



SOAPS HANDMADE & ESSENTIAL OILS



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BAR SOAP LAVENDER

The soap is made primarily with lavender essential oils. This soap is great for night time. Lavender treats restlessness, insomnia, nervousness, and depression.

The essential oil is used for migraines, nerve pain, and joint pain; vapors help breathing and its purifying to the body.





BAR SOAP SAGE

The soap is made primarily with sage essential oils. Sage reduces LDL cholesterol and raise HDL cholesterol. Sage is an anti-inflammatory, it improve memory, treat menopausal hot flashes, and nourish the pancreas, and treat diabetes. Also, sage reduces perspiration

The essential oil is used for improve memory, treat menopausal hot flashes, and nourish the pancreas, and treat diabetes

In ancient times communities burn sage to remove bad spirits.





BAR SOAP ROSEMARY

The soap is made primarily with rosemary essential oils. Rosemary relaxes tight muscles, relieves pain, helps relieve fatigue, energizing, and purifying effect on the body.

Rosemary is also good for improving concentration and memory. It is an antioxidants.

Rosemary enhances the cellular uptake of oxygen and is a mild and uplifting stimulant, and it has long been valued for its ability to ease headaches and migraines.





BAR SOAP BASIL

The soap is made primarily with basil essential oils. Basil improves blood circulation and helps to increase and optimized various metabolic functions of the body. Basil improves shine in the hair.

Basil essential oil has a refreshing effect when smelled or consumed, so it is used for treating nervous tension, mental fatigue, melancholy, [migraines](#), and [depression](#). Due to the calming nature of basil essential oil, it is widely used in [aromatherapy](#). Regularly using this essential oil provides mental strength and clarity.

Basil was widely used in ancient times in places like India for various medicinal purposes (Ayurvedic medicine). The herb was used to treat [diarrhea](#), cough, mucous discharges, constipation, indigestion, and certain [skin](#) diseases.



BAR SOAP LEMONGRASS

The soap is made primarily with lemongrass essential oils. Lemongrass improves balances nervous system, mood uplifting, reduces inflammation, vapors helps breathing, improves digestion, stimulates lactation in nursing mothers, contracts weak connective tissue, disinfectant, tones skin, repels insects.





Aloe Vera



Origin:

Native to North Africa and coastal areas surrounding the Mediterranean.

Benefits:

Helps Skin, Constipation and the immune system

Other Benefits:

Most people use aloe oil as a remedy for skin conditions, including burns, [sunburn](#), frostbite, psoriasis and cold sores, but there is a host of other aloe vera benefits. It's also used as a **natural remedy for asthma**, stomach ulcers, diabetes and for soothing side effects of radiation treatment. Aloe latex is used to [naturally treat depression](#), asthma and diabetes.

Basil



Origin: Ancient Greek

Scent: Slightly licorice

Benefits: Anti- Inflammatory, Joint Pain , PMS Relieve

Basil essential oil benefits include:

- ❖ Fighting bacteria
- ❖ Fighting infections
- ❖ Reducing [disease-causing inflammation](#)
- ❖ [Fighting free radical damage](#)
- ❖ Fighting viruses
- ❖ Relieving congestion
- ❖ Increasing urine output
- ❖ Stimulating the nervous system
- ❖ Stimulating the adrenal cortex

Bay Leaf



Origin: Native to the Mediterranean

Scent: Spicy

Benefits: Relaxes Muscles, Relieves Pain

Other Benefits:

- ❖ Treatment for Diabetes
- ❖ Good for Digestion
- ❖ Cardiovascular Benefits
- ❖ Consuming Bay Leaves can help: induce good sleep, help with Menstrual problems, Insect repellent and nose bleed.

Chamomile



Origin: Member of the Asteraceae family

Scent: Musky

Benefits: Calming

Other Benefits:

- ❖ Reduce Stress and Tension
- ❖ Promotes restful sleep
- ❖ Reduce inflammation
- ❖ Improves digestion
- ❖ Increase appetite
- ❖ Healing to skin

Cumin



Origin: Semetic

Scent: Strong Spicy

Benefits:

- ❖ Aids Digestion
- ❖ Boost Immune System
- ❖ Treats Reparatory Diseases
- ❖ Treats Skin Conditions
- ❖ Aids Insomnia
- ❖ Prevents Diabetes
- ❖ Good source of iron
- ❖ Promotes detoxication
- ❖ Prevents cancer
- ❖ Relieves fatigue

Clove



Origin: Old French

Scent: Hot and Spicy

Benefits:

- ❖ Eliminates Acne
- ❖ Kills Parasites
- ❖ Improves blood circulation
- ❖ Reduces gum disease
- ❖ Boosts energy
- ❖ Natural anti-inflammatory
- ❖ Kills mold and fungus

Dill



Origin: Old English

Scent: Spicy

Benefits:

- ❖ May Reduce Menstrual Cramps
- ❖ Helps reduce depression
- ❖ Lowers cholesterol
- ❖ Natural Repellent
- ❖ May treat epilepsy
- ❖ Source of energy
- ❖ Contains Antimicrobial effects
- ❖ Protects against free radicals

Eucalyptus



Origin: Greek

Scent: Fresh,
camphor like

Benefits:

- ❖ May help with cold and flu
- ❖ Hair nourishment
- ❖ Hand cleaner
- ❖ Sinus and Allergies
- ❖ Natural home care
- ❖ Odor remover
- ❖ Air cleaner
- ❖ Spot remover
- ❖ Respiratory problems
- ❖ Wound treatment

Frankincense



Origin: Old French

Scent: Sweet and fresh

Benefits:

- ❖ Boost Immune system
- ❖ Improves oral health
- ❖ Astringent property
- ❖ Regulates menstruation
- ❖ Prevents gas build up
- ❖ Reduces Scars
- ❖ Promotes Digestion
- ❖ Delays Aging

Lavender



Origin: Old French

Scent: Fresh Clean

Benefits:

- ❖ Reduce anxiety and emotional stress
- ❖ Protect against diabetes symptoms
- ❖ Improve brain function
- ❖ Helps heal burns and wounds
- ❖ Improve sleep
- ❖ Restore skin complexion and reduces acne
- ❖ Relieve pain
- ❖ Alleviate headache

Lemon



Origin: Unknown

Scent: Lemony, Citrus

Benefits:

- ❖ Cleansing and purification
- ❖ Oral health and remedy for bad breath
- ❖ Digestion
- ❖ Thirst and quencher
- ❖ Remedy for colic pain
- ❖ Cough relief
- ❖ Calms stomach and relieves nausea
- ❖ Improve digestion
- ❖ Nourishes the skin
- ❖ Promotes weight loss

Lemongrass



Origin: Grass family of Poaceae

Scent: Strong Lemon with earthy undertones

Benefits:

- ❖ Relief muscle pain
- ❖ Externally kill bacteria
- ❖ Ward off insects
- ❖ Reduce body aches
- ❖ Helps digestive system
- ❖ Boost energy
- ❖ Contains antioxidant properties

Mandarin



Origin: South China

Scent: Lemony, Citrus

Benefits:

- ❖ Reduce acne
- ❖ Brighten the skin
- ❖ Alleviate insomnia
- ❖ Reduce oily skin
- ❖ Helps Combat Cancer
- ❖ Acts as a antiseptic

Myrrh

Health Benefits of Myrrh Essential Oil

- Inhibits Microbial Growth
- Astringent Properties
- Relieves Cough
- Fights Fungal Infections
- Stimulates the Nervous System
- Improves Digestion
- Stomachic
- Anti-catarrhal Properties
- Increases Perspiration
- Speeds up Healing
- Prevents Infections
- Immunity Booster
- Stimulates Blood Circulation
- Overall Health
- Anti-inflammatory Properties
- Relieves Spasms



Origin: Somolia

Scent: Spicy

Orange



Health Benefits of Orange Essential Oil

- ❖ Treats Spasms
- ❖ Sedative Effect
- ❖ Aphrodisiac Properties
- ❖ Relieves Inflammation
- ❖ Cholagogue
- ❖ Prevents Infections
- ❖ Relieves Depression
- ❖ Diuretic
- ❖ Acts as Tonic
- ❖ Carminative Properties
- ❖ Treats Alzheimer's disease
- ❖ Insecticidal Properties

Peppermint



Origin: Native of Mediterranean

Peppermint Oil Benefits

- Reduces stomach aches
- Soothe digestive issues
- Freshens bad breath
- Relieves headaches
- Antimicrobial properties
- Improves mental focus
- Clears respiratory tract
- Boosts energy
- Releases tight muscles
- Cost-effective natural solution to replace pharmaceutical drugs

Rose



Origin: Syria

Health Benefits of Rose Essential Oil

- Fights Depression
- Sedates Inflammation
- Treats Wounds
- Antispasmodic Properties
- Protects Against Viruses
- Aphrodisiac
- Astringent Properties
- Eliminates Bacteria
- Skin Care
- Purifies the Blood
- Prevents Excessive Bleeding
- Liver Health
- Laxative
- Tonic for Nerves
- Reduces Stomach Disorders
- Acts as Cholagogue
- Uterine

Rosemary



Origin: The name is derived from the Latin 'Rosmarinus' or 'sea dew', as it is rather fond of water. The Egyptians, Hebrews, Greeks and Romans considered the herb as sacred and even in the Middle Ages it was used to ward off evils spirits and used as a protection against the plague .

ROSEMARY ESSENTIAL OIL BENEFITS

- ❖ Improve memory
- ❖ Soothe digestive uses
- ❖ Relieve muscle aches and pains
- ❖ anti-inflammatory
- ❖ Balance androgen and estrogen in the body
- ❖ Lower DHT (*dihydrotestosterone*) improving hair growth and prostate health
- ❖ Reduce cancer risk
- ❖ Increase nerve growth factor healing nerve tissue

Sage

Origin: Southern Europe and is a stout biennial herb that grows up to 1 meter (3 feet) tall with large, hairy leaves and small blue/ white flowers growing directly off the long, thin stem.



Sage Essential Oil Benefits

- ❖ Relieves Menstrual Discomfort
- ❖ Supports Hormonal Balance
- ❖ Relieve Insomnia
- ❖ Increases Circulation
- ❖ Reduces Cholesterol
- ❖ Works as Stress Reliever
- ❖ Fights Leukemia
- ❖ Kills Bacteria and Infections
- ❖ Promotes Skin Health
- ❖ Aids Digestion

Tea Tree



Some of the many traditional uses for tea tree include healing:

- Acne
- Bacterial infections
- Chickenpox
- Cold sores
- Congestion and respiratory tract infections
- Earaches
- Fungal infections (especially Candida, jock itch, athlete's foot and toenail fungus)
- Halitosis (bad breath)
- Head lice
- MRSA
- Psoriasis
- Dry cuticles
- Itchy insect bites, sores and sunburns
- Boils from staph infections

Thyme



Health Benefits of Thyme Essential Oil

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|---|---|
| <ul style="list-style-type: none">•Circulation•Immune System•Skin Health•Antispasmodic•Antirheumatic•Bactericidal•Tonic•Cardiac•Carminative | <ul style="list-style-type: none">•Diuretic•Expectorant•Hypertensive•Stimulant•Energy•Detoxify the Body•Anxiety•Vermifuge•Insecticide |
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