

The Soap Barn

August Good-Newsletter Earth Magic

- * Farmhouse African Black Soap
- * Baobab Oil
- * African Sausage - Kigelia Extract
- * Moringa Oil
- * Neem Oil
- * Kombo Butter
- * Tamanu Oil
- * African Black Soap



Learn all about
these amazing
products inside

Competition:

WIN

**AN 'EARTH MAGIC' SAFARI
WEEKEND AWAY FOR TWO
Value: R2500 - See Inside**

Earth Magic

In this Good-Newsletter I am going to teach you about 8 magical products. Then we'll use them in some wonderful health affirming, healing lotions and soaps. Let's first learn about the magic, then we can move on to the recipes.

I used many internet sources for the information in this newsletter. Thanks to everyone for sharing their knowledge. I invite you all to read more about these products on the internet. There is so much to say about these products and not enough space here!

- * **Farmhouse African Black Soap**
- * **Baobab Oil**
- * **African Sausage - Kigelia Extract**
- * **Moringa Oil**
- * **Neem Oil**
- * **Tamanu Oil**
- * **Kombo Butter**
- * **African Black Soap Paste**





African Black Soap



USING BLACK SOAP

Women in Africa use black soap during pregnancy and afterwards to keep them from getting stretch marks and to protect them from dry skin that is often accompanied by pregnancy.

Black soap can also be used as a hair shampoo. The shea butter in the soap softens the hair, while the vitamins give it strength. Men can use black soap in shaving. The high shea butter content leaves the skin smooth and protected. African black soap is unique in that it contains no preservatives, colour enhancers, or fragrances.

HOW IT IS MADE:

Black soap is made from the ash of locally harvested plants and barks such as plantain, cocoa pods, palm tree leaves, and shea tree bark. First the leaves and bark are sun-dried and then roasted in a kettle or pot at an even, constant temperature, which is important to ensure color, texture and smell. Then water and various oils - palm oil, coconut oil, palm kernel oil (including shea butter and cocoa pod powder) - are added to the mixture and stirred for at least a day. After that it is left to set for two weeks to cure. Black soap is traditionally made in west Africa, typically Ghana, from secret recipes. Different tribes and communities have adopted their own specific (secret) blend of oils and cooking techniques, which can be seen in the different colour variations.

Black soap is a natural source of vitamins A & E and iron. This helps to strengthen skin and hair. Black soap contains a high amount of glycerine, which absorbs moisture and deposits it into the skin, making the skin soft and supple.

For centuries, Ghanaians and Nigerians have used black soap to help relieve acne, oily skin, clear blemishes and various other skin issues. Many swear by it for skin irritations and conditions such as eczema and psoriasis.



African Black Soap



8 Ways African Black Soap Benefits the Skin:

Protects Against Photo Aging

Antioxidants in black soap protect the skin from free radical damage, which is a cause of premature skin aging, wrinkles and facial lines.

Improves Skin Tone

Black soap firms and tones skin and improves skin texture, for more supple and glowing skin.

Fades Skin Discolorations

Black soap helps even out and fade brown spots and discolorations.

Reduces Inflammation and Skin Irritations

Black soap helps reduce inflammation and skin irritations. It is soothing on dry and irritated skin, relieving dry patches, rashes and red areas.

Helps to Heal Problem Skin

It eases the symptoms of skin conditions like acne. Users have said that black soap helps lessen, treat and clear acne, gets rid of blackheads, psoriasis and eczema.

Has Deep Cleansing Action

Black soap has antibacterial and anti-fungal properties and is great for deep pore cleansing. It also is effective at removing makeup because of the oils and butters.

It Alleviates Razor Bumps

It is often used by men during shaving because of the high shea butter content, which protects the skin.

It's an Effective Exfoliant

The ashes in black soap provide exfoliating properties to remove dead skin cells and thereby improve fine lines, soften and rejuvenate rough skin.





African Black Soap

USING AFRICAN BLACK SOAP (ABS)



ABS Soap Paste

Put your ABS paste into a small jar. Store it in the bathroom for use as bath soap, shower soap or handwash at the basin.

You only need the tiniest bit of soap for a very soap luxurious experience. The ABS paste lathers wonderfully and leaves your skin soft and moisturised

Liquid Soap

Break up 100g ABS paste into small pieces. Pour 500ml - 1lt boiling water over the mashed soap and stir well till all the ABS paste has dissolved. You can add some fragrance or essential oil but it isn't necessary.

Now you have the very best liquid soap in the world. It is very thin/runny but VERY soapy. I use this soap at my basin and it has kept my hands lovely over the winter

Add to Farmhouse Soap

Break up the ABS paste and then dissolve it in melted Farmhouse Soap.

Then pour the blended soaps into a mould and leave to set

OR

You can just buy our Farmhouse African Black Soap cooked with Rooibos Tea for extra skin benefits



FARMHOUSE

African Black Soap



This extraordinary blend of two gorgeous natural soaps is simply as good as it gets!

Our Farmhouse soap is made with coconut oil and clay. This time we have cooked the batch with loads of rooibos tea and African Black Soap.

Now you have all the benefits of African Black Soap, Natural Farmhouse Soap and Rooibos Tea all in one.

Just melt the soap gently, leave it to cool, pour it in a mould and wait two hours for it to set.

Then un-mould it and leave it to dry and harden for a day or two



FARMHOUSE



African Black Soap



WHY ROOIBIOS TEA?

WHY I USED LOADS OF ROOIBOS TEA IN MY AFRICAN BLACK SOAP BLEND:

Better Skin with Rooibos Tea: Because it's packed with many antioxidants and minerals!

Help for eczema and acne - Studies have shown that rooibos tea helps to treat various skin disorders, including eczema and acne. People with acne have reported that both drinking the tea and applying it to their skin helped to decrease their amount of facial eruptions. Scientists believe that it may be the tea's high level of flavonoids, which encourage the body to destroy unwanted pathogens. Whatever the exact reason, rooibos tea clearly contributes to healthier skin for those suffering from common skin disorders.

Anti-aging - Rooibos tea is rich with the enzyme superoxide dismutase. Though the enzyme's name sounds complex, what it does for skin is simple: it is an excellent anti-aging substance. Superoxide dismutase is necessary for the production of healthy skin-producing cells, and high levels of the enzyme guarantee healthier skin for rooibos drinkers. Superoxide dismutase also fights wrinkles by neutralizing the free radicals that cause them, which is wonderful for those who want to slow the aging process. Now that they have recognized the anti-aging ability of rooibos tea, scientists are beginning to develop more anti-aging products from rooibos tea leaves.

Hypoallergenic and Antibacterial - Another benefit of rooibos tea as it relates to healthier skin is that it is hypoallergenic. The tea's antibacterial nature is one more advantage, as it can treat and alleviate bacterial infections on the skin.

On top of all these skin care benefits, rooibos tea also has high levels of many minerals and vitamins that promote healthy skin, especially zinc and vitamin D.

**AT THE SOAP BARN WE TREAT OUR SKIN SO KINDLY WITH FARMHOUSE
AFRICAN BLACK SOAP AND ROOIBOS**



WHY BAOBAB OIL?



Baobab Oil is acclaimed for its ability to diminish fine lines and wrinkles, reduce scarring and help ease stretch marks. It has marvelous for moisturizing dry, brittle hair. It is so rich in vitamins and essential fatty acids that it is often blended in small quantities with other, more common and less expensive ingredients in the manufacture of creams, lotions, soaps and shampoos. Applying pure Baobab Oil is also an excellent way to moisturize and rejuvenate your skin and hair. It is non-greasy and fast absorbing. A little goes a long way!

This oil is rich in Vitamins A,D, & E, as well as Omega 3, 6 & 9 Essential Fatty Acids (Vitamin F).

Vitamin A: The vitamin necessary for healthy skin. Vitamin A applied directly to the skin has been used to treat acne and skin wrinkling and mottled pigmentation caused by chronic sun exposure. Topical Vitamin A has been suggested to help build collagen fibers.

Vitamin D: One of the Vitamin D benefits is to act as a powerful antioxidant. Vitamin D can play a role in preventing the premature aging of skin and damage to the skin structure. Vitamin D is produced in the skin as a result of sun exposure, which can have other deleterious effects, causing many people to get too little sun to produce adequate Vitamin D. Topically applied Vitamin D can be absorbed by the skin and may help supplement deficiency.

Vitamin E: Vitamin E is an antioxidant. It can help prevent free radical damage. Based on the observation that skin damage caused by the sun and other environmental agents are induced by free radicals, vitamin E may be effective in preventing skin damage.

Omega 3, 6, & 9 Essential Fatty Acids (EFAs): EFAs are natural penetration enhancers and help improve the structure, function and appearance of aged skin

Anti-Aging Baobab Face Cream

Requirements:

100ml Baobab Oil (Soap Barn)

100ml Shea Butter (Soap Barn)

100ml Emulsifying Wax (Soap Barn)

400ml Rooibos Tea (very strong) (Soap Barn)

8ml Euxyl (paraben free preservative) (Soap Barn)

Lotion Jars (Soap Barn)

Method:

Over very low heat melt the emulsifying wax and the shea butter. Melt it at the lowest possible temperature and as soon as it's melted remove it from the stove. Now mix in your baobab oil. Once the oils are mixed add your tea while stirring. In the beginning it won't look too good - sort of curdled. But it's fine so don't panic. Add in all your rooibos tea and stir until it becomes creamy looking. Add your preservative and mix it through well. Beat it with a small electric hand beater till you have a thick, smooth and creamy texture. Now you can decant your mixture into lotion jars and label. I haven't recommended the use of either fragrances or essential oils because I believe this recipe is perfect just as it is for use on the face. However, that is my opinion only. You are more than welcome to add either fragrance or essential oil to the face cream for a pretty smell





WHY MORINGA OIL?



Anti-aging properties

Moringa oil rejuvenates dull, tired and aging skin. The antioxidants and nutrients help fight free radical damage that cause skin tissue damage and lead to the formation of wrinkles.

Moringa oil helps improve the appearance of wrinkles and prevents sagging of facial muscles. The cytokinins help promote cell growth and delay damage and destruction of skin tissues.

Vitamin C stabilizes collagen and helps reduce fine lines and repair damaged skin cells.

Antiseptic and anti-inflammatory properties

Moringa oil has antiseptic and anti-inflammatory properties and has been used to treat and heal minor skin abrasions; minor cuts and scrapes, bruises, burns, insect bites, rashes, and sunburn and skin infections.

Moringa oil is among the most desired oils in the formulation of skin care products and cosmetics, chosen for its many antioxidants and documented skin-rejuvenating properties. These antioxidants do wonders for aging and nutrient-depleted skin.

With an impressive oleic acid content of 72%, Moringa oil penetrates deeply into the skin, delivering vital nutrients and also helping the skin and hair retain moisture. Moringa oil's benefits include skin care and rejuvenation, stronger and healthier hair, wrinkle reduction and skin blemish removal.

The healing properties have been documented for centuries, dating back to ancient cultures. It has been used in skin preparations and ointments since Egyptian times.

Soothing Moringa Lotion Balm

Requirements:

100ml Moringa Oil (Soap Barn)
100ml Cocoa Butter (Soap Barn)
100ml Emulsifying Wax (Soap Barn)
400ml Chamomile Tea (very strong) (Soap Barn)
8ml Euxyl (paraben free preservative) (Soap Barn)
5ml Arnica Essential Oil (Soap Barn)
2ml Lavender Essential Oil (Soap Barn)
Lotion Jars (Soap Barn)



Method:

Over very low heat melt the emulsifying wax and the cocoa butter. Melt it at the lowest possible temperature and as soon as it's melted remove it from the stove. Now mix in your moringa oil. Once the oils are mixed add your tea while stirring. In the beginning it won't look too good - sort of curdled. But don't panic. Continue to add in all your chamomile tea and stir until your mixture becomes creamy. Add your preservative and both essential oils then mix through well. Mix with a small electric hand beater till you have a thick, smooth and creamy texture. Now you can decant your mixture into lotion jars and label.

Use this lotion balm on sunburnt skin, and on rashes, bruises, burns and bites - anything that needs some good soothing



Why Tamanu Oil?



- 1. Relieves and protects the skin against inflammation, skin redness, sunburn and insect bites.**
 - 2. Has a regenerating effect on the skin (especially the epidermis cells) and so it effective for healing wounds, burns, cuts etc.**
 - 3. Reduces scarring, especially the appearance of scars that are one or more years old**
 - 4. Is an anti septic and anti acne**
 - 5. Has anti viral properties**
 - 6. Has antibiotic, antibacterial, anti-fungal and anti-coagulative properties**
 - 7. Contains anti-tumor-promoting agents or cancer chemopreventive agents.**
 - 8. Has anti ageing and anti wrinkle qualities - Moisturizes, nourishes and repairs the epidermal cells of dry and damaged skin.**
 - 9. Increases microcirculation**
 - 10. Body hygiene (body odours, infections, skin rashes, dermatitis, psoriasis)**
 - 11. Hypoallergenic**
- As a result, Tamanu Oil benefits include everything from anti aging skin care to acne scar treatments and a natural solution for acne and many other common skin conditions.**

Healing Tamanu Lotion for Hands

Requirements:

100ml Tamanu (Foraha) Oil (Soap Barn)

100g Cosmetic Soy Wax (Soap Barn)

100ml Emulsifying Wax (Soap Barn)

400ml Lavender Flower Infusion (very strong) (Soap Barn)

8ml Euxyl (paraben free preservative) (Soap Barn)

5ml Rose Essential Oil (Soap Barn)

2ml Lavender Essential Oil (Soap Barn)

Lotion Jars (Soap Barn)

Method:

Over very low heat melt the emulsifying wax and the cosmetic soy wax. Melt it at the lowest possible temperature and as soon as it's melted remove it from the stove. Now mix in your tamanu oil. Once the oils are mixed add your lavender tea while stirring. In the beginning it won't look too good - sort of curdled. But don't panic. Continue to add in all your lavender tea and stir until your mixture becomes creamy. Add your preservative and both essential oils then mix through well. Mix with a small electric hand beater till you have a thick, smooth and creamy texture. Now you can decant your mixture into lotion jars and label.



Use this lotion balm on sore, chapped, dry and tired hands



WHY NEEM OIL?



You could spend a full week reading about all the benefits of Neem oil and still not know everything. If you never believed in magic, Neem oil will change that. They say this oil comes from the Neem tree grown in India but I say it comes straight from heaven.

Neem oil should only be used externally. It has been used for the topical treatment of rheumatism, eczema, ringworm, athlete's foot, cold sores, psoriasis, warts, chronic syphilitic sores, infected burn wounds and slow-healing skin ulcers as well as controlling various skin infections.

It has anti-inflammatory, antipyretic (relieving fever) and analgesic (relieving pain) activity and possesses immunostimulant activity (increasing the body's defense mechanism to fight infectious organisms and other foreign material) by selectively activating the cell-mediated immune mechanisms to elicit an enhanced response to subsequent mitogenic or antigenic challenge.

It has proved a very effective spermicide (killing sperm) in rhesus monkeys as well as human spermatozoa (because of the volatile principle coded as NIM-76). Studies showed that intra-vaginal application of a Neem oil mixture before coitus can prevent pregnancy. The mechanism of how it works seems to be non-hormonal - most probably mediated through its spermicidal effect and may have less side effects than steroidal contraceptives.

It is highly effective against human fungi, including trichophyton, epidermophyton, microsporum, trichosporon, geotricum and candida.

Furthermore, Neem oil is effective against a wide spectrum of bacteria – possessing antibacterial action against gram-negative and gram-positive microorganisms, including M. tuberculosis and the streptomycin-resistant strains, Salmonella typhora, S. aureus

Its antimicrobial effects have been demonstrated against Streptococcus mutans and S. faecalis.

Application of Neem oil on the hair has been shown to kill head lice. A study was also done on various forms of cancer and tumors – and although the results were promising, this application needs more investigation.



USING NEEM OIL



Cuts, wounds, minor skin disorders and mosquito and insect repellent

Mix with aqueous cream or a carrier oil in a ratio of 1:5 and apply to affected area.

Athlete's foot

Add 15 ml to warm water and soak the feet in this preparation.

Head lice

Mix 50/50 with a carrier oil and massage into the hair and scalp. Leave on for 1 hour and shampoo. Repeat once weekly for 3 weeks or as long as the problem persists.

Stop mosquitoes breeding

Spray or pour oil on all breeding areas. Mix 20ml oil into 500ml spraying alcohol

Plant protection

Add 30 ml to 1 liter of water and add 1 ml of dishwashing liquid. Mix well and spray immediately for plant protection. Do not store the mixture; make fresh formulation for each spray. Spray the mixture on top of all the leaves and on the undersides where insects often hide – you can also spray it around the roots.

Candles to ward off mosquitoes

Add 10% oil to your melted wax when you are making candles. Burn candle to keep away all insects

Dandruff and itchy scalp

Add a few drops to your regular shampoo.

Ticks and fleas on animals

This is my favourite application because it works better than any other pesticide I ever used. You can put the oil directly on your pet's fur or on the collar or harness. It may smell horrible to you but your pet won't mind it at all

Warts

Apply 1 drop of undiluted oil directly on warts once per day. Cover with a plaster. Continue for 2-3 weeks.

Psoriasis, cold sores, eczema, athletes foot, skin ulcers and other fungal skin conditions

Mix 1 tablespoon (15 ml) with 100ml carrier oil such as jojoba or grape seed oil and apply twice a day to affected skin.



MORE: USING NEEM OIL



Pet and livestock spray for ticks, fleas, mange mites and other pests

Mix 1 ounce (30 ml) oil with 1 gallon (3.8 liter) water and add a few drops of dishwashing liquid (to emulsify the oil). Place mixture into a spray bottle or other type of sprayer, and spray animals once every two weeks. (This mixture can be used on indoor and outdoor plants as well as flowers and vegetables.)

Cleaning the house

Add to carpet shampoos and spray mattresses to kill dust mites.

Hand wash

Add a couple of drops to liquid hand soap for antibacterial properties.

FOR ALL THE ABOVE

As Neem oil has a rather strong smell you might want to add a few drops of your essential oil to any mixture to mask the smell. Lavender or lemongrass essential oils work well – but you could add your personal favorite.

Store neem oil in a cool dark place, away from sunlight. Neem oil can easily solidify - even at low room temperatures. Should this happen put the bottle in warm water (below 95 degree F) to liquefy. Do not place in near boiling water, as it may reduce the effectiveness of the oil.



WHY KIGELIA?

AFRICAN SAUSAGE



This extract is derived from the large sausage-shaped fruit of *Kigelia africana* or *Kigelia pinnata*, also known as the African sausage tree.

Traditional Uses and Known Properties

Traditional African healers use kigelia to treat a wide range of skin ailments from fungal infections, boils, acne and psoriasis, through to more serious diseases, such as leprosy, syphilis and skin cancer. It is also used effectively to dress wounds and sores.

The traditional use of kigelia as a healing agent for skin conditions is validated by a significant body of scientific literature and patents. Several papers support the use of kigelia extract for treating skin cancer while the extract has found a market in Europe and the Far East as the active ingredient in skin tightening and breast firming formulations.

Compounds contained in kigelia include norviburtinal, coumarins, iridoids, flavonoids, fatty acids, sterols, glycosides and naphthaquinones. Scientific literature has shown antibacterial activity and kigelia extract has also been shown to contract the area of small wounds.

Norviburtinal has shown tumour reducing cytotoxic activity, while steroids are known to help a range of skin conditions, notably eczema. Flavonoids have clear hygroscopic (attracts water from its environment) and fungicidal properties.



SKIN HEALING KIGELIA BALM



Requirements:

100ml Shea Butter (Soap Barn)

100g Cocoa Butter (Soap Barn)

100ml Emulsifying Wax (Soap Barn)

400ml Calendula Flower Infusion (very strong) (Soap Barn)

100ml Kigelia (Soap Barn)

8ml Euxyl (paraben free preservative) (Soap Barn)

2ml Tea Tree Essential Oil (Soap Barn)

Lotion Jars (Soap Barn)

Method:

Over very low heat melt the emulsifying wax, cocoa butter and shea butter. Melt it at the lowest possible temperature and as soon as it's melted remove it from the stove. Now add your calendula infusion while stirring. In the beginning it won't look too good - sort of curdled. But don't panic. Continue to add in all your infusion and stir until your mixture becomes creamy. Now add your kigelia, your preservative and tea tree essential oil. Mix through well. Mix with a small electric hand beater till you have a thick, smooth and creamy texture. Now you can decant your mixture into lotion jars and label.



Why Kombo Butter?



Kombo butter or Kombo oil is produced from the seeds of a tropical tree *Pycnanthus angolensis* - the African nutmeg.

The Kombo nut comprises about 75 % of trimyristin, an active ingredient in the treatment of arthritis, various joint and muscle ailments, has strong anti-inflammatory and analgesic properties and it is effective in the treatment several inflammatory diseases. It also comprises decorina protein known for its ability to regulate the production of collagen improving the condition and appearance of the skin as well as stimulates the healing process of muscles injuries.

Scientifically Kombo Butter is used as an anti-inflammatory and a pain reliever for the management of arthritis, general body pains.

Kombo butter has anti-inflammatory, antioxidant, regenerating, anti-fungal and antiseptic properties;

Improves lipid metabolism and stimulates the production of collagen

Its strong antiseptic properties: It is a great addition soaps, pomades and deodorants intended to neutralize body odor

Its anti-inflammatory properties makes an great addition to formulations intended to fight acne and various skin infections of sensitive , allergic skin.

Kombo butter reduces and controls skin natural oils production;

It is and effective wound healer – speeds cicatrization helping to avoid scars and post-acne marks

It is extraordinary for balms and unguents to relieve arthritis pains and swelling caused by inflammation, osteoporosis, muscle and joint pain of any origin.

Kombo Butter Arthritis Ointment

Requirements:

100ml Hempseed Oil (Soap Barn)
100g Kombo Butter (Soap Barn)
100ml Emulsifying Wax (Soap Barn)
400ml Calendula Flower Infusion (very strong) (Soap Barn)
100ml Kigelia (Soap Barn)
8ml Euxyl (paraben free preservative) (Soap Barn)
5ml Lavender Essential Oil (Soap Barn)
Lotion Jars (Soap Barn)



Method:

Over very low heat melt the emulsifying wax and Kombo butter. Melt it at the lowest possible temperature and as soon as it's melted remove it from the stove. Add your hempseed oil. Now add your calendula infusion while stirring. In the beginning it won't look too good - sort of curdled. But don't panic. Continue to add in all your infusion and stir until your mixture becomes creamy. Now add your your preservative and lavender essential oil. Mix through well. Blend with a small electric hand beater till you have a thick, smooth and creamy texture. Now you can decant your mixture into lotion jars and label.

Use on swollen and aching joints

Cup of Coffee and a Chat with Jackie...



Helllllloooo!

I know it's been a while... sorry! But I have certainly made up for that with content and length - this has to be the longest newsletter I have ever put together.

I have been wanting to share these amazing, wonderful and extraordinary products with you for a while. They are all pure magic. I find it hard to believe we survive without them in our lives on a daily basis.

Every day in the shop I hear sad stories about sad skin. And every day I tell my customers that when I was growing up I only knew one child with eczema. It was so unusual and so scary I thought it was deadly. To me it was as frightening as cancer. Funny what a difference 40 years make. Now almost every child you meet has a skin issues and of course it's all about what we are doing to ourselves. The children suffer only because their parents are unaware of how much the cosmetic industry has changed in the past 40 years. It is all about big money and big profits - it's really not about you, your children and what's good and healthy for our skin.

So this newsletter is about introducing you to a bunch of miracles from nature. I don't use the term lightly. Each one is more magical than the next. My advice to you is this: make up these wonderful products and heal yourself. And even more importantly start reading the ingredients on every cosmetic item you buy. Try wherever possible to avoid anything with SLS and SLES. In my humble opinion (and it really is only my opinion and a humble one at that) these two ingredients are the worst culprits of them all. I cannot tell you how many people have healed their own skins buy taking this advice when I gave it to them. Mostly be careful of all liquid soaps, shower gels and bubble baths. They are laden with SLS and your skin really doesn't like that. Cut out these chemicals and allow your skin to heal itself together with some of the magical recipes I have provided in this newsletter.

Take good care of yourselves

**Love
Jackie**

Get Away to Nature Competition!

Win a weekend for two
(two nights B+B)

At Heia Safrai Ranch- <http://heia.co.za/>

And R500 extra spending money

Value: R2500.00



TO WIN:

- * 'LIKE US' on Facebook
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- Winner will be drawn randomly
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Mail the Soap Barn at thesoapbarn@iafrica.com

Call the Soap Barn on (011) 454-4573 for all bath and body product queries.

Visit the Soap Barn at www.soapbarn.co.za

Come see us all at 99 Linksfield Road, Glendower Shopping Centre, Edenvale.

Trading hours Soap Barn:

Monday to Friday 8.30am - 5pm.

Saturday 8.30am - 1pm.

Hope to see you soon!