

# Skincare & Beekeeping with Emma:

SOAP OR SYNDET? COULD YOUR SOAP CHOICE BE MAKING YOUR SKIN CONDITION WORSE?

**G**reetings! I'm Emma, founder of Bee Haven Bodycare, a local and award-winning skin and body care brand, as well as a passionate beekeeper!

Last time, we delved into the wonders of The Beekeepers Intense Skin Balm® for acne. Many of you reached out and even visited the shop for a tub of your own. This month, I would love to share some of the valuable knowledge I've gained while assisting customers with skin conditions like eczema and psoriasis.

Every day, we welcome two to three new customers with sore, itchy skin who have been referred by friends seeking alternative skin care options. You see, when we help alleviate the struggles associated with such conditions, our satisfied customers can't help but spread the word, and we thank you for that!

The issue - many store-bought products for skin cleansing are filled with synthetic ingredients like detergents. These substances can often irritate sensitive skin and exacerbate various skin conditions.

Incredibly, lots of what we consider to be bars of soap is not actually soap! The word 'soap' originates from the Latin term "sāpō," referring to an age-old process of converting animal fats and alkaline wood ash into soap, via a natural chemical reaction called saponification.

Nowadays, soap-makers replicate this process using a variety of beneficial oils and butters and saponify them with lye, an alkaline substance, creating products that not only cleanse but also care for your skin in the process.

Every day we purchase big brand products thinking it's a simple bar of soap but, in fact, it is actually 'syndet' (synthetic detergent) and this is also true of the humble 'shower gel'. Believe me when I say shower gel has A LOT to answer for if you are struggling with your skin.

To illustrate my point, let's compare the first five ingredients of a leading supermarket shower gel with those of my Bee Haven natural shower gel. I'll provide the INCI name and a simplified explanation of its purpose.

**Supermarket Shower Gel:** Aqua (water to provide volume), Sodium Laureth Sulphate (detergent, an inexpensive foaming agent), Cocamidopropyl Betaine (foam booster & detergent), Parfum (fragrance), Sodium Benzoate (preservative so the water doesn't go nasty).

**Bee Haven Natural Shower Gel:** Aqua (water to thin out the soap paste), Glycerin (vegetable-based liquid, used to lock in moisture to the skin), Potassium Cocoate (saponified coconut oil-soap), Potassium Oliveate (saponified olive oil - soap), Potassium Sunflowerseedate (saponified sunflower oil - soap).

You can now observe how these cheaper store-bought body washes and hand washes may actually trigger skin flare-ups.



Among my customers with skin issues, our Goats Milk & Beeswax soap, Soap-Bee, reigns supreme. This fragrance-free soap, crafted from a blend of beeswax, local goats' milk, and saponified oils and butters, seems to work wonders in alleviating symptoms. It's not uncommon for customers to purchase multiple bars, ensuring they are never left without one.

You can grab yours by dropping by our skincare shop in Ballygowan or by visiting our website [www.beehavenbodycare.co.uk](http://www.beehavenbodycare.co.uk).

Follow and reach out via my socials @miss-beehaven123 (Insta, Facebook & TikTok) if you have any questions or need further guidance.

Stay tuned for more skin care wisdom next month, now let's talk bees!!

Emma x



## HOW TO BECOME A BEEKEEPER:

Many of you have asked me, "How can I become a beekeeper?" My response is always the same, "Join a beekeeping course". Here you will learn everything you need to know for setup and get a mentor to help you with your first season.

Bees require our guardianship, and to truly care for them, we must first understand their needs. Don't get me wrong, honeybees are incredible at being honeybees as they instinctively know what to do and when to do it. However, the world has undergone significant changes in recent generations, and these changes have had a profound impact on the survival of bee colonies.

With less available forage, increased pesticide use, climate change, and the presence of the destructive Varroa mite, beekeeping has become a complex endeavor.

To ensure the health and well-being of your colonies, it is vital to learn how to identify signs of issues such as low nectar flow and Varroa mite infestations.

Thankfully, the Ulster Beekeeping Association organises beekeeping clubs and offers Introduction to Beekeeping courses throughout the country. To find out about your local club contact UBKA for more information.

**Beekeeping Duties for September:** The final weeks of the beekeeping season. Consider merging weak hives and possibly preparing to over-winter small colonies in polynucs. Ivy nectar is in flow but solidifies quickly and is unusable by the bees (but makes a beautiful honey). You may need to pop a super so that the bees don't congest the brood chamber.

