EO  
1 teaspoon Tocopherals (Vitamin E Oil)

This is another in our series of wonderful body scrubs. Dead Sea Salt minerals assist in cleansing, detoxifying and restoring a healthy body, especially the skin and muscles.

The carrier oil, **Fractionated Coconut oil\***, will absorb well into the skin without leaving a heavy/greasy feel. It is one of the best carrier oils for scrubs and massage.

**\*\*Aqua Oil** - 100% soya bean blend enriched with Vitamin E for superior lubrication. Pure, natural and totally water dispersible! Leaving your skin soft, moisturized and completely free from oil residue.

- Mix all the ingredients together in a bowl.
- Add the essential oils/fragrance (more or less as desired).
- If adding a colorant such as a mica powder or iron oxide, start with a very tiny amount (less than a pinch) until the correct shade is achieved.
- Scoop into decorative jars. *(See our collection of clear or frosted jars).*
- As with any scrub recipe, let it sit overnight and the oils will rise to the top. Stir when ready to use.
- Add more oils if necessary or if your scrub becomes dry after several months.

With proper storage - shelf life 1 year.

**Caution:** tub or shower may get slippery from the oils.

Avoid contaminating un-used portion with water. Use a clean dry scoop. *(See our selection of scoops.)*

## Oil of the Month



**Lavender**

### **Lavender - Lavandula angustifolia - France /Eastern Europe, Mid Note**

Fresh, sweet, herbaceous, floral. An old time favorite. A must have for all types of first aid. Whether you've had a nasty sting or have an itch from a nasty bug, a drop on the spot takes the bite/itch away! Excellent healing for burns, scrapes and more!

Soothing and balancing for all skin types. A couple of drops at the base of the neck may assist in those sleepless nights. Soothes muscular aches, helpful in relieving pain. good antiseptic for the skin. Calming, antidepressant, personal renewal. Used as massage, bath, diffuser, inhalation, compress.

Blends well with most oils including citrus oils & chamomile. Lavender oil is used in soaps, cosmetics, toiletries and perfumes.

*Blends well with clove, ginger, geranium, orange, tangerine, cedarwood, ylang ylang, benzoin, peru balsam and oriental blends.*

### **Spritz on the Run?**

**Check out our super cute 1 oz clear bullet bottles!**

### **Recovery Blend**

3 drop Basil EO  
3 drops Rosemary EO  
5 drops Lemon EO  
25 ml Lavender Floral Water  
.5 ml Polysorbate 20 (disperses EO/FO's in liquid)

Fill 1 oz bottle with Lavender water (or distilled water). Measure .5 ml Polysorbate into a 10 ml spoon, add EO's, then add this to Lavender water. Shake and spritz

As an alternative to the salt lamps - try our new

## Crystal Diffuser Blend

### Ingredients:

- ❑ Jumbo Salt Crystals
- ❑ 5-8 drops preferred EO/FO

Place Jumbo Crystal Salts in your diffuser dish. Do not add water to the dish. Add your favorite drops of Essential Oils. Light the tea light and allow the blend to diffuse the room.

Heated sea salt emits negative ions when it combines with moisture in the air. The emission of ions is primarily caused by the salts ability to first absorb water and then evaporate. Salt used in this way can significantly reduce a wide range of indoor pollutants, thereby reducing allergies, sinusitis, headaches, migraines, various respiratory ailments, etc. Negative ions also balance serotonin (a body chemical linked with mood and stress) thereby assisting the body to relax and feel more energized.

---

## Anti-Stress Crystal Diffuser Blend

- 4 drops Lavender EO (stress relief...)
- 2 drops Bergamot EO (relieves tension, hysteria...)
- 1 drop Ylang Ylang EO (calmative, aphrodisiac)

Place drops on jumbo salt crystals, light diffuser and allow peace and relaxation to come into your space....

---

## Mind Clearing Blend

- 4 drops Cypress EO (diffuses overwhelming thoughts, stress-related conditions)
- 5 drops Eucalyptus EO (increases concentration, alertness, clears the mind)

---

## Bathing Care for Dry - Normal Skin

- 250 ml Whole Milk Powder
- 4 drops Neroli EO
- 2 drops Rose EO

Add EO's to milk powder. Mix well. Can be used immediately or store in container for reserve.

---

## Polysorbate 20

Polysorbate 20 is a fatty acid ester used extensively in cosmetics. It is derived from sorbitol and is a water-soluble yellowish liquid used as a dispersing agent, emulsifier, emollient and stabilizer, and it has a soothing effect on the skin.

---

**Check out the ever popular  
Mobile Birthday Parties  
- perfect for the crafty kids!**

**Glitter Girl Birthday Party!** Minimum 8 participants  
**Class length:** Approx. 1.45 - 2 hours **Cost:** \$17.00/child  
For the young at heart, crafty types this is the party for you!  
We start our party off with good, clean fun! Choose your own toy for embedding (hearts, lizards, aliens, teddy bears, wild animals and more!) and create your own personal bar of soap. Then we move on to fun shapes with soap!

In the middle of all this, we begin our science lab experiments to create your own fun in the tub! You get to play with colour, scent, herbs/flowers and design your own bath creations! We end this on a balmy note with your own personal (flavoured) lip gloss. Yum!

You and Your Friends will go home with:

- ❑ A clear soap with toy and more fun, shaped soaps
- ❑ 3-4 coloured & scented bath fizzies each
- ❑ 1 coloured & flavoured lip gloss
- ❑ Recipes and fun ideas

---

## Shimmering Salt Soak

Wonderfully refreshing / restorative.  
Leaves a sparkling gleam!

- 250 gm Epsom Salts
- 250 gm Dead Sea Salt
- 30 ml Vegetable glycerine
- 5 ml White Gleamer Mica (\*adventurous types - try a copper or bronze mica!)
- 5 drops Lime EO
- 5 drops Grapefruit EO
- 10 drops Tangerine EO

Mix salts together, add EO's. Mix well. Shake every day for a week. Package as desired.