

Why Her Homemade *Soaps & Lotions* Matter

Sydney Caylor Pours Her Heart, Soul
and Hemp Oil into Each Bar and Balm

By Brooke Allen

Sydney Caylor was “tired” of beauty companies using misleading marketing terms, such as “natural,” so she decided to form her own soap company, Body, Soul and Soap. Her company uses ingredients without “sulfates, metals, dyes, alcohol and other unnecessary chemicals.”

With the lack of government regulation regarding beauty products, Caylor said she wants to bring awareness to this issue.

“I want others to know that when they use my products, they can have complete peace of mind knowing there are no unnecessary or harmful chemicals in any product I make,” she said.

Hemp seed oil is the main ingredient in many of her products, including her soaps, scrubs, serums and lotions. “Hemp seed oil is full of omegas and fatty acids that feed your skin vital nutrients it craves,” Caylor said. According to Caylor, hemp seed oil is also beneficial for acne-prone skin, aging skin and skin conditions like eczema and psoriasis.

It took her a year to formulate the perfect recipes that she would feel “100 percent comfortable knowing loved ones and friends would be using it.” She added, “I never thought I could really run a business, but I did it! I truly believe in my products and the ingredients I put in them and that keeps me motivated to keep up the work and become a better business woman.”

Here is a review of some of her products:



Activated Charcoal Soap Bar

Activated charcoal has always been this kind of weird, foreign ingredient to me. I'm not too familiar with its benefits, so I was excited to actually try a product with this "mysterious" ingredient. According to Beauty, Soul and Soap, activated charcoal removes dirt, oil and toxins from pores. I can't say for sure it did all that, but my body did feel squeaky clean after using this bar. This is a great soap for people who sweat a lot and feel like they need extra help when removing dirt. ***This bar is \$8.***



Pink Salt Peppermint Scrub

Make sure you're a big fan of peppermint oil before purchasing this because it packs a strong fragrance. This scrub will leave your body smelling of peppermint for a good while, which I enjoyed. The peppermint also felt tingly, which was interesting. The scrub also has dead sea salt, pink Himalayan salt and sugar, so all of these exfoliants really help get rid of dead skin. This scrub left me feeling oily after washing, but in a good way — I felt moisturized. ***This scrub is \$15.***



Relaxing Lavender Soap Bar

This smells heavenly — I'm a big sucker for anything with lavender. This bar features hemp, olive, coconut and palm oil as the main ingredients. Not only does it smell great, but it also has a nice lather and leaves your skin feeling nourished. A lot of soaps will make my skin feel tight, but this left my skin feeling amazing. This was by far my favorite soap. I loved the subtle scent as well. ***This bar is \$8.***