

SOAP



“Life Coaching For Your Individual Greatness”

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ABOUT ONE 80 TURN, LLC

One 80 TurnSM is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 TurnSM was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

DOCUMENT INFORMATION

2.1 Description

The information in this document, on liquid soap (and soap in general), is taken from various internet sources and is provided in this compiled format for easy reading.

2.2 Objectives

Provide general information about commercial soap and their alternatives.

2.3 Suggested Users

Any person desiring to increase their knowledge about liquid soap/soap, as they make choices for their individual health/nutrition/exercise needs/requirements.

DOCUMENT CONTENT

3.1 What Is Soap?

The next time you are in the grocery store, go down the soap aisle and look at the labels of some of the major brands (i.e. Dial, Lever 2000, Irish Spring, etc.) and notice what you don't see on the label. What you won't see is the word soap. Why? Your big recognizable names typically aren't soap at all. They are detergent; the stuff you wash your dishes and your clothes with. That is why their labels don't say soap anywhere on them. They are bath bars, beauty bars and just plain bars.

Soap, pure soap, is simply a mixture of fats or oils, water and sodium hydroxide (lye). In the right proportions a chemical reaction occurs known as saponification that renders the lye harmless and turns the fats and oils into soap. Almost any kind of oil will do and each oil or combination of oils produces soap with different characteristics

3.2 Ingredients Of Two Popular Brands

DOVE

The Dove ingredients for the "white bar" are sodium cocoyl isethionate, stearic acid, coconut acid, sodium tallowate, water, sodium isethionate, sodium stearate, cocamidopropyl betaine, sodium cocoate or palm kernelate, fragrance, sodium chloride, tetrasodium EDTA, trisodium etidronate, BHT, titanium dioxide and sodium dodecyl benzene sulfonate.

IVORY

The Ivory ingredients are Sodium tallowate, sodium cocoate or sodium palm kernelate, water, sodium chloride, sodium silicate, magnesium sulfate, and fragrance.

Having a look at just a few ingredients common to both brands we see:






Sodium Tallowate: Lye and beef fat



Sodium Cocoate: Lye and coconut oil

Stearic Acid: Saturated fatty acid that comes from lard and is added to make a bar of soap harder

An Ivory soap package will usually have the word "soap" printed on the label whereas Dove will typically say "beauty bar." Both of these brands have been around for decades and are used by thousands of people, but there are commercial alternatives whose ingredients are organic and/or natural, that are worth considering (particularly if you have a skin condition like eczema), and a comparison of three brands is included below.

3.3. Three Brand Comparison

	Dr. Bonners Liquid Castile Soap	Aubrey Organics Herbal Liquid Everyday Body Soap	Burt's Bees Naturally Nourishing Milk & Shea Butter Body Wash
			
			<p>98.5% Natural (not organic)</p>
Web Site	www.drbonner.com	www.aubrey-organics.com	www.burtsbees.com
Cost	\$9.50	\$8.17	\$8.00
Size	16 ounces	8 ounces	12 ounces
Ingredients (Listed in order of most by volume to smallest by volume)	Water, Organic Coconut Oil*, Potassium Hydroxide**, Organic Olive Oil*, Mentha Arvensis*, Organic Hemp Oil, Organic Jojoba Oil, Organic Peppermint Oil*, Citric Acid, Tocopherol * CERTIFIED FAIR TRADE INGREDIENTS ** None remains after saponifying oils into soap and glycerin	Coconut Oil-Corn Oil Soap, Deionized Water, Vegetable Glycerin, Castile Soap, Almond Protein, Organic Shea Butter, Bladderwrack Extract, Laminaria Extract, Organic Aloe Vera; Extracts of Fennel, Hops, Balm Mint, Mistletoe, Camomile and Yarrow; Apple Oil, Organic Peppermint Oil, Bitter Almond Oil, Aubrey's Preservative (Citrus Seed Extract, Vitamins A, C and E).	Water, decyl glucoside, carthamus tinctorius (safflower) oleosomes, sodium cocoyl hydrolyzed soy protein, glycerin, fragrance, coco-glucoside, glyceryl oleate, non-fat dry milk, butyrospermum parkii (shea butter), xanthan gum, glucose, citric acid, glucose oxidase, lactoperoxidase
Other:	1. Comes in smaller and larger sizes (from 2	1. Comes in 16 ounce size	2008 Beauty Awards Winner

	<p>ounces to 1 gallon) and in different scents (i.e. lavender and peppermint).</p> <p>2. Also comes in bars</p>	<p>2. Castile Soap is the fourth plentiful ingredient listed.</p>	 
<p>Authors Comments After Using</p>	<ol style="list-style-type: none"> 1. Like the clean feeling I get. 2. The various scents make your whole bathroom smell nice. 3. Like the clear bottle so I can see how much I have left. 3. Smaller sizes make it easy to travel with or put in a gym bag. 4. Can find in local grocery and not just in health food stores. 5. A quarter size amount gives you a good lather. 6. Nice price for a 16 ounce bottle. 	<ol style="list-style-type: none"> 1. A little pricey for an 8 ounce bottle. 2. Felt good on my skin; pretty good lather. 3. Can find in local grocery and not just in health food stores. 	<ol style="list-style-type: none"> 1. A little pricey for a 12 ounce bottle. 2. Not crazy about the consistency; did not lather as much. 3. Can find in local grocery and not just in health food stores.

3.2 Sources

1. <http://www.aubrey-organics.com>
2. <http://www.drbonner.com>
3. <http://www.burtsbees.com>
4. http://www.epinions.com/review/Ivory_Original_Bar_Soap/content_175770734212
5. <http://ezinearticles.com/?Who-White-Washed-the-Soap?&id=101573>
6. <http://www.safemenopauseolutions.com/beauty-products.html>
7. http://www.associatedcontent.com/article/285458/all_soap_is_lye_soap_what_else_is_in.html?cat=51