



Simply Wholesome Soaps

www.SimplyWholesomeSoaps.com 419.270.8755

Products & Prices

All Weights are Approximate



Tallow Soaps: GBT/Grassfed Beef

Cost

1. **100% Simply Tallow** ~ Grassfed Beef Tallow (GBT), No/EO, w/wo (infused oil)..... **5oz/\$10 * 2.7/\$5**
2. a. **Tallow** ~ GBT, Coconut, Olive & Castor Oils, w/wo EO **5oz/\$8 * 2.7oz/\$5**
b. **Feather Tallow** ~ GBT, Coconut, Olive & Castor Oils, natural colors, w/wo EO..... **5oz/ \$10**
3. a. **Coconut Oil Free/COF Tallow** ~ GBT, Babassu, Olive & Castor Oils **5oz/\$10 * 2.9oz/\$6**
b. **Coconut Oil Free/COF Avocado Tallow** ~ GBT, Babassu, Avocado, Castor Oils & Avocado Butter, EO ~ Morocco Rosemary & Clary Sage **4oz \$9**
4. **CalendulaTallow** ~GBT, Aloe Butter, (Calendula infused)Coconut, Olive & Jojoba Oils **4oz/ \$12 * 3oz/\$10**
w/wo EO, w/wo clay
5. **Face Soap** ~ (GBT), Babassu, Olive, Jojoba (infused w/Calendula), Rosehip & Castor Oil..... **1oz/\$3**
6.
7. **Chocolate Milk Tallow or Triple Choc Milk** ~ GBT, Coconut, Olive, Castor Oils, Shea/Cocoa Butter, Goat Milk**5oz/\$12 * 2.5oz/\$7**

Vegan Soaps

- 8.a. **Gentle Shea w/Pink French Clay** ~ Shea Butter, Coconut, Olive & Castor Oils, EO ~ Pink Grapefruit**3.4oz/\$10**
b. **Gentle Shea** ~ no clay, w/wo EO ~ Shea Butter, Coconut, Olive & Castor Oils **2.6oz \$6**
- 9.a. **MangoTango**~Shea & MangoButter, Coconut, Olive & Castor Oil,EO/Litsea Cubeba & Lavender..... **3.5oz/\$10**
b. **Coconut Oil Free/COF Mango Tango** ~ Babassu, Mango Butter, Apricot & Castor Oil
10. **Let's Dance the Twist** ~ Shea, Mango & Aloe Butter, Olive Coconut & Castor Oils
EO ~ Five Fold Orange & Tangerine, Blood Orange & Grapefruit..... **2.8 oz/\$8**
11. **Hugs & Kisses** ~ Shea, Mango, Avocado Butter, Coconut, Avocado & Castor Oil **3oz/\$8**
12. **Friendship** ~ Cocoa & Shea Butter, Coconut, Olive, Sunflower, Hemp & Castor Oil, EO ~ Lemongrass **4oz/\$8**

Baby Soap

13. **Sweet Almond Baby** ~ Shea Butter, Babassu, Olive & Sweet Almond Oils **2oz/\$4**
Newborn & up , always test on babies wrist or ankles.

Shampoo Bars

- 14.a. **Rosemary Mint** ~ GBT, Babassu, Olive, Castor & Jojoba Oils, Bentonite Clay..... **4oz/\$9 * 3oz/\$7**
(Rosemary & Peppermint infused). (EO ~ Rosemary & Peppermint)
- b. (Erica's RM) w/o Clay & w/o EO **4oz/\$9 * 3oz/\$7**
15. a. **The Bee's Knees** ~ Babassu, Olive, Castor Oils, Shea Butter & Beeswax..... **2.5oz/\$7 * 1.2oz/\$4**
EO ~ Spearmint & Peppermint
- b. (Erica's BK) w/o EO **2.5oz/\$7 * 1.2oz/\$4**
16. **Shampoooodle /Dog Shampoo**~ GFB Tallow, Olive(Rosemary Infused), Castor Oil & Goat Milk, EO/Rosemary/Peppermint/Spearmint, (Paw/Round/Bone/Rect.)..... **.7oz/\$2 * 4oz/\$8 * 4.8oz/\$9 * 5oz/\$10**

Dish Soap

17. **Dish Soap Puck** ~ GBT, Coconut & Castor Oils, EO ~ Tangerine or Lemon..... **3oz/\$4**

Sensitive Skin Soap

18. **Sensitive Skin Soap** ~ Shea Butter, Babassu, Olive, Sweet Almond & Castor Oil..... **4oz/\$8**
(Infused with Elderflower & Calendula)
19.

Poison Ivy/After Gardening Soap

- 20 a. **Poison Ivy/Gardening Soap** ~ GFB Tallow, Babassu, Olive & Castor Oil & Shea Butter, (infused with Plantain, Comfrey, Marshmallow, Dandelion, Echinacea & Calendula)..... **2oz/\$7 * 3oz/\$8**
- b. **Camping Kit** ~ 2oz(\$7) Poison Ivy/Gardening Soap & 1oz (\$5)Plantain Balm **\$10**

All Soaps safe for ~ Face to Feet

Faithfully Crafted ~ Naturally Pure ~ Handmade by scratch/Neapolis, Ohio by Kathy Fogo

Office Hours: (Mon. thru Fri.) 9am to 5pm ~ Free Porch Pick-up or Shipping available.

Some products are available in the (Vintage Treasures Store), 24122 Front St., Grand Rapids, Ohio.

SimplyWholesomeSoaps.com

419.270.8755

#24 **SWS Lip Balm** **\$3**

Beeswax, (Coconut or Babassu)/Olive/Hemp/Raspberry Oil,
Shea & Cocoa Butter, Peppermint EO

		a/.5 oz	b/1oz	c/2oz	d/3oz	e/4oz
#25	Sun Protection/Sun Block	\$4	\$7	\$12	\$16	\$20
GFB Tallow, Shea Butter, Olive, Raspberry & Carrot Oil, Non-Nano Zinc & Beeswax						

#25 f. Sun Block Kit (1oz Sun Block (\$7) & 1 Lip Balm (\$3)/ Cost \$9

Whipped Body Butter

Mango BB: Mango, Avocado & Cocoa Butter, Jojoba & Apricot Oil

Tallow BB: GFB Tallow, Jojoba & Apricot Oil

		a/.5oz	b/1oz	c/1.5oz	d/2oz
#26	Mango BB	\$4	\$8	\$12	\$15
#27	Tallow BB	\$4	\$8	\$12	\$15

Moisturizing Balms

Tallow: GFB Tallow, Jojoba & Apricot Oil

		a/0.5oz	b/1oz	c/2oz	d/3oz	e/4oz
#29	Tallow Balm (Tin)	\$4	\$7	\$10	\$14	<del></del>
#30	Tallow Balm (Glass)	<del></del>	\$8	\$11	\$15	\$20

Accessories

#50	Bamboo Dish Brush	\$3.50
#51	Bamboo Soap Dish Holder Round/Square	\$3
#52	Bamboo Soap Dish Holder Slanted	\$6
#53	Natural Compostable Sponges	\$1
#54	Loofa Bags	\$1
#55	Alderwood Soap Dish- made in the USA	\$4
#56	Acacia Soap Dish- made in the USA	\$4
#57	Poplar Round Soap Dish- USA	\$4
#58	Soap Saver Pad	\$1



SimplyWholesomeSoaps.com

419.270.8755

SimplyWholesomeSoaps@gmail.com



Healing & Moisturizing Balms

Plantain: Aloe Vera Oil, Plantain, Echinacea Root, Lavender Leaf, Beeswax, EO (Tea Tree, Frankincense /Myrrh & Clove)

Healing Balm Plus: Aloe Vera Oil, Plantain, Comfrey, Dandelion, Calendula, Echinacea, Marshmallow, Yarrow, Beeswax, EO Tea Tree, Frank & Myrrh, Clove & Lavender)

Comfrey Balm: Jojoba & Apricot Oil, Comfrey, Lemon Balm, Frankincense Resin, Cottonwood Bud & Beeswax

Cayenne Pain Balm: Olive & Apricot Oil, Cayenne, Comfrey, Dandelion, Lemon Balm, Beeswax, EO (Clove, Lavender, Peppermint)

		a/.5 oz	b/1oz	c/2oz	d/3oz
#31	Plantain Balm	\$3	\$5	\$10	\$12
#32	Healing Balm Plus	\$4	\$7	\$12	\$15
#33	Comfrey Balm	\$3	\$5	\$10	\$12
#34	Cayenne Pain Balm	\$2	\$3	\$5	\$7

About the Healing Balms (Healing Balm Plus, Comfrey, Plantain & Cayenne)

These herbs and oils are a Vulnerary, meaning they help bring about healing wounds & inflammation. They are anti-inflammatory, anti-microbial, drawing, an astringent... I grow & use my own organic Comfrey & Plantain, as well as other flowers & herbs used in my balms and locally sourced ingredients when I can (Beeswax...).

Use For :

Insect Bites, Stings, Scratches, Spider bites, Snake bites (Healing Balm Plus), Surface Bruising or Wounds, Swelling, (Fractures/Comfrey Balm), Pain, Inflammation, Splinters, Muscles, Joints, Scars, Acne/Pimples, Cuts, Arthritis, Eczema, Psoriasis, Rashes/Diaper Rash, Poison Ivy/Poison Oak, Sunburns, Burns, ...

Testimony: I put some **Plantain Balm** on exposed skin, including my face, before I go outside, so if I'm bit or scratched... the medicine is already there to start the healing process. If I don't have any on, I find a plantain leaf (found in most any lawn, field...), chew it up if the area is *organic, no spray...* & make a spit poultice, it works masterfully. Research how to spot a plantain plant. I've put PB on poison ivy with blisters, covered it and the next day it was completely gone, as if it was never there, itching stopped totally in about 15 min after applying.

****Do not put (Healing Balm Plus or Comfrey Balm) on a very deep puncture wound, (like a stab wound), because they both contain (Comfrey). Comfrey is the Champion of wound healers & it may cause rapid external healing that may trap infection inside the wound****

****Plantain Balm CAN BE put on a deep puncture wound.****

Cayenne Balm ~ is an analgesic, blocking the pain signal to the brain. The heat can bring relief to aches/pains, arthritic joints, rheumatic pain, neurological pain, headaches, bumps bruises... **It can cause a sensation that feels like a burn, BUT it's a chemical sensation from capsaicin, NOT an actual thermal burn or tissue damage.**

My main source of information & some ingredients come from Dr. Patric Jones, The Homegrown Herbalist, (<https://homegrownherbalist.net>) plus many other's articles, books & videos.

Faithfully Crafted, Naturally Pure — Handmade in Neapolis, Ohio — by Kathy Fogo

DSMO (Liquid) – Pain Reliever.../Makes Balms More Potent! a/1oz b/2oz c/4oz Refill

#35	25% DSMO/5% Magnesium & Boron (Face)	\$3	\$6	\$11
#36	60% DSMO/40% Magnesium & Boron (Body)	\$4	\$8	\$15
#37	60% DMSO/40%Mag & Boron Rollerball (3.5oz) \$12			
#38	70% DMSO/30% Magnesium & Boron (Body)	4oz \$16	8oz \$32	16oz \$55

DMSO (Gel) 70% – Pain Reliever.../Makes Balms More Potent! 2oz 3.5oz

#39a	70% DMSO Gel/30% Magnesium/2% Boron Glass Rollerball Container w/Gemstone Rollerball	\$25	
#39b	70% DMSO Gel/30% Magnesium/2% Boron Glass Rollerball Container w/Plastic Rollerball	\$15	
#39c	70% DMSO Gel/30% Magnesium/2% Boron Plastic Rollerball Container w/Plastic Rollerball		\$18

DMSO ~ Makes Balms more Potent! (Excellent book, Healing with DMSO by Amandha Vollmer)

On its own DMSO is a Powerful Pain Reliever, an anti-inflammatory, anti-aging, antimicrobial, cellular protection...

Promotes healing in wounds, muscles, joints, diabetic foot ulcers, arthritis, burns, helps drain edema, headaches...

DMSO passes through the skin barrier, carrying the healing ingredients of a balm deeper into muscle, joints & cells, for a stronger more potent effect. Make sure that you are using a natural, toxin-free balm when combining it with DMSO like Simply Wholesome Balms, because of its ability to go deep into your body.

Directions for using (DMSO alone or w/a Simply Wholesome Healing Balm), such as Cayenne, Comfrey, Healing Balm Plus or Plantain Balm.

Do Not use DMSO on a Sting, Bite, Poison Ivy... it can drive the irritation deeper into tissue. Just use one of my healing balms.

1. Apply a thin layer of DMSO to clean skin, above, below & on the target area.
2. Rub a thin layer of balm over the DMSO. It will take a minute or 2 for it to absorb. Wipe off any excess that remains after a good 5 min, to avoid getting on your clothes...
3. DMSO can be applied as needed, up to 4 times a day.

It is recommended to pause DMSO for 2 days after using it heavily on much of the body for 5 straight days before starting it up again, if needed. If not used heavily, a 2 day break a month is sufficient.

Balms can be used without pausing



The 3 Musketeers

DMSO/Magnesium & Boron {Pain Relief...}

The 3 work together for better absorption of minerals/balms... & carries healing deep into the tissues of muscles, bone,

Grassfed Beef Tallow is used in many of my Soaps/Balms/Sunscreen... (Locally Sourced)

* Tallow * is most commonly from the fat/suet surrounding the organs of a cow.

* Tallow * is beloved by skin because its fatty acid profile almost perfectly mimics human sebum/skin oil, making it highly biocompatible, easily absorbed & deeply moisturizing w/o disrupting the skin barrier. Anti-Aging, rich in vitamins A, D, E, & K, it supports cellular regeneration, reduces inflammation & creates a protective barrier that seals in moisture.

Disclaimer:

The information shared through Simply Wholesome Soaps is for educational purposes only. I, Kathy Fogo, am not a doctor, nor is it my intention to prescribe or claim that any product is a cure. My heart is to share choices, personal experiences & my wholesome products, so that you may be encouraged and equipped to care for yourself and your family.

Simply Wholesome Soaps Products are:

Faithfully Crafted, Naturally Pure — Handmade in Neapolis, Ohio by Kathy Fogo

SimplyWholesomeSoaps.com, (419) 270.8755

SimplyWholesomeSoaps@gmail.com or Facebook