

# ESSENTIAL SOAP

With Activated Charcoal



Essential Soap with Activated Charcoal from Total Life Changes is a 100% pure therapeutic grade essential oils soap; combining a premium blend of oils, shea butter, and activated charcoal. This unique blend is intended to fight acne, improve complexion, and provide a superior cleanse while leaving skin moisturized and healthy.

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Researchers have reported that activated charcoal can help draw microparticles, such as dirt, dust, chemicals, toxins, and bacteria, to the surface of the skin, helping you to achieve a flawless complexion and fight acne. Essential oils have many therapeutic benefits. Some of these benefits are believed to derive from the aroma itself (olfactory); others are believed to be effected by means of contact with the skin (topical).

Soaps in particular are a perfect pairing to essential oils because we depend on them for both olfactory and topical applications. In the early 1900's, essential oils were once classified by a Frenchman by the name of G.W. Septimus Piesse. He even went so far as to categorize essential oils based on a musical scale system of top note, middle note, and base note. Top notes are fleeting. This is the first rush of scent. Middle notes take a bit longer to recognize, but they provide body to a scent blend. Base notes are slow to evaporate, long lasting, and act as a fixative in the blend. They are typically rich, heavy scents.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

This material is provided for informational purposes only and is not medical advice. Always consult your physician before beginning any new diet, exercise, or health regimen.

## Benefits

**Lemon Oil:** Lemon oil has antibacterial and antifungal properties. (top notes)

**Eucalyptus Oil:** Its properties include anti-inflammatory, antispasmodic, decongestant, deodorant, antiseptic, antibacterial, stimulating, and other healing qualities. (top notes)

**Cinnamon bark Oil:** Promotes circulation, helps alleviate sore muscles and joints. (middle notes)

**Clove bud oil:** Is known for its antimicrobial, antifungal, antiseptic, antiviral, aphrodisiac, and stimulant properties. (middle to bottom notes).

**Shea Butter:** Derived from the seed of the Shea Tree. It is a superb moisturizer with exceptional healing properties. Known to treat blemishes, wrinkles, skin allergies, insect bites, burns, eczema and dermatitis. Provides the same moisturizers as produced by sebaceous glands in human skin.

**Coconut Oil:** Contains saturated fats; medium chain fatty acids or triglycerides. When applied on the skin, they keep it smooth to the touch. Due to the presence of these fats, it retains the moisture content of the skin. Additionally, it contains capric, caprylic and lauric acid. These three fatty acids have strong disinfectant and antimicrobial properties.

As a result, when applied on the skin, coconut oil protects from microbial infections that can get into open wounds or even enter the body through the pores.

## How to Use

Rub generously over body with a loofah sponge or wash cloth during a bath or shower.

## Ingredients

Coconut oil, organic palm, distilled water, shea butter, sodium hydroxide, castor oil, sojoba oil, citrus limon (lemon oil), syzygium aromaticum (clove bud oil), cinnamomum zeylanicum (cinnamon bark oil), eucalyptus globulus (eucalyptus oil), rosmarinus officinalis (rosemary oil), and pure sunflower lecithin, and activated charcoal.