

Dr. Bronner's 18-in-1

Dr. Bronner's Magic Soaps are some of my favorite all natural, organic, cruelty-free green products. They come in liquid and bars, and are available in a wide variety of scents.

Dr. Bronner's Magic Soaps are at the top of my list of favorite products. The soaps are made from organic oils such as coconut, hemp, jojoba, and olive and are now certified fair trade. The soaps are vegan and are not tested on animals. All of Dr. Bronner's soaps are biodegradable and friendly to the environment. Dr. Bronner's soaps come in both liquid and bars, and are available in a wide variety of lovely scents.

Dr. Bronner's soaps have many uses! The soaps can be used to wash your body and your hair (if diluted), as they are gentle and do not strip your skin or hair of natural oils. I have also used these soaps as bath oil and massage oil (diluted with a carrier). Because the soaps contain no sudsing agents, which can come in the form of harsh chemicals, they will not foam up when you wash yourself or massage with them. You can also shave with Dr. Bronner's soaps!

I have used the peppermint liquid soap with essential oils to make a wonderful, non-toxic bug spray for my home. In my backpacking days, I carried a small bottle of peppermint soap with me everywhere. It served as not only my soap and shampoo, but my toothpaste too!

I love the tea tree oil soap for cleaning my home. Tea tree oil is naturally antifungal and antibacterial, and has a fresh, clean scent. I refuse to bring harsh chemicals into my home, so Dr. Bronner's tea tree oil soap mixed in a spray bottle with white vinegar is my favorite non-toxic, biodegradable, kid and pet friendly cleaner.

As far as scent is concerned, Lavender and Rose are my favorites. Lavender is great to use before bed or any time you need a calming and relaxing warm bath. Rose is one of the newest additions to the liquid soap arsenal, but has been available as a bar for quite a while. I find rose to be a very feminine scent and love to wash with it before going out.

If you are looking for a more masculine scent, try eucalyptus. I find the eucalyptus to be invigorating and skin-tingly. I love the newest Dr. Bronner's soap, Citrus Orange. It's fresh scent is delicious, as is that of the Almond soap.

If you love the idea of using organic, fair trade, cruelty free, 100% biodegradable soap but don't want to smell of anything other than yourself, try the Baby Mild. This soap is fragrance-free and is great for the sensitive skin of babies (but be careful because it is not tear-free).

I have a love affair with Dr. Bronner's Magic Soaps. If you look in my shower at any given time, you are likely to find at least five different bottles of Dr. Bronner's liquid soaps. I usually keep at least one bar of Dr. Bronner's on hand as well. I use these soaps daily, in a variety of ways. Dr. Bronner's soaps are not only incredibly versatile, but for being organic and fair trade, they are priced pretty cheaply. I recommend buying the largest size bottle you can, usually a half-gallon to a gallon, and refilling your smaller bottles to keep in the shower. Not only is it much cheaper to do it this way, but you won't be wasting countless 16 oz plastic bottles in the process. Some health food stores even give you the option of bringing in your empty bottle and refilling it at their Dr. Bronner's station.

Not only are Dr. Bronner's soaps amazingly clean, organic, vegan, and eco-friendly, the bottles are printed with interesting quotes and stories to provide wash-time entertainment. I highly recommend Dr. Bronner's Magic Soaps to everyone!

For more information on all 18-in-1 uses or to try Dr. Bronner's Magic Soaps, visit: [Dr. Bronner's Magic Soaps](http://www.drbronnersonline.com)

Erin Brennan is a Raw Foods Chef and the owner of Living Bliss, a company based out of Louisville, Kentucky which provides fresh and delicious raw and living whole foods. Erin is passionate about teaching and practicing yoga, holistic health, herbs, healing arts, spending time in nature, and creating beautiful art.

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