



The Benefits of Goat Milk Soap

Goat milk soap is exactly what it sounds like — soap made from [goat's milk](#). It has recently gained popularity but using goat milk and other fats for cosmetics and soaps stems back thousands of years.

In most soaps, lye is made by combining water and sodium hydroxide. However, when making goat milk soap, goat milk is used instead of water, allowing for a creamier consistency due to naturally occurring fats.

Goat milk is rich in both saturated and unsaturated fats, making it ideal for soap production. Saturated fats increase a soap's lather — or production of bubbles — while unsaturated fats provide moisturizing and nourishing properties. Additionally, other plant-based oils like olive or coconut oil can be used in goat milk soap to further increase the content of healthy, nourishing fats. Goat milk soap has several beneficial characteristics that can help keep your skin looking and feeling great.

Just Jameen sells Goat Milk Soap and along with natural oils and your choice of scent. We create a 4 oz massage bar or a two-disc travel pack. We created a Honey oatmeal soap that is local honey and real oatmeal in the goat milk bar. To see what we offer visit us at <http`s://justjameen.com/#!/Goat-Milk-Soap/c/125382353>

Gentle cleanser

Most commercially made soaps contain harsh surfactants that can strip your skin of natural moisture and oils, leaving it feeling dry and tight.

To maintain your skin's natural moisture, it is best to use products that do not remove the natural fats in the skin barrier.

Goat milk soap boasts high amounts of fats, particularly [caprylic acid](#), allowing for gentle removal of dirt and debris without removing the skin's natural fatty acids.

Rich in nutrients

Goat milk is rich in fatty acids and cholesterol, which make up a substantial portion of the skin membrane. A lack of these components in your skin can lead to dryness and irritation.

Furthermore, the milk is a good source of vitamin A, a [fat-soluble vitamin](#) shown to have anti-aging properties.

Finally, it's a good source of [selenium](#), a mineral shown to support a healthy skin membrane. It may even improve psoriasis symptoms like dry skin.

However, nutrient levels in goat milk soap depend on the amount of milk added during production, which is usually proprietary information. Moreover, it is difficult to know how effective these nutrients are due to a lack of research.

May improve dry skin

Dry skin — known as [xerosis](#) — is a condition caused by low water levels in the skin.

Normally, your skin's lipid barrier slows moisture loss. That is why low lipid levels can lead to excess moisture loss and dry, irritated, and tight skin.

People with certain dry skin conditions, namely psoriasis and eczema, often have lower levels of lipids, such as cholesterol, ceramides, and fatty acids, in the skin.

To improve dry skin, the lipid barrier must be restored and rehydrated. Goat milk soap's high cholesterol and fatty acid levels may replace missing fats while providing moisture to allow for better water retention.

Additionally, the use of harsh soaps can strip the skin of its natural moisture, which can worsen dry skin. Using a gentle, [fat-rich soap](#) like goat milk soap can support and replenish the skin's moisture.

Natural exfoliant

Goat milk soap contains compounds that may exfoliate your skin.

[Alpha-hydroxy acids \(AHAs\)](#) are used to treat a variety of skin conditions, such as scars, age spots, and hyperpigmentation, due to their natural ability to exfoliate.

Lactic acid, a naturally occurring AHA found in goat milk soap, has been shown to gently remove the top layer of dead skin cells, allowing for a more youthful complexion.

What is more, lactic acid is known as one of the gentlest AHAs, making it a suitable option for those with sensitive skin.

However, the amount of AHAs in goat milk soap remains unknown, making it difficult to know how effective it is at exfoliating the skin. Therefore, more research is needed.

Supports a healthy skin microbiome

Goat milk soap may support a healthy skin microbiome — the collection of healthy bacteria on your skin's surface.

Due to its gentle dirt-removing properties, it does not strip your skin's natural lipids or healthy bacteria. Maintaining your skin's microbiome improves its barrier against pathogens, potentially preventing various skin disorders like acne and eczema.

Moreover, goat milk contains probiotics like *Lactobacillus*, which is responsible for producing lactic acid. It has been shown to have anti-inflammatory effects in the body, including the skin.

However, no research is available on goat milk soap and the skin microbiome, so studies are needed. Nonetheless, using this soap will be a better alternative than soap made with strong and harsh surfactants that strip the skin's natural barrier.

May prevent acne

Due to its lactic acid content, goat milk soap may help control or prevent acne.

Lactic acid is a natural exfoliant that gently removes dead skin cells, which helps prevent acne by keeping pores clear of dirt, oil, and excess sebum.

Moreover, goat milk soap is gentle and may help maintain the skin's moisture. This is unlike many face cleansers containing harsh ingredients that can dry out the skin, potentially leading to excess oil production and clogged pores.

Although promising, treatment for acne varies from person to person. Therefore, consult your dermatologist or other healthcare professional to ensure you are using the best product for your skin.

Goat milk soap is a gentle cleanser rich in fatty acids that can help support a healthy skin barrier to keep skin nourished and moisturized. Moreover, its high lactic acid content may help exfoliate the skin, which may benefit those with acne.

Goat milk soap is a gentle, traditional soap with many potential benefits.

Its creaminess lends well to conditions like eczema, psoriasis, and dry skin, as it keeps skin nourished and hydrated thanks to its non-stripping properties.

Moreover, this soap may help keep your skin youthful and acne-free due to its content of exfoliating lactic acid, although more research is needed.

If you are looking for a soap that is not harsh and keeps your skin healthy, goat milk soap may be worth a try.

What is Goat Milk Soap?

Goat Milk Soap is a natural, toxin-free alternative to traditional soaps. Our Goat Milk Soap is made from simple ingredients - the first being raw goat milk. Traditional soaps typically have a lengthy list of ingredients with the first being water.

Many people are still washing their skin with soap made with water. We believe more people would switch to Goat Milk Soap if they only knew it is amazing, nourishing benefits! Making the switch to soap made with raw goat milk can truly help balance your skin's health. Goat Milk Soap is wonderful for people with dry or sensitive skin, or conditions such as eczema and psoriasis. It is also perfect for healthy skin that wants to stay that way. Unprocessed, raw goat milk fresh from the farm contains powerful benefits for all skin types.



Alpha Hydroxy Acids

Goat milk contains alpha-hydroxy acids, such as lactic acid, which help remove dead skin cells from the surface of your skin. This natural and gentle exfoliation reveals fresh, new skin cells that are healthier, smoother, and younger looking. Alpha-hydroxy acids are effective exfoliators because they break down the bonds that hold the dead skin cells together.

Build-up of dead skin cells on the surface of your skin can lead to flakiness and cause irritation. Regular removal of these dead skin cells helps many skin conditions by removing the irritant and encouraging healthy skin development. Water-based soaps sometimes use harsh chemical acids to accomplish this, frequently with skin-damaging results. Goat Milk Soap is a far better alternative as it also contains vital vitamins and minerals the skin needs.

Vitamins

Goat milk contains a variety of vitamins but is particularly high in Vitamin A. Vitamin A is necessary for the body to repair damaged skin tissue and maintain healthy skin. There have been several medical studies showing that creams and soaps made with Vitamin A reduce lines and wrinkles, control acne, and provide some psoriasis relief.

Goat milk is rich in niacin, which recent studies have shown, helps protect your skin from sun damage. It also contains vitamins like thiamine and Vitamin B6 - which both promote healthy skin growth and maintenance. Water-based soaps can be artificially fortified with vitamins, but most are not. Since these soaps also do not contain alpha-hydroxy acids, the minerals they may contain have trouble being absorbed into the deeper layers of your skin.

Cream

Fat molecules are an important part of making good soap. The cream that is present in goat milk helps boost the moisturizing quality of Goat Milk Soaps. Since many people suffer from dry skin, particularly in the winter months, this is an important quality for soap. The fatty content of the soap helps seal in your skins' moisture - leaving your skin softer and smoother for longer. Goat Milk Soap deeply hydrates your skin on multiple levels and will not dry it out like commercially available soaps. This is important because moisture helps keep your skin healthy.

Minerals

Goat milk naturally contains many important minerals for your skin. Minerals, just like vitamins, help support balanced, healthy skin.

Potassium

While potassium cannot be absorbed into your skin, it can help create the skin barrier needed to lock in moisture.

Magnesium

Magnesium can help calm irritated skin. It encourages healthy skin turnover and can help reduce the appearance of acne.

Selenium

Scientists believe selenium to have a significant role in preventing skin cancer. Selenium can also help prevent damage to the skin from excessive time in the sun. Many areas in the United States have pastures low in selenium. At Goat Milk Stuff, our dairy goats get a selenium booster, to ensure their mineral needs are met.

Although the water used in other soaps may contain marginal levels of minerals such as calcium, sodium, or iron (commonly found in tap water), that is not much help when it comes to your skin. Goat Milk Soap is rich in the minerals your skin needs to be healthy.

For the month of August order our Goat milk Soap Massage Bars order our 3 Bars for \$12.00 and get an extra bar free. *If you order 3 different scents, put your free scent name in note to merchant.*