



2017/2018

Handmade Castile Soaps



Natural
&
Organic

Free from:

SLS/SLES, Dioxane, Phlathate,
Parabens, Propylene Glycol,
Diethanolamine (DEA), Phosphate,
Triclosan.

Made in U.S.A



Handmade Face & Body Soap

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Who are we?

Southern Tier Outpost is a Limited Liability Company owned by a disabled Veteran of the U.S Army. The company was started in 2013. Specializing in Emergency Preparedness, Survival, and Personal Defense products, Southern Tier Outpost also provides training classes in Hunter’s Education, NRA pistol, Urban Bug-out, Land Navigation, Primitive tools and weapons, Wilderness survival, Family Emergency Planning, Active-Shooter Training, Self-Sufficiency, and other outdoor classes.

We provide retail products from water filtration bottles to ammunition, antibiotics to advanced medical equipment, and shelf stable meals to heirloom seed buckets. We also hand make a line of natural soaps that are free from toxins and harsh chemicals.

Our Mission

Our Mission is to provide our customers with the best products and services we can offer while realizing that not everyone can afford to invest in “standby items”. Being prepared for natural disasters goes beyond understanding the aftermath of them, but taking important steps to provide for your family when emergency services are not available. Being able to give someone the necessary information and resources to provide shelter, warmth, food, and safety to their families is what matters to us.

Employees

Southern Tier Outpost is solely owned and operated by Greg Whitmarsh, a certified NRA Instructor, NYS Department of Conservation Instructor, Decorated Disabled Veteran of the U.S. Army, and caring father. Understanding the importance of family while acknowledging the constraints placed on families in today’s socio-economic climate, products and services offered are based on very low profit margins in order to better serve the needs of the community while providing top grade products and services.

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What is Castile Soap?

Castile soap, which originated in the Castile region of Spain, is an all-natural vegetable oil-based soap. Traditionally made with olive oil, in many parts of the world it still is. Today's Castile soaps contains oils such as coconut oil, olive oil, canola oil, soybean oil, hemp oil and jojoba oil. In bar soap, it is made with sodium hydroxide while liquid soap is made with potassium hydroxide.

Pure castile soaps are genuine soaps - as opposed to the complex blend of detergents that we generally regard to be liquid soaps which often, in fact, don't contain any soap whatsoever.

7 Reasons to use Castile Soap over commercial soap

Natural and free of toxins

Most soaps purchased today contain toxic chemicals which wreak havoc on our health. According to Doctors across the globe, putting chemicals on the skin may be worse than eating them. Chemicals on the skin are absorbed into the bloodstream without any of the filtering that would happen if the toxins went through the digestive system.

Usually Organic, Vegan, and GMO free

Castile soaps are generally far superior to their conventional counterparts in terms of the quality of their ingredients and their ethical and environmental impact. As they are based on vegetable oils - as opposed to animal (tallow) fat-based soaps - pure castile soaps are suitable for vegans, although you should always check the label before purchasing.

Will not encourage Super Bacteria

Liquid soaps which are marked as 'anti-bacterial' may actually encourage hard-to-kill super bugs. Many of them contain a synthetic antibacterial ingredient called triclosan - a chemical registered as a pesticide with the EPA. In addition to animal studies showing that triclosan contributes to antibiotic resistant bacteria, it may also alter hormone regulation, interfere with fetal development in pregnant women, cause allergies, weight gain, inflammatory responses and thyroid dysfunction.

Lathers easily

Many natural soaps don't lather well - making for a bubble-free bubble bath. This is because **Sodium Lauryl Sulfate (SLS)**, a chemical whose primary function is to foam up, is not used. There are nearly 16,000 studies in the PubMed science library relating to the toxicity of SLS. Animals exposed to this common soap ingredient - found in 90% of personal care products - experience eye damage, depression, labored breathing, diarrhea, severe skin irritation and even death. Castile soap can produce a high-foaming lather without the health risks, thanks to its rich oil content, meaning you'll require less water for a lather than with traditional soap.

Base Ingredients - Vegetable Oils & Butters

Canola Oil



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Canola oil contains Vitamin E, an anti-oxidant that helps protect skin from free radicals. It also contains omega 3 and 6 fatty acids which help combat premature aging while soothing dry, irritated skin. While containing an oleic acid content similar to olive oil, it has a higher linoleic acid content. This produces an extremely conditioning and moisturizing bar with a dense, creamy lather.

Coconut Oil

Coconut oil makes a rock hard soap but due to its low oleic and linoleic acid content, it produces a frothy, bubbly lather. It is wonderfully moisturizing and adds a barrier to the skin protecting it from the elements. Due to its high content of lauric and myristic acid content, coconut oil is considered a “super cleanser”.

Olive Oil

Olive oil has been used in soap making for thousands of years. High in Oleic acid, this oil will absorb into the skin and form a protective barrier against the elements. It also acts as a humectant, drawing moisture to the skin and is said to help aid skin cell regeneration. Even though Olive oil is a liquid oil, low in palmitic and stearic acids, it does produce a surprisingly hard bar of soap. The lather created is very conditioning, but thin, therefore it is best to mix olive oil with other oils.

Palm kernel Flakes

Palm kernel flakes come from Palm seeds rather than the fruit and tree. They are very high in palmitic acid which makes the soap hard and long lasting while providing a very nice stable, conditioning lather.

Shea Butter

Rich in vitamins and essential fatty acids, Shea butter helps to form a breathable barrier on your skin that helps to protect it from harsh elements like the sun and wind. It is often used to soothe skin irritations, provide sun protection, heal minor cuts and burns and of course as a skin moisturizer. High in Stearic and Oleic acids, this will produce a long lasting hard soap with a stable conditioning lather.

Stearic Acid

A waxy saturated fatty acid found in vegetables that contributes hardness and stable lather in soaps. A plethora of butters contain high amounts of stearic acid, including Kokum, Illipe, Sal, Mango, and Shea butters.

Essential Oils and their use

Bergamot



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Bergamot has several properties that make it great for soap making. In addition to its powerful citrus aroma, it is known as a deodorant, an antibiotic, an antiseptic, an antispasmodic, a sedative, an analgesic, and antidepressant, and a disinfectant. One of the most common applications is its use in black tea. The inclusion of bergamot in regular black tea known as Earl Grey!

Bergamot Oil blends with Clary Sage, Frankincense, Mandarin, Jasmine, Black Pepper, Cypress, Geranium, Nutmeg, Sandalwood, Orange, Rosemary, Vetiver and Ylang-Ylang Oil. It is particularly complementary with other citrus oils.

Cedar wood

It is known as an anti-seborrhea, antiseptic, antispasmodic, tonic, astringent, diuretic, emenagogue, expectorant, insecticidal, sedative and fungicidal substance. Cedar wood oil is equally beneficial in curing acne, arthritis, bronchitis, cystitis, dandruff, dermatitis, stress, kidney disorders and as a treatment against oily skin.



Oils like Bergamot, Benzoin, Cypress, Cinnamon, Frankincense, Juniper, Jasmine, Lemon, Lime, Lavender, Rose, Neroli and Rosemary form good blends with Cedar wood Oil.

Cinnamon



The health benefits of cinnamon can be attributed to its antibacterial, antifungal, anti-inflammatory, antimicrobial, astringent and anticlotting properties. The spice is rich in essential minerals such as manganese, iron and calcium, while also having a high content of fiber.

Cinnamon oil helps to lift and soften the beard so you get a close shave and even acts as a great mosquito repellent.

The oil blends well with other essential oils such as lemon, rosemary, geranium, lavender and cardamom.



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Clary sage

The health benefits of Clary Sage Essential Oil can be attributed to its properties as an antidepressant, anticonvulsive, antispasmodic, antiseptic, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, emenagogue, euphoric, hypotensive, nervine, sedative, stomachic and uterine substance.

Clary Sage Oil can boost self esteem, confidence, hope and mental strength, thereby efficiently fighting depression. It also kills bacteria and fungi, curbs growth and spread of bacterial infections, and also protects against new infections. Wounds will not become septic, nor will they be infected with tetanus germs if Clary Sage oil is topically applied to them. The antiseptic qualities can protect the body during periods of surgical recovery and in all varieties of wounds that are typically hotspots for infections. Clary Sage oil can be a far better choice as a deodorant, because in diluted form, it serves as an efficient deodorant without any side effects. It is natural, so it doesn't impact the environment, and its effects can last for a long time.

Clary Sage Oil blends very well with oils of Lemon, Lime, Orange and other citrus fruits as well as Lavender, Pine, Juniper, Geranium, Sandal Wood, Jasmine and Frankincense oils.



Coconut



With a sweet and creamy scent, Coconut Fragrance Oil does not have specific therapeutic properties, but does offer the benefits of providing relaxation and invigoration through the power of scent. Coconut offers a warm, inviting aroma that many people associate with island life.

Coconut fragrance oil blends well with Almond, Banana, Kiwi, Lemon, Lime, Orange, Pineapple, Sandalwood, Strawberry, and Vanilla.

Eucalyptus

Properties include anti-inflammatory, antispasmodic, decongestant, deodorant, antiseptic, and antibacterial. Eucalyptus oil is often applied topically to treat skin infections and works well with peppermint oil as a deodorant and temperature reducer.





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Fir Needle



Some of the health benefits of fir needle essential oil include its ability to reduce pain, prevent infections, improve respiratory function, increase the metabolism, detoxify the body, and reduce body odor. Thanks to its high concentration of antiseptic organic compounds that stimulate the immune system and prevent dangerous infections, fir needle essential oil can be a powerful tool that keeps your body health inside and out. Fir needle essential oil

can actually decrease the amount of bacteria in your body that creates that foul odor and leave you smelling fresh as the forest!

Hemlock Spruce

Spruce oil has potent antibacterial, anti-infectious, anti-cancer, anti-inflammatory, antispasmodic, antiviral, antiseptic, disinfectant, expectorant, and stimulant properties. It works wonders for respiratory ailments, wound healing, viral infections, arthritis, rheumatism, and other forms of muscle aches and pains.

Since spruce oil positively affects many systems in the body, particularly the endocrine system, it's no surprise that it can deliver a wide range of well-documented health benefits, which include helping in: Stimulating and fortifying the immune system, Controlling some cases of hyperthyroidism, Regulating the adrenal hormone to help the body deal with stress and "fight-or-flight" situations, Relieving respiratory tract infections like asthma or bronchitis, Working as an expectorant to relieve mucus, Fighting off fatigue, including nervous exhaustion and chronic fatigue, Soothing skin conditions, such as dermatitis, eczema, psoriasis, and seborrhea dermatitis, and Calming skin outbreaks triggered by hormonal imbalance or stress.



Some oils that complement spruce oil well include cedar wood, clary sage, galbanum, lavender, oak moss, pine, and rosemary

Lavender



The health benefits of lavender essential oil include its ability to remove nervous tension, relieve pain, disinfect scalp and skin, enhance blood circulation and treat respiratory problems. Lavender has the Latin name Lavare, which means "to wash", due to its aroma that gives the feeling of a clean aroma.

The health benefits of lavender oil for the skin can be attributed to its antiseptic and antifungal properties. It is used to treat various skin disorders such as acne, wrinkles, psoriasis, and other inflammations. It heals wounds, cuts,



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burns, and sunburns rapidly as it aids in the formation of scar tissues. Lavender oil is added to chamomile to treat eczema. Other health benefits of lavender essential oil include its ability to treat leucorrhoea. It is also effective against insect bites. The oil is also used to repel mosquitoes and moths. You will find many mosquito repellents containing lavender oil as one of the ingredients.

Lemon

The health benefits of lemon oil can be attributed to its stimulating, calming, carminative, anti-infection, astringent, detoxifying, antiseptic, disinfectant, sleep inducing, and antifungal properties. The benefits of lemon oil include its ability to treat stress disorders, fever, infections, asthma, obesity, insomnia, skin disorders, hair conditions, stomach problems and tiredness.



Lemon oil is a good remedy for increasing the luster of dull skin. It is astringent and detoxifying in nature, and rejuvenates sagging or tired-looking skin. Its antiseptic properties help in treating pimples and various skin disorders. Lemon is also recommended for reducing excessive oil on the skin.

Lemon oil blends well with many other essential oils including lavender, rose oil, neroli, sandalwood oil, geranium, ylang, tea tree.

Lemongrass



The health benefits of Lemongrass Essential Oil can be attributed to its many beneficial properties as an analgesic, antidepressant, antimicrobial, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, diuretic, febrifuge, fungicidal, galactagogue, insecticidal, nervine, sedative and tonic substance.

Lemongrass oil has been widely praised by people around the world due to its analgesic, antimicrobial, diuretic, astringent and nervine effects.

It can help to relieve pain, boost mood, protect the integrity of the immune system, speed up wound healing, stop excessive bleeding, prevent body odor, detoxify the body and stimulate the production of milk for breastfeeding women.

Lemongrass Essential Oil combines beautifully with the essential oils of Basil, Cedar Wood, Coriander, Geranium, Jasmine, Lavender, Lavandin and Tea Tree.

Lime



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Limes, like lemons, are full of antioxidants and other beneficial nutrients. Lime essential oil can cure infections, protect against their development, and also contains antiseptic properties. More specifically, it can prevent tetanus if you are wounded by something made of iron. When externally applied, lime oil can cure infections on the skin and in wounds. This essential oil helps to fight and protect against viral infections which may cause the common cold, mumps, measles, pox and other similar diseases.



Lime essential oil blends well with the essential oils of Clary Sage, Lavender, Neroli and Ylang-Ylang oils.

Orange



The scent of orange essential oil has a calming, anti-depressive effect. The aroma was found to produce effects similar to lavender oil. Orange essential oil has also been used for centuries as a treatment to alleviate acne, dermatitis and eczema. Orange essential oil's antiseptic properties also kills microbes and exhibits positive antibacterial effects.

Being a citrus oil, it blends well with other citrus essential oils. Other than those citrus oils, it also blends well with

Cinnamon, Cloves, Frankincense, Ginger, Black Pepper, Sandal Wood and Vetiver.

Patchouli Oil

Patchouli is a musty, sweet, spicy, heavy scent. It is relaxing, uplifting, soothing and is believed to be an aphrodisiac. It is great for acne, inflamed, cracked or mature skin. Patchouli aids in treatment of oily skin, hair, scalp disorders, eczema, and wrinkles. The health benefits of Patchouli Essential Oil can be attributed to its properties as an antidepressant, antiphlogistic, antiseptic, aphrodisiac, astringent, cicatrizing, cytophylactic, deodorant, diuretic, febrifuge, fungicide, insecticide, sedative and tonic substance.



Patchouli Essential Oil blends well with essential oils of Bergamot, Clary Sage, Geranium, Lavender and Myrrh.

Peppermint Oil



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Peppermint oil has been cultivated since ancient times. Peppermint is a cross between watermint and spearmint and is native to Europe. The peppermint essential oil tingles the body and clears the mind. It contains numerous minerals and nutrients including manganese, iron, magnesium, calcium, folate, potassium, and copper. It also contains omega-3 fatty acids, Vitamin A and Vitamin C.

Pine

The health benefits of pine essential oil include its ability to reduce inflammation and associated redness, protect against sinus infections, clear mucus and phlegm, cure skin conditions like eczema and psoriasis, boost the immune system, fight fungal and viral infections, stimulate the mind and body, and protecting your home and body from a wide variety of germs.



The numerous health benefits of pine essential oil have made it one of the most important essential oils used in aromatherapy. Pine essential oil blends well with many other oils including cedar wood, rosemary, lavender, sage, labdanum, and juniper, and therefore, it can be widely used in making aromatherapy preparations. It has a very low toxicity for humans, so it is one of the safer essential oils, although some people are sensitive and can suffer from mild respiratory irritation when inhaling too much of this powerful oil.

Rosemary



Rosemary oil is one of the most popular essential oils for its wide array of health benefits. It has become increasingly important and popular over the years as more of its various health benefits have become understood, including its ability to stimulate hair growth, boost mental activity, relieve respiratory problems and reduce pain.

Rosemary has antimicrobial and antiseptic qualities that make it beneficial in efforts to eliminate eczema, dermatitis, oily skin, and acne. Topical application of the essential oil, or regular massage with the oil helps in toning your skin and removing dryness. It can also give your skin a healthy, even glow when regularly applied.

Spearmint



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Because of its menthol content, spearmint oil is often used in aromatherapy to help alleviate fatigue, headaches, migraines, and nervousness. Spearmint oil can induce relaxation and can cool you off by reducing your body temperature. With its antispasmodic properties, spearmint oil can help relieve muscle pain and even abdominal pain due to menstruation. This oil can ward off mosquitoes and other insects. It is often added to insect repellents, creams, mats, and fumigants. It is commonly mixed with other herbs like jasmine, lavender,

bergamot, and sandalwood.

Tee Tree Oil

The health benefits of Tea Tree Essential Oil can be attributed to its properties as an antibacterial, antimicrobial, antiseptic, antiviral, balsamic, cicatrizing, expectorant, fungicide, insecticide, stimulant and sudorific substance.

Those who apply tea tree oil for acne treatments often see a dramatic improvement in their skin. Tea Tree oil is a very powerful immune stimulant, helping to fight infections and promote clear skin. Its scent is described as fresh, warm, spicy, medicinal and pungent. Tea Tree Oil is a natural antiseptic, bactericide, fungicide and anti-viral with anesthetic qualities.

Unlike most other antiseptic preparations, Tea Tree Oil can be used daily without causing an imbalance in the natural bacterial flora on the skin. It has been used by the Australian Aborigines since the beginning of time for acne, oily skin, rashes, various infections, fungal diseases, dandruff, and itchy scalp. In World War II Tea Tree oil was issued to each soldier and sailor as part of their field kit to treat tropical infections and infected wounds.

This Essential Oil blends well with Cinnamon, Clary Sage, Clove, Geranium, Lavender, Lemon, Myrrh, Nutmeg, Rosewood, Rosemary and Thyme essential oils.



Vanilla Essential Oil



The Essential Oil of Vanilla is extracted by solvent extraction of a resinous substance obtained from fermented Vanilla beans. Vanilla Essential Oil can be attributed to its properties like anti-oxidant, aphrodisiac, anti-carcinogenic, febrifuge, anti-depressant, sedative, tranquilizing and relaxing.



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Available Soaps and sizes

We carry facial bars that run about 2.25-3 ounces, gift set bars that run about 2.25 to 3 ounces, and body bars that range from 4.5 to 6 ounces.

We offer the following soaps on a continuous bases, but have seasonal bars available throughout the year, so make sure to check our website!

Zesty Citrus

Packed full of essential oils to ward off mosquitoes, fleas and ticks, this soap is simply wonderful. Made with Lemongrass, Eucalyptus, Sweet Orange, Spearmint and Cinnamon. Mica colorants of Titanium dioxide and Tangerine Wow are used in a swirl pattern to give it a simple yet inviting appearance.



Wilderness



Combining Cedar wood, Pine, Bergamot, Rosemary, Lemongrass, and Patchouli make this soap nothing short of a forest in your hands. Lemongrass acts as a tick and bug repellent while the remaining oils work together to create a natural smell to cover up your own scent while out on the hunt! Great for outdoorsmen who practice scent cover-up. Contains Brown and green oxide powders.

Scent of 'Murica

If you are one of those people who like Drakkar Noir cologne and/or Yankee Candle's Midsummer night, then this is the bar for you! Sporting Red, White and Blue mica powders for that Patriotic appearance, it contains the actual "Midsummer Night" fragrance mix! Nothing short of amazing!





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Cucumber Mint



This simple soap which is great for shaving, tightening facial skin, or simply leaving you feeling fresh and clean, it is made using cold-pressed cucumbers and a light combination of peppermint and spearmint, to help soothe the skin and provide a barrier to insects.

Tea Tree Peppermint with Basil

Harnessing the amazing benefits of Tea Tree oil, combining with Peppermint to deliver a clean, soothing soap that is great for the skin and fights acne. The sweet anise-scent of Basil provides a nice compliment to the minty freshness while exfoliating the skin.



Cinnamon Pine



Pine Tar and Cinnamon - what more could you ask for? Pine helps prevent oxidative stress in your skin and helps to keep your skin looking young and wrinkle-free by eliminating free radicals. Furthermore, it helps to speed the healing process and reduces the appearance of blemishes and scars, even from skin conditions like acne. In terms of your hair, it helps give a rich luster to your locks and prevent hair loss and dandruff. All that combines with Cinnamon's antibacterial, antifungal, anti-inflammatory, and antimicrobial properties, this bar will surely leave you clean and refreshed.

Lavender

Do you just need to relax? Perhaps you have a lot of stress and need a calming, relaxing bath while providing antibacterial properties to your skin while deeply moisturizing and nourishing your body. This soap will provide just the release you need!





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Cedar and Sage



Clary sage and cedar wood come together to solve all your skin condition issues. From acne to eczema, this soap with provide the gently relief you seek while nourishing your skin with vitamins.

Eucalyptus

Eucalyptus and Spearmint combine to provide a soothing bar to help clear the chest of that unwanted congestion, sooth that sore throat, and provide some relief to your aching body. Reminiscent of Vicks Vapor rub, this soap is just what the doctor ordered! Gentle enough for infants, strong enough for a sick man, this soap brings the relief you need.



Beach Breezes



Made from 45% coconut oil, 35% olive oil, 10% palm kernel flakes, and 10% Shea butter, this soap is exactly what your skin desires! Complex, sophisticated fragrances produce a light Ocean-type scent. It has top notes of Bergamot and Cyclamen (a flower with a "white" scent) a light Melon and Cantaloupe, middle notes of Lilac, Jasmine and Lily of the Valley and rounds down to the mellow notes of Cedarwood, Sandalwood and Musk. The result is nothing short of sitting on a beach. This bar

with also nourish your skin with vitamins while providing antibacterial, antifungal, anti-inflammatory, and antimicrobial protection.

Leprechaun Tears

If you are a fan of Irish Spring, then here is your bar. Combining Rosemary, lemongrass, rose-geranium, and lavender, this bar revitalizes, replenishes, nourishes, and adds protection from insects, all in one great-smelling bar.





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Candy Cane Christmas



Peppermint, Spearmint and a gentle hint of Pine! Nothing like Christmas in a soap - year round!

All Natural

If you have sensitive skin, don't like overpowering scents, or don't like putting anything on your skin that isn't completely natural, then this is the bar for you. Made only with Coconut and Olive oil, this bar provides cleaning power and gentle moisturizing without any additives - including essential oils. Simplicity at its best!



Vanilla Coffee



Rich Vanilla, gentle olive oil, cleansing coconut oil and exfoliating Columbian coffee grounds come together in pure harmony to provide you a shower treat! Gently remove dead skin cells and germs while nourishing your skin with Vitamin A, C and E. You will smell good enough to eat!

Coconut-Lime Lavender

Gentle olive oil, cleansing coconut oil, rich coconut fragrance, Sweet lime, and the calming scent of Lavender all come together to create ecstasy.





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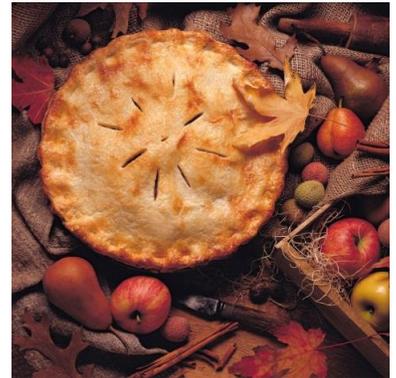
Dandelion Lemongrass with Oatmeal



Olive oil infused with Dandelion in addition to Dandelion Tea, mixed with the power of Lemongrass create a smooth creamy smelling soap that will repel bugs and restore moisture to your skin. Containing ground oatmeal, this bar gently exfoliates dirt and dead skin to allow nutrients to be restored.

Cinnamon Apple Pie

This soap is very seasonal and has a complex fragrance of apples, allspice, cinnamon and sugar. Perfect for the Christmas spirit!



Santa's Spruce



This soap has a glorious blend of sugar and blue spruce. It is clean, crisp and refreshing without resorting to the traditional 'pine' scent. The blue spruce adds a wondrous outdoors element.

Sleigh Ride

Designed to mimic the feeling of peace and tranquility after a fresh snowfall, this fragrance is very ozone-y, reminiscent of clean laundry or fresh cotton. The actual notes however are intriguing; this fragrance has a crisp heliotrope top with supporting notes of spring water, juniper berry, vetyver and sandalwood.





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Peppered Bacon Bourbon Whiskey



Smelling like smoked pork drippings straight from the barbeque mixed with Kentucky bourbon, then with activated charcoal, you simply cannot find a more manly bar of soap. Nothing is too tough for this bar. It will clean dirt, grease, grime, damn near anything off of you. Just be careful walking in the woods, you might become a tasty meal for a bear!



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Misconceptions about Soap

Lye soap is unsafe

The process of making soap can be dangerous because lye is used to create soap. Lye is very caustic and create some serious burns if not properly managed. When lye and fat - tallow, olive oil, or coconut oil, for example, are combined in proper proportions, a chemical reaction called saponification occurs. The end result is soap plus glycerin. (Glycerin is often removed from factory produced soaps which is why soap is often drying to the skin). When properly prepared and cured for several weeks, no lye remains in the final product.

Body oils need to be removed in order to have clean skin.

Our bodies create oils that help clean the pores in our skin and guard against germs and dehydration. Using harsh cleansers that strip away natural oils may actually cause more harm than good. The goal of skin cleansing, is to remove dirt and grime, sweat, and harmful bacteria.

Antibacterial soap is better than regular soap

According to Wikipedia: "A comprehensive analysis from the University of Michigan School of Public Health indicated that plain soaps are just as effective as consumer-grade antibacterial soaps with triclosan in preventing illness and removing bacteria from the hands." This is due to the fact that in order for antibacterial soaps to actually kill microbes, the antibacterial additive must be in contact with the germs for a minimum of 20 seconds. Without that sustained contact, you actually increase the resistance of the germs to the antibacterial.

Soap can be made without lye

No lye = no soap. Sorry, but unless Sodium dioxide or Potassium dioxide is used, you simply have a bar (or liquid) with oils, lathering agents, chemicals, and detergents- synthetic cleansers often made with petroleum products, and harsh cleaning agents.

Questions and Answers

Q: What is soap?

A: Soaps are sodium or potassium salts of long chain fatty acids created by saponification.

Q: What is Saponification?

A: Saponification is the alkaline hydrolysis of triglycerides in fat/oil by introducing an aqueous solution of either sodium hydroxide or potassium hydroxide. Thru a complex chemical reaction, glycerol and salt are created, otherwise known as a bar of moisturizing soap.



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Q: Why do you use several oils and/or butters in the soap?

A: There are many benefits to use several oils, from hardness in the bar to conditioning, to lathering, to moisturizing. Limiting soap to just one oil is fine, but combining oils allows for a bar with many desirable characteristics.

Q: I thought using Palm oil is bad because of deforestation or something. Why do you use it?

A: Palm oil, an ingredient found in many everyday food and cosmetic products, is contributing to the rapid destruction of rainforests, destroying critical habitat for many endangered species, including rhinos, elephants and tigers. Orangutan habitat in Sumatra and Borneo is being cleared at an alarming rate for conversion to oil palm plantations. On Sumatra there is now more than 4 times as much land cultivated with oil palms as there is orangutan habitat remaining.

Palm oil is the most productive oil crop in the world. So much more land would need to be sacrificed if companies switched to using an alternative. For example, it would take up to 10 times as much land to produce the same amount of soybean oil. Also, boycotting palm oil could drive the price down. It would then become more attractive for biofuels and livestock feed, and possibly lead to increased demand, especially in India and China, the biggest importers of palm oil. That is why Southern Tier Outpost uses Palm oil from sustainable Palm Oil Sources.



Sustainable palm oil is an approach to oil palm agriculture that aims to produce palm oil without causing deforestation or harming people. ... The RSPO is a not-for-profit organization that aims to unite stakeholders from all sectors of the palm oil industry, including environmental and social NGOs.

Q: What is Canola oil?

A: Canola oil is the healthiest of all commonly used cooking oils. It is lowest in saturated fat, high in cholesterol-lowering mono-unsaturated fat and the best source of omega-3 fats of all popular oils. Canola oil comes from pressed canola seed. The seed is harvested from pods that are formed after those beautiful yellow flowers fade away.

Q: Is Canola oil genetically modified?

A: Canola was developed using traditional plant breeding techniques. However, about 80% of the canola grown in Canada has now been modified to make it tolerant to some herbicides. The modification has been made to only one canola gene and it is a protein. Processing removes all proteins from canola oil. That means canola oil made from GM seed is conventional canola oil.

Q: Is Canola oil safe?

A: Yes. Before being approved for food use, canola oil was required to go through stringent animal feeding trials to ensure it was a safe edible oil. A great deal of research has shown the benefits of incorporating canola oil into human diets.



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