

## Gentle Cleansing Remedies

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Beauty

Hygiene has taken on a whole new perspective since the Covid-19 pandemic began. Our cleaning and hygiene routines have been scrutinized and changed for the better considering the modern world that we live in.



The pandemic has enlightened us as to how far and how quickly bugs and viruses can spread if efforts are not made to contain them. And it is a sobering thought for something that is as simple as keeping clean. In fact, perhaps it is something that many of us took for granted before, maybe we didn't always carry a hand sanitizer, but we do now. Maybe we didn't always wash our hands for the recommended 20 seconds, but we do now. So, progress has been made through focused efforts, and this is a good thing!

### Sensitive skin

The only downside is that all this cleaning, sanitizing, and cleansing of spaces can leave us prone to skin irritations, and excessive hygiene may be hard for those with sensitive skin. In this instance, natural remedies can really make the difference in looking after your skin, be it on your face, hands, or body.

Excessive cleansing strips your skin of its natural oils, when this happens, the skin begins to crack and break, it becomes red, sore or inflamed and it can be quite painful!

Through monitoring, reviewing, and upgrading your skincare routine you can begin to repair and heal damaged or sore skin. And natural ingredients offer the ancient know-how of Mother Nature for healing and repair.

Here are some great natural, cleansing remedies for your skin!

- **Lavender.** Lavender has a calming and soothing effect on the skin. Try adding a few drops of lavender essential oil to your bath or healing hand cream. Lavender is a gentle essential oil, and can be ideal for sensitive skin. Essential oils can be a great replacement for perfumes, however, not all essential oils are kind to sensitive skin so be careful!
- **Coconut oil and Shea Butter** are super moisturizers for your skin. For weary-looking hands that may appear dry, a daily gentle massage with these ingredients can help to soothe your skin and replenish lost moisture.
- **Calendula.** Calendula is extremely soothing for your skin. In fact, this ingredient is commonly used as a natural remedy for nappy rash and sores. It is anti-inflammatory and can help to combat inflamed skin.

There are numerous natural cleansing remedies that won't harm your skin and can actually help to repair and protect your skin. Many natural herbs and oils are anti-bacterial, anti-inflammatory and anti-viral; they are well worth further investigation if you are ready to upgrade your skincare!

Soaps, gels, and washes that are infused with nature are the way-to-go for happier, healthier skin!



Amish Farm Soap began creating healthy, healing soaps almost 18 years ago. The owner, George Jorgensen from South Eastern, South Dakota, wanted to create a soap that would be good for the skin, hair, and body. George sought out a local Amish family, well known for their natural and healing soaps. Amazingly, they gave him the rights to their soap recipe which had been handed down for generations!

*“The company started in our kitchen. We all came together to try and replicate this recipe, eventually, we decided to add just a pinch of bentonite clay and that was the winner!” - Kelley, George’s daughter and president of Amish Farms Corp*

The bentonite clay is sourced from a mine in their home state of South Dakota. Amish Farm Soap has taken a homemade, hand-cut, farmer’s market soap and made it available for everyone!

Customers in the southern states were the first to fall in love with this company. Their five-bar bag of (huge!) 5-ounce bars was sold by the pallet load to distributors throughout Mississippi, Alabama, and Georgia. The online reviews came flooding in, and

now the award-winning soap has a 75% overall rating on Amazon. The soap can be found internationally in Asia, Europe, Central, and South America, and the Middle East as well.

*“Our first trade show was this past month, and we took home the award for Best Product. This just goes to show how quickly people fall in love with the soap!”- Kelley, Amish Farm Soap*

Here is some info on Amish Farm’s Soaps, Single Bar Sage Soap, and 6-Bar Box

#### Single Bar Sage Soap- Amish Farms Natural Anti-Bacterial Soap

Amish Farm Soap unveiled their new sage soap this month. This all-natural, one-ounce bar is hand made with white prairie sage and bentonite clay. It’s the same family favorite everyone has come to love, with the infusion of an ancient healing herb. It is an ideal soap to clean your skin with and may offer a little protection from bacteria and viruses!

Amish farms sage soap goodness is exclusively enriched with the holistic and natural anti-bacterial, anti-fungal, and deodorizing powers of ground white prairie sage.

- White Prairie Sage is renowned as a natural anti-bacterial, anti-fungal, and deodorizing miracle plant traditionally used by Native Americans for ages to get rid of bacteria, viruses, and fungi from the body.
- White Sage is still revered as a “wonder” herb for its medicinal qualities and has even been approved by the USDA as a natural cure for eczema and other skin problems.

*“Tea tree oil is a common ingredient used in many natural soaps, it is known to irritate sensitive skin. Our soap offers a gentler alternative that’s just as potent: White Prairie Sage, which is revered as a miracle plant by Native Americans for ages. Rest assured that only nourishing ingredients will touch your skin!”- Amish Farm Soap*



## 6-Bar Box

The six-bar box contains 6 huge 6oz bars of natural, cleansing, and healing Amish Farm Soap. All vegan and not tested on animals. This six-bar box is a treat for your bathroom cabinet!

- 6 bars of Amish Farm Soap in a conveniently packed box with a window!
- Each bar weighs approximately 5 ounces.
- Great for all purposes, including face, body, hair, and hands.

***“Amish Farm became a family favorite in 2010 but is a recipe that has been passed down for generations. Our giant bars last longer, lather better, and are all natural leaving your skin refreshed and bright and ready for all life throws at you!”- Amish Farm Soap***

You can find Amish Farm Soap at their website or on Amazon! Here are a couple of testimonials!

***“I bought this soap purposely to use on a vacation; I looked for a soap that would double as a shampoo and was pleasantly surprised! This soap leaves you feeling so nice, is soft to your skin, and lathers wonderfully for a shampoo. I liked it so much I had to share a bar with my daughter. The scent is not heavy, so if you have allergies, I don't think it would bother you”***

***“I really like this soap. The bars are very large and last a long time. When I try to buy more natural soaps, they usually disintegrate very quickly. Not this kind. Also, does not have a strong scent, which I prefer, I'll purchase again!”***

\* In partnership with our friends at Amish Farm Soap \* Photo courtesy of Amish Farm Soap

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