



Castile Soap 101: A brief primer on this affordable and versatile natural cleanser

An Enduring History

The origins of Castile soap are elusive and go back many centuries. The first references date to the Levant (modern day Syria) where soap makers would create their products out of bay laurel oil in conjunction with olive oil, water, and lye. It wasn't until the idea of creating a natural soap from vegetable-based ingredients reached the region of *Castilla* in Spain that the name Castile soap was born.

Castile Soap Today

Castile is known today as any soap made from vegetable-based oils, rather than using animal fat (tallow). Instead of olive oil, Kirk's Castile soaps use 100% premium coconut oil as the main ingredient. Coconut oil is an excellent enhancement due to its healthy fats, which result in a creamy lather and extra soft skin. All Kirk's soaps are certified vegan, cruelty-free and non-GMO project verified.

The Many Uses of Castile Soap

Castile soaps are obviously great for showering and bathing, but did you know that they have long been used as natural and affordable alternatives for many other personal and household tasks? Some uses of Castile soap that have continued to grow in popularity over the years include:

- all-purpose household cleaning
- laundry
- pet bathing
- cleaning produce
- shaving
- brushing teeth

Visit the Kirk's website for a comprehensive list (*with tips and recipes*) of DIY home remedies and solutions:

kirkssoap.com/diy-recipe