



ALL ABOUT SOAP

Did you know that soap has been around for thousands of years?

Yes, this incredible compound has been used for millennia in different forms. Today, the soap market is riddled with "soaps" that are full of toxic chemicals that you can't pronounce. We believe the best of the best soaps should come from natural and organic ingredients, be environmentally friendly, and biodegradable.

But what exactly *is* soap? And is it good for you?

What Exactly Is Soap?

Let's start with the basics.

The FDA defines soap as "A product in which the non-volatile portion consists principally of an alkali salt of fatty acids." There are various techniques and types of soap specific to the cleaning task at hand, but they all have some similar basic properties.

To be regulated as 'soap,' the product must be composed mainly of the 'alkali salts of fatty acids,' that is, the material you get when you combine fats or oils with an alkali, such as lye.

By regulation standards, the alkali salts of fatty acids must be the only material that results in the soap's cleaning ability. If a product contains synthetic detergents, it is considered a beauty or cosmetic product, and not technically soap.

If the product is marketed as containing moisturizing or deodorizing properties, it is also considered a beauty or cosmetic product. Similarly, if a product is intended to treat disease, kill germs or treat skin conditions like acne or eczema, it is considered a drug for dermatology use.

Many products still use the word 'soap' on their labels - but they are not actually recognized as 'soap' by the FDA. Bridgewood Organics uses only the finest quality natural and organic ingredients in our products, and by definition is actually soap.

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- DIY Recipes
- New Product Showcase

ALL ABOUT SOAP

The History of Soap

Soap has a long and exciting history. It's been around for at least 4,800 years. The Egyptians, Phoenicians, and Romans all used variations of soap made from animal fat and vegetable oils that had alkali in them.

These ingredients were pretty expensive! Since these ingredients were expensive, soap was rendered a luxury item- which is why so many of the ancient humans didn't bathe with it much.

Soap making techniques and quality were greatly improved in the late 18th century when a French Chemist developed a process of mixing natural oils or fats with caustic soda. As the price of soap became more affordable, attitudes toward cleanliness changed too. Daily use became engrained in society as an essential hygiene product.



How Is Soap Made?

The soap making process involves combining fats or oils with an aqueous alkali, or lye. When the 2 ingredients meet, they form a new compound. This new 'soap' compound becomes very water soluble and has the ability to dissolve and bond to dirt or other contaminants.

Other ingredients such as essential oils can be added to the mixture for the added unique benefits of each oil. Some are for: scent, moisturizer, antimicrobial, anti-fungal, and a host of other uses.

How Does Soap Work?

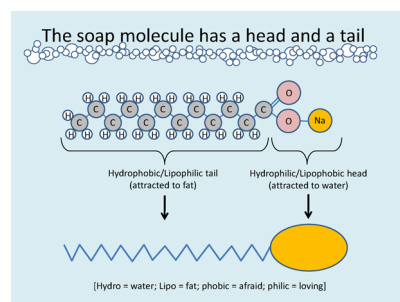
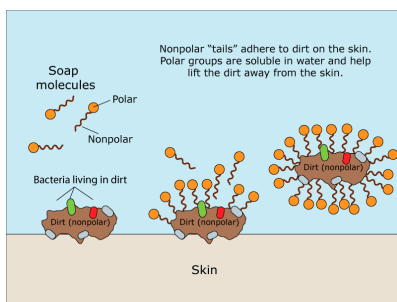
Soap is a surfactant - meaning it bridges the gap between oil or dirt and water. As such, it has two main functions.

Soap loves water. This property is known as hydrophilic, which means that it draws in and absorbs water with ease.

Soap loves oil and dirt. This property is known as lipophilic and allows for the easy cleaning of grease and dirty surfaces.

The oil and grit buildup on surfaces and skin are suspended in water to be easily washed away. In addition, soap reduces the surface tension of water.

Surface tension is the thing that suspends drops of water on a surface or skin. Water and soap get into those little nooks, crannies, and other hard-to-reach places by releasing surface tension to leave the surface fresh and clean!



ALL ABOUT SOAP

Organic/Natural Soap Bars vs Commercial Soap Bars

Commercial bar "soaps" and body washes are generally produced on a large scale with harsh chemicals, detergents, preservatives, synthetic fragrance oils, and synthetic colorants which can irritate your skin. A lot of chemical-based bar soaps, according to studies, contain ingredients which do more harm rather than good.

Sodium Laurel Sulfate (SLS), a primary ingredient in commercially available soaps, is a cleaning agent intended to eliminate grease from engines. Along with other surfactants found in non organic soap, SLS can cause skin problems such as extreme skin drying, skin itch and skin rashes.

Commercial soap bars also contain artificial colors and a slew of other chemicals that harm the body. Examples of these toxic chemicals include triclosan and parabens, both of which are linked to cancer. Synthetic scents, tallow, tetrasodium, artificial colors and BHT are also known commercial soap ingredients which are linked to eczema, allergies and skin irritations.

In commercial soap production, the glycerine is removed and used for other beauty products or goods like glue or sweeteners. The absence of glycerine in commercial soaps makes skin rough and dry. Commercially don't reveal that in current soap making processes. The glycerine which acts as the moisturizing agent in soap is removed to be sold separately as a component of expensive beauty care products. In organic soap, glycerine is retained.

The cold-process of soap making is used to make sure all of the natural moisturizing and soothing properties of organic soap ingredients are preserved and never lost so that it reaches the skin. This means that if you use organic soap, you'll surely enjoy having a smooth, healthy skin due to the presence of natural oils and glycerine.

Find Out About the

TOXINS

Lurking in Your
Store Bought Soap!

What Goes Into Organic soaps

On the other hand, organic soaps contain natural, organic ingredients. For organic soaps, the soap base is mainly made of organic vegetable oils like coconut and olive oils, while the different scents are added with 100% essential oils. All of these ingredients are 100% plant-based, ensuring that there are no weird or toxic chemicals added.

Furthermore, organic ingredients mean that each ingredient is organically grown and harvested. According to the organic guidelines by Codex commission, organic refers to the avoidance of synthetic chemical inputs like fertilizers, pesticides, antibiotics and additives, avoidance of GMO seeds, and the use of farmland that hasn't been subject to chemical inputs. Not only that, organic farmers are heavily audited in the whole farming process and production and need to be certified to be verified as truly organic.



This means that being labeled organic, ensures that the purest and non-contaminated ingredients are used in your organic soaps. This can really make a huge difference to your skin, especially for those with allergies and irritations. Generally, organic products would also be safe for the whole family, including babies and children. You can be rest assured that organic soaps would be more trusted versus your regular commercial soaps.

Bridgewood Organics carries a large line of organic soap bars, organic foaming soap, and organic soap bombs, all at great prices! Check out our brand new line of (12) lavender-based soap bars. See our website for more information.

Gourmet **DIP MIXES**

Distributed by Bridgewood Organics



Bridgewood Organics boasts one of the largest and best selection of dip mixes anywhere. Over 55 dips in stock! Choose from a vast collection of veggie dips, olive oil blend dips, meat rubs, pickle mixes, and dessert mixes. Turn the ordinary meal or event into the extraordinary with minimal prep time. Every one of them is absolutely delicious! Check out our website for a full listing.

Veggie Dips



Meat Rubs



Dessert Mixes



Olive Oil Blends



Pickle Mixes





Bluetooth Locator/Finder 4 COLORS AVAILABLE



This Bluetooth tracker tag adopts latest energy efficient Bluetooth 4.0 technology, is compatible with IOS and Android 4.3 and newer systems. It works via app iTracing available for free in both app store and Google play. It keeps valuables within 10m/33ft by omnidirectional anti-lost alarm with loud beep of up to 20 bd. It can also enable selfie shuttering, recording and GPS locating. Its compact mini design allows uses on wallet, car, kid, pet, bag, suitcase and other items. iTracing can syncs with up to 8 tracker tags simultaneously. No more fumbles in pockets, bags, etc. Enjoy one key control and cozier life!

- Compatible with IOS and Android 4.3 and newer
- Latest energy efficient Bluetooth 4.0
- Omnidirectional anti-lost alarm
- Keeps valuables within range
- Functions as selfie shutter
- Enables recording, GPS locating
- Loud beep of up to 20db
- Syncs with up to 8 items
- Suitable for wallet, car, kid, pet, bag, suitcase and other items
- Bluetooth Version: Bluetooth 4.0



- Compatible with: iPhone, iPad and Android devices with Bluetooth 4.0 (Android 4.3 and newer system)
- Working Distance: 62-80 feet (open area)
- Battery: CR2032 coin lithium battery
- Standby Time: 6 month
- Power: 3V/3mAh
- Size: 3.1×5.2×1.2cm/1.22×2.05×0.47inch
- Weight: 0.31oz
- Battery Included



Check our website for pricing: www.bridgewoodorganics.com or call us at 253-486-2125



Candle Warmers Etc. are the original alternative to lighting a candle. Simply add wax melts to the dish, turn it on, and enjoy your favorite fragrance as it spreads through the room. Want to create a different ambience? Turn off the lamp, wait for the wax to solidify, and simply change it with a new wax cube with a different scent. Easy, clean, and no worry of a lit flame. Since the wax isn't being consumed (like a lit candle), the wax and scent last longer, saving you money. Great gift idea for students, seniors, friends, family, and more!

Plug-ins (over 25 different ones in stock)



Melts candle from top



We stock several scents



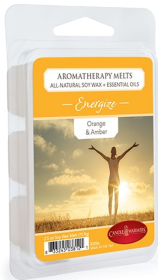
Mission Lanterns



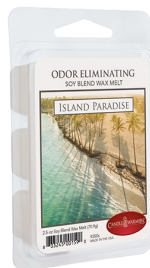
Illumination Fragrance Warmers



Aroma-Therapy Wax Melts with Essential Oils



Odor Elimination Wax Melts



Candle Warmers Brand Wax Melts 2.5 oz



Candle Warmers Brand Wax Melts 5 oz



Bridewood Organics Brand Wax Melts 2.5oz



Bridewood Organics pours its own brand of wax melts, 2.5oz (6 cubes) and 5oz (12 cubes). We have over 200+ fragrant scents in stock. Contact us if you are looking for a particular scent for your wax melts. If we don't have it in stock, we will find it for you.

DELICIOUS

CAJUN BUTTER CHICKEN BREASTS



This delicious recipe from cafedelights.com uses our wonderful Bridgewood Organics Cajun Seasoning blend. This recipe gives you a crispy browned crust on the outside and a tender juicy inside that will make your lips smack and your feet dance with delight!

FOR CHICKEN

- 2 large chicken breasts (8-11oz | 250-300g each), sliced horizontally in half to make 4 steaks
- 1-1/2 tablespoons canola oil, divided
- 1/4 cup butter
- 4 cloves garlic, finely chopped
- 1/2 cup low sodium chicken stock/broth



INSTRUCTIONS

1. Toss chicken in the seasoning. Drizzle 1/2 tablespoon of oil and rub seasoning all over to evenly coat.
2. Heat remaining oil and 1 tablespoon butter in a skillet or pan over medium-high heat until combined and hot.
3. Sear chicken in batches for 5-7 minutes each side until golden or internal temperature is 165°F/75°C using a meat thermometer. Remove from pan; set aside to rest for 5 minutes.
4. While chicken is resting, make the sauce. Reduce heat to medium. Melt remaining butter in the pan. Saute garlic until fragrant (about 30 seconds), while scraping up any browned bits from the pan. Pour in the broth and let reduce for 2-3 minutes, while stirring occasionally.
5. Take the pan off the heat. Drizzle sauce over the chicken.
6. Serve warm. Cajun Chicken goes well with mashed potatoes and creamy cucumber salad.

GREEN TIP OF THE DAY

Avoid Bottled Water

Bottled water is inefficient, expensive, and produces large amounts of plastic waste. Instead, use a refillable water bottle and tap water; if you like you could use a water filter to cleanse the tap water and chill the water in the fridge. .

DIY Recipe

DIY Facial Oil Moisturizer

Make your own skin-nourishing moisturizer with just 3 ingredients: Argan oil and essential oils. This DIY Facial Oil Moisturizer is lightweight and non-greasy, yet it moisturizes deeply for glowing and clear skin. Prep Time: 1 min

About the Ingredients

Argan oil is a rare hand-pressed oil from the fruit kernels of the Moroccan Argan tree. Argan oil is rich in vitamin E, carotenes and fatty acids. It absorbs quickly without an oily feel – yet it's very hydrating and helps to balance skin. Argan oil is great for ALL skin types and the carrier oil in this recipe.

Frankincense essential oil has been used for thousands of years and excellent for healthy-looking skin.

Lavender essential oil is also great for the skin, particularly if you spend time out in the sun.

Ingredients

- 2 oz glass dropper bottle
- 2 oz Argan oil
- 15 drops Frankincense essential oil
- 10 drops Lavender essential oil

Instructions

1. Add essential oils to glass dropper bottle.
2. Fill glass dropper bottle with Argan oil
3. Screw dropper top on. Shake well. Store in a cool, dry spot.
4. Use morning and night after each facial wash, or as needed. Usually about 4-6 drops is enough to moisturize your skin.

All of our **Organic Teas & Herbal blends** are on sale. We are offering a 15% discount. This is a great opportunity to test some of our wonderful and delicious teas! The two most popular sizes are our 'Sample Pack' (good for one pot or 2-3 cups) and the 2-oz size (20-25 cups).

Enter Coupon Code: TEA15OFF after clicking on Shopping Cart icon



Who says you have to a lot of money for high-quality organic products?

Contact Us

Give us a call for more information about our services and products

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(253) 486-2125

Visit us on the web at
www.bridgewoodorganics.com

Coming Up in Next Issue:

- All About Candles
- Botanicals
- New Product Showcase

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