

Goat Milk Beauty

By Wendy Gist



Goodbye, Dry!

Looking for a natural way to smooth, hydrate, and exfoliate winter skin?

Here's an idea: coddle yourself with milk – goat's milk. This favorable elixir is among the Who's Who in beauty history. It has been reported that Cleopatra soaked in goat's milk baths to soften her skin. Today, goat's milk can be found in a vast selection of beauty products to perk up tight skin, in everything from facial creams, cleansers, soaps, body lotions, balms, and foot creams—to foaming bubble baths, baby care, hair repair, and much more.

Hello, Soft!

Considered a natural emollient that helps balance the skin's pH, goat's milk contains more nutrients, minerals, proteins, and vitamins than cow's milk. Rich, creamy goat's milk absorbs beautifully into the skin, promoting healthy skin. It's hard to believe, but goat's milk also contains natural properties believed to act as a natural exfoliant to help remove dead skin cells, leaving skin extra soft. Goat's milk is high in protein, lipids, vitamins A and C, calcium, and folic acid.

"We use goat milk in all of our soaps, lotions, and creams because it is very nourishing for skin and has been known to help people with sensitive skin and chronic skin conditions," says Kristine Epling, owner and formulator of Udder Delight (udderdelight.com), a soap shop in Glenwood, New Mexico that creates handcrafted paraben-free, goat milk soaps, lotions and creams. The products are formulated with natural herbs, essential oils, botanical oils, and butters. "Because goat's milk is so high in vitamins, minerals, proteins and lipids, your skin and hair may become healthier the more you use goat milk products," adds Epling. "Lipids help nourish your skin and remove dead skin cells, leaving your skin feeling soft and supple. Our skin is our largest organ," Epling observes, "and we absorb approximately 60% of what we put onto our skin into our bloodstream. Doesn't it make sense to use natural skin care products made with goat's milk?"

Milking at Home

You can even try goat's milk in your home beauty formulations. "When you think of milk as a beauty ingredient, you think instantly of cow's milk—however, goat's milk works equally well. In fact, more people consume goat's milk than any other milk in the world," says Janice Cox, a natural beauty expert who speaks on television and radio programs and the author of *Natural Beauty at Home*. "Powdered milk is easier to use and store. But, some feel the high heat needed to dry out the milk alters its content. For beauty use, this should not be a concern," Cox notes, "but more of a concern when consuming or for infants."

Make Your Own Goat Milk Cleanser Recipe

Easy-to-formulate recipe
created by Home Beauty Expert, Janice Cox

For clean healthy skin, goat's milk is an instant beautifier both inside and out. It is rich in protein, natural fat, and acids, all of which help clean and detoxify your complexion, thus leaving it soft and smooth.

Ingredients:

- 1/2 cup water
- 1/4 cup goat's milk
- 2 tablespoons baking soda
- 1 egg white

Yield: 6 ounces

Directions:

Mix all ingredients until well blended. Pour into a clean container.

To use:

Pour small amount of the cleansing milk onto a clean wet washcloth and gently massage into your face and neck. Rinse well with warm water and pat dry. Make sure to rinse your skin well after cleansing because you do not want to smell like spoiled milk.

Refrigerate any leftover cleanser.

EASY TIP

Don't let your soap soften in a wet dish.

"We tell our customers to buy a soap dish that allows the bottom of the soap to get air," advises Kristine Epling of Udder Delight. "This allows the soap to dry from the bottom. The longer a bar of soap dries, the harder it becomes and the longer it will last."



Discover goat's milk for skin product options.

Canus Goat's Milk Lightly Fragranced Foaming Milk Bath

Ideal for baby-soft skin from head to toe. This lightly fragranced bubble bath is made with fresh goat's milk. \$5.99; drugstore.com.

Goat Milk Creamy Lotion

Created with velvety smooth goat's milk and gentle moisturizing oils, this easy-glide lotion feels like silk. Creamy vanilla, coconut lemongrass, jasmine and lavender are only a few of the heavenly scents offered by Udder Delight. \$8.99; 1-877-833-3740 udderdelight.com.

Goat Milk Bath Soap

Hand-cut luscious bars are blended with rich high butterfat goat milk; full of therapeutic oils such as shea butter, coconut, palm, olive and rice bran oils. Even better, although handmade soap is made with lye, these bath soaps undergo a process called saponification, and as a result not a trace of lye is left afterwards. Pick from a wide assortment—cleansing, tea tree, anti-bacterial, and specialty blends like amber-sandalwood, oatmeal milk and honey, or peaches and cream. \$4.99.

1-877-833-3740 udderdelight.com.

Heavy Duty Goat Milk Spa Foot Cream

Goat milk foot cream is scented with wonderful essential oils of tea tree; lemon and sweet peppermint to aid cracked or tired feet. The rich cream is laden with beneficial butters and oils of mango, shea, avocado, olive and jojoba for soothing fatigued feet. Contains beeswax and lanolin. \$11.00; goatmilkspecialties.co ■