



# What's In Your Soap?: An Exploration Into the Ingredients of Big Brand Soap

*Conrad Metz*

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## **What's In Your Soap?: An Exploration Into the Ingredients of Big Brand Soap** Conrad Metz

Gain an understanding of what is in one of the most common products we put on our skin everyday. Not every soap is the same, and looking at some of the big brand's ingredients is very confusing. What is Sodium Lauroyl Isethionate and why is it in our soap? Today we are blessed with increased transparency from companies and a better understanding of what we put in and on our bodies. This book will give you a better understanding of what goes into these big brand soaps, and if there are any causes for concern.

Conrad Metz wrote this as a husband, father, and soap maker for Meiling Soaps in hopes of better informing the public of this important product we use daily.

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