



LAURA GARNER

SOAP MAKING *for beginners*

Deliciously Simple Do-It-Yourself Soaps Recipes: Make Homemade Natural and Organic Soaps from Healthy Herbs, Essential Oils, Spices and Other All-Natural Ingredients Today



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Introduction



Soap-making is a fascinating occupation and hobby that is becoming more and more popular. If you learn the basics of this craft, you will be able to impress your family and friends with unique, hand-made gifts.

However, the best part of learning this is that you will get the chance to create completely natural and homemade soap, using your favorite oils and additives, as well as your chosen beneficial ingredients.

You don't need to buy lots of various molds, colorants, and fragrances. At the beginning of your soap-making journey, the supplies you already have in your own home will be more than enough. Anyone can learn to create homemade soap. After you make your first soap, you will never want to buy one from a store again.

Soap sold commercially is most often made on a large scale with the most cost effective way possible. This includes using chemical detergents, hardening material and other chemicals that are very harmful to your skin. The chemicals in commercial soap often leave your hands dry as they focus on cleaning and forget about pampering your skin. When you make homemade soap, it is made with natural ingredients such as lye and natural oils. Moreover, you can also control what you add in there, for example, adding natural aromatherapy oils or compounds such as glycerin. Glycerin is a small amino acid that is very good for the softness of your skin. The process of soap making naturally produces glycerin. However, most commercial soaps don't have glycerin. That is because they extract it to make use of it for other skin loving and high-quality products such as moisturizing lotions. This leaves the soap hard and irritating to the skin, although it cleans well. But soap also needs to be skin loving and soft on the skin. With natural homemade soap, you can add glycerin or whatever skin friendly ingredient you want to add.

You may argue that homemade soap uses lye and you don't want lye on your skin. The wonder of chemistry is that during the process of saponification, the lye completely dissolves and reacts with the oils used to form soap, and no more lye remains if you have used the correct proportions.

One of the best advantages of making your own soap is that you can be sure of all the ingredients included. You are 100% in control. You can choose to use all-natural products, even the coloring can be used from natural and skin friendly alternatives.

Another beauty of making your own soap is that you are the master of the process. You can control how you want your soap to feel. Do you want to make it soft or hard? What scent do you want your soap to have? Do you want your soap to be frothy and lathery or have little lather? All this you can control by adjusting the proportions of lye and the type of oils you use. For example, using castor oil gives you different results than when using olive oil and so on and so forth. The possibilities are almost endless with homemade soap. Think of all the experimenting fun you can have!

This book was created especially for those that have the desire to make homemade soap but have no idea where to begin. It is filled with useful information about this craft, such as what supplies you need and what methods to use. You will even get some simple soap recipes.



Understanding Soapmaking

Soapmaking can be as creative as your imagination allows. I will help you start by sharing basic recipes and building your confidence until you are experimenting and creating soaps on your own. If you've always wanted to make goat milk and honey soap, then you're in luck. How about Castile soap, soap for sensitive skin, or soap for babies? I've included a lot of specialty soaps like shampoo bars, shaving bars, and soaps made with essential oils that are known to help calm allergies. I've even included camping soaps like a jewelweed soap to help prevent poison ivy and poison oak reactions and an insect-repelling soap with citronella and other essential oils that combine to make a pleasant aroma for you, but an effective deterrent for bugs.

Maybe you're interested in soap because you're creative and want to make beautiful soaps with layers, stripes, and swirls. I'll give you the techniques to make sure you are ready to explore your artistic side. Remember, even if I give you step-by-step instructions for natural coloring and scents, you can always mix and match ideas from other recipes. Scents and colors are easy to substitute. Oils are a bit trickier, needing some calculations, but I'll show you how to do substitutions so that you'll be making your own recipes by the time you are finished.

WHAT IS SOAP?

There's no better way to understand something than to make it, but without background knowledge you can sometimes feel a bit lost. Which is why I can't teach you how to make soap without first answering the fundamental question: What is soap?

Put simply, when lye water is added to oils, there is a chemical reaction called saponification. Just as your elementary school vinegar and baking soda volcano eruption demonstrated a chemical reaction when two ingredients came together to make something completely different, the saponification process is a chemical reaction between fatty acids (oils, butters, fats) and sodium hydroxide (lye) that makes something new: soap. Recipes are developed with the goal of using all the lye during saponification so that no lye remains in the final soap product.

People have been making soap for centuries. Farmers would use every part of their animals, including the fat, to make things like candles and soap.

Later, certain regions became famous for their olive oil and laurel berry oil soaps. My grandmother used to make soap with her mother using potassium

hydroxide, or what she called potash, by taking the ashes from the fire, mixing it with straw, and running water through it for a few weeks. This would create a strong enough liquid to react with the fats they had saved to make a soft soap that they would scoop out of a tin and use on dishes, clothes, and even their bodies. Using these same age-old principles with a modern method, you'll soon be doing this kind of science in your own kitchen.

THE BENEFITS OF FROM-SCRATCH SOAP

Before you dive into any new project, it's helpful to understand the benefits of what the project will provide. When it comes to soapmaking, there are huge benefits to making your own from scratch.

Knowing Your Ingredients

This is the most important benefit for me and my family. When you make your own soap from scratch, you know exactly what is going into it. You make the decisions on what is healthy for your skin and for the skin of those you love. No processing procedure or GRAS ingredients (ingredients that the government determines to be “generally recognized as safe” and thus do not need to be listed on a label) are getting into your soap because you are in full control.

Even homemade soapmakers may fall into the trap of using fragrance oils and pigment powders. In my opinion, why go to all the trouble of making something with wonderfully nourishing oils and then ruin it by adding toxic ingredients?

In this book you will not find any suggestions for fragrance oils or artificial pigments and additives. You do not have to compromise quality. Instead, you will have fewer problems and difficulties in making your soap because, more often than not, it is artificial ingredients that cause botched batches.

Health Benefits

Your skin is the largest organ on your body, and it is extremely absorbent. The products that you put on your skin affect your overall health. When you make soap from scratch, you not only know your ingredients but you control them. You can add essential oils for aromatherapy benefits, as well as clays, charcoal, and herbs to address acne and other skin concerns.

Saving Money

If you want to be healthy, buying premade organic and premium products can become really expensive. When you make your own, there is an initial cost to the ingredients, but once you have them on hand, you can make enough soap for family and friends and still have ingredients left over to make lotions, lip balms, and other bath and body products.

Self-Sustainability

One of the reasons I started my company, Simple Life Mom, was because I wanted to learn how to make more of what we use on a daily basis. I value being able to have the choice to buy or make my own products. Soap, shampoo bars, shaving bars, laundry bars—these are all things that we use on an almost daily basis and that we can create ourselves.

Pride and Satisfaction

There is something very exciting about making a beautiful batch of soap with your own hands. It'll get you hooked, in a good way. My first batches were made with makeshift molds, and the results were funky shapes and sizes. I still couldn't have been prouder. I was like a little girl making her first batch of cookies. I still feel the same way today.

Learning a Marketable Skill

Many people today are searching for pure and natural bath and body products. Who knows? You could end up starting a very successful home business, just as I did.

THE BASICS

Soapmaking from scratch can seem confusing at first, but I like to break the process down into categories and simplified steps. The steps you see here are the same steps you will see in the recipes. An understanding of what is happening at the molecular level will also help you visualize each step and why it is necessary.

The Science

For saponification, you need long-chain fatty acids (oils, butters, fats) and sodium hydroxide (lye). Every oil has a unique combination of three fatty acids attached to a glycerol. This is why each soap recipe calls for more than

one oil: Each oil brings a different combination of fatty acids and reacts with the lye differently. A soap made from multiple oils will have multiple benefits—like moisturizing, conditioning, and cleansing. When the lye and fatty acids are mixed together, the fatty acids release glycerol molecules that bond with the lye. This chemical reaction creates soap (technically a salt). The glycerin releases when you use it and nourishes your skin.

The Process

It's helpful to think of a soap recipe in three parts:

1.

Oils and fats. You will weigh the oils, fats, and waxes in your recipe, melt them together, and then let the mixture cool to around 110°F.

2.

Lye water. After measuring the lye and water separately, you will pour the lye into the water. Do this outside! Be sure to read the “Safety First” section in the and follow those steps carefully to have a safe soapmaking experience. Once combined, allow the mixture to cool to around 110°F.

3.

Essential oils and other natural additives. After everything is cooled to around 110°F, you will pour the lye water into the oils and blend until trace. Trace occurs when the soap mixture thickens enough that when you drizzle some over the top of your mixture with a spoon, you can see a trace, or trail. This is often when scents and colors are added, though sometimes colors are added to lye water or oils

Additional Advantages to watch out for in creating homemade soaps

Aloe Vera gel is a sort of soap that's created not at a factory environment such as nearly all soap is. Obviously this kind of soap may be produced out of various recipes, for example, sum of water, oil or lye that's used. Various kinds of oils may also be utilized to provide the manufacturer the very best result. It's crucial to be aware that the soap which many producers make now isn't quite as simple as it was. Now rather than soap, then you receive something which may be clarified as a detergent which may irritate your skin

and dry out it leaving you hydrated out of dry skin.

Getting Back to Basics

Among the biggest advantages of homemade soap will be that if you use it, then you're going straight back to the fundamentals of soap production. Here is the form of soap that has been used a very long time back and that doesn't have all of the newer substances that end up drying skin. The notion when you utilize factory made soap is to receive more of this soap to get less cash that's not a shortcut many customers need.

The Most Healing Properties

Homemade soap has ever been successful for body cleaning although recent studies have proven it is a whole lot more than this. The simple fact that this form of soap has therapeutic properties has ever been theorized; nevertheless, lately evidence is revealing that it had been true all along. Individuals with psoriasis or other skin ailments have discovered that homemade soap also has brought aid .

The Cost

People today feel that Home-made soap will probably be pricier than mass-produced choices. But, that isn't necessarily the situation. There's a massive number of soap that's Home-made and that usually means you will get alternatives which are extremely affordable in addition to others which are a bit costlier. Have a peek at all of the alternatives which you have and select the one which you feel comfortable with. Cost and number is no issue and you are able to consider the recipe before you purchase.

With each these advantages it's not hard to see why Home-made soaps might be the perfect item for you and your loved ones or to give as a present for a special someone!

The Way to Make Organic Soap

Soap is something I'm very particular about, due to the properties it results in physical hygiene all around.

In my estimation soap has to be filled with organic ingredients like fruit, lye as well as herbs. Soaps are something everyone I know uses at the same time or the other. It's great with organic ingredients, so refreshing is that the term I am searching for. Do you want me to inform you just how you can produce

your own soap? It's as simple as it, you require a few caustic soda and Blend it with a few fat utilizing water as the principal catalyst.

Performing a method that's extremely essential in soap manufacturing, The title we use for this particular procedure is known as saponification the name for the functioning of fat and lye.

Individuals might believe you want a lot of exotic components that are tough to find to create soap. On the other hand are lots of components to Select from on the market,

Plus they are sometimes discovered close in areas like your regional fruit and veg shop. Fresh herbs are a rich supply of pure soap manufacturing, using natural oils are also an integral aspect in the procedure.

For me personally I would rather use ingredients which improve my soap such as lavender a trendy but powerful odor.

Occasionally people are proven to use distilled water or rain water however in the event that you can't get them just visit the faucet it is simpler, but I have to mention that distilled water is my own personal favorite.

A number of you might be thinking what's lye? It is a compound foundation, known as sodium hydroxide it is very powerful so be very careful in using jojoba.

The very first step to creating your own soap would be to purify the lye, however, do not include the water to the lye. It's essential that you put the water to the water, also in my own estimation it's obviously best if half of the water is ice cool. You then stir gradually watching carefully for the response the water provides for this mixing procedure. You do not need to have the mixture to begin to respond in a manner it seems as though it's boiling. If you become aware of this happening you have to quit stirring fast and provide the mixture period to cool, space temperature is great.

Oil is another ingredient I want to present, you might utilize any sort of oil. Allow me to give you a couple of examples, you might use oils which are derived from plants such as roses and geranium. My personal favorites include olive and coconut oils, coconut provides your soap which rich feel whereas olive oil provides that clear form refreshing appearance.

In terms of the creature fat it is not recommended but in case it's necessary to use it then make certain it's clean and salt.

It has to be strong particle free, you'll realize that tallow or lard is going to be the top options in animal fats, since they create your soap wholesome but yet provides a more compact texture.

With this stage your batch will probably have begun to thicken you now will add perfumes oils and coloring. The next thing to do is to put the soap dab in your mould then leave. You'll need to provide a healing time of 1-2 weeks prior to its ready. But wait a bit longer until you can really enjoy your new homemade soap.

The attributes of lace would be the oils and herbs which relax you after a hard day's work, since they allow you to associate on your own, if you understand exactly what I mean. So get soap .

There are a huge array of components available to produce homemade soap. The list ranges from the fundamental components of water, eucalyptus oil into optional ingredients like oatmeal and maybe even glitter. The kind of soap that you need to use decides the components you may need when creating your hair. Some men and women who make homemade soap adhere to the fundamentals and just add aromatic oils to place a few odor in their soaps, but some include abrasive materials like oatmeal for exfoliating functions. Here's a listing of several common ingredients and supplies used in producing soap and the feature they could Give Your soap:

Carrier Oils

The kind of soap you'll make decides the foundation soap you want to use. Do you desire your Home-made soap to be challenging? Soft? Sudsy? It's possible to begin finding out about the various base oils by studying the labels of all commercial additives that you use frequently. You could even register to mailing lists and combine soap making collections online; many of the men and women who understand how to create homemade soap are extremely inclined to share info with other individuals.

Carrier oils provide the principal physiological qualities of the additives. Hard and long-lasting soaps can be reached from palm oils; additives that provide a fantastic lather can be produced out of coconut oil and castor oil; olive oil, olive oil or soybean oil could possibly be utilized to create moisturizing and cleansing additives; along with luxury soaps could be made with cocoa butter, hemp oil, and coconut oil one of other items. Oils like avocado and coconut oil supply a skin softening feature to your additives.

Various oils imply various soaps. As soon as you become knowledgeable about the properties every petroleum dissipates, you will start to recognize what sort of soap a specific recipe will create.

Lye

Lye is the most significant ingredient in creating soap if you're employing the chilly or cold procedures. In addition, you should pick your utensils carefully if dealing with re - use just plastic and wooden utensils for stirring and utensils made from plastic or glass for blending. Just cold water ought to be employed with lye, and always make sure you pour the lye to the water.

If, however you really do need to bypass using vanilla, you can try out using the melt and pour process using pre-made glycerin soap bases.

Water

Another principal ingredient in soap manufacturing, water is imperative to the procedure. For your best results, use warm water to making your soap solution. You might even utilize de-mineralized water from soap .

Other Ingredients

Blossoms and flower petals may add scent to a own soap, but you ought to keep in mind that these may be burnt when added to warm processed soap. Various other herbs don't seem at all attractive once used in soaps. If you would like to use herbs on your home soap, then do your research and discover out what herbs are great to be used in creating soap.

Use the following to add color to a soap, but it's also wise to keep in mind that all additional components may impact the final results of your own soap color.

Glitter may be employed to bring a particular punch to your home soaps. Use cosmetic grade glitter; those arrive in ultrafine and fine dimensions and at a huge array of colors. Don't use glitter made to be used in craft projects since they aren't supposed to be utilized in skin.

Essential oils and fragrance oils may be added into your own soaps to provide

it a curative impact. Some crucial oils like chamomile can be somewhat pricey. It truly is all up to you in the event that you wish to incorporate essential oils into your own soap. If you would like to just add a scent with no curative impact, then you can elect to utilize fragrance oils rather.

Knowledge of components in addition to imagination and creativity is necessary as soon as you understand the way to make homemade soap so as to make something that's really unique. If making your own soap, then do your homework and also don't be afraid to try new items.

Essential Equipment And Ingredients For Making Homemade Natural Soaps



Essential equipment

When you have decided to do something, you will definitely need some equipment, and soap making is one of them.

When you have decided to make homemade soaps, you may not need a lot of equipment that may not already be in your home. A lot of them may already be in your kitchen.

One thing that you should note while making your soap is that lye solution is corrosive, meaning that you have to know by heart, what materials should be used with the lye solution, and what should be avoided.

It is important that the equipment you use for your soap making should be created from stainless steel, silicone, rubber, Pyrex, or sturdy plastic.

Try and avoid using equipment that are made from aluminium, Teflon, copper, tin, iron, plastic foams, and the alloys of the metal mentioned.

If you use the materials that you should avoid, they will end up reacting with lye. When this occurs, a lot of toxins will seep into your soap.

It is advisable that before you start the soap making process, every equipment needed is prepared ahead of time. Not every soap making process will need the same equipment.

Below is a list of equipment that you will need for your soap making. Some are known to be basic and important, and without them, soapmaking can't occur.

There are others that aren't basic and are merely there to input some finesse and value into your soap making process.

1. Soap Safety Equipment/ Critical Safety Measures

Whatever you do, it is advisable that you are always with your safety kit while making your soap. You will need protective goggles, rubber gloves, apron, trousers, and long sleeve shirt.

The safety kit is meant to protect your skin from the corrosive chemical, lye. Lye solution is not something to be played with, as it can lead to serious burns and scars.

Without the protective goggle, and lye gets into your eye, you may lose your sight permanently.

Since the soap making temperatures are quite alike to the body temperature, you may not know that lye solution touched you or that the raw soap mixture dropped on you, until it starts burning up your skin.

This is one reason that your skin must be covered. Don't leave anything visible to be touched.

While you are mixing the raw soap mixture or the lye solution, please be careful to ensure that splashing doesn't occur.

Use your safety kits from the beginning of the process down to the end, even when you are washing up the dirty dishes.

Be prepared for spills. Use a paper towel to clean the spills.

Always have the number of the emergency rescue team in case any mistake occurs. You can never be too careful.

Always stay in a ventilated place. Don't forget your ventilators whenever you are working on the soap making process.

2. Make use of a good digital scale

The truth is that one way people have messed up their soap making process is by adding the wrong ingredients. This should be avoided at all costs.

Get an accurate digital scale, no matter how expensive it is. Your ingredients have to be measured accurately by their weight, and not their volume.

For you to know an accurate scale, it should possess a maximum variance of 0.01 oz or 1 gram.

One thing that you should do if you do not want to flop the process is to measure your ingredients accurately.

Don't try to improvise or compromise. It must be exact.

3. Thermometer

We advise that you go for a quick-read digital kitchen thermometer that comes with a stainless steel tip. You can also consider using an infrared thermometer.

The reason we recommend both is how precise they are in their measurement, and how rapidly they show their results.

You need to control the temperature of your oils and lye to ensure that they

do not mess up the soap batter.

Usually, a lot of experts in soap making may not use a thermometer because experience has taught them to estimate temperature by hand. What they do is to feel outside the soap container to tell.

For those that are starting out, use a thermometer. Make use of an accurate one.

4. Plastic cup to weigh the sodium hydroxide flakes/beads

You should consider getting a disposable plastic cup for this job. Once you are done with the disposable cup, please dispose of it. Do not use it for any other thing, even if you clean it thoroughly because it will be contaminated with sodium hydroxide. Ingesting sodium hydroxide can be dangerous.

If you know that you can keep the cup, and use it solely for measuring sodium hydroxide, and no one else will use it for something else, keep the cup. Sometimes, storing it inside the box of dry sodium hydroxide can help prevent you or someone else from using it for another purpose.

You should also use a disposable spoon to easily scoop the dry sodium hydroxide to the soap batter.

5. A Stainless steel container to dissolve the lye solution.

It is advisable that the stainless steel you use should have a capacity of more than four times the size of the water and sodium hydroxide that you will mix in it. This is for the sake of your safety.

Sodium hydroxide is known to easily dissolve in water, and it will end up heating your solution to a high temperature of about 90°C.

If you are making a large batch of soap, this could end up producing heat that will boil the water. Allow the water cool.

You use only stainless steel spatula or spoon in stirring the mixture, as the sodium hydroxide dissolves.

You may use a sturdy plastic spoon, but there is a chance that it may melt. To prevent this, make use only a stainless steel spoon that comes bearing a heat-protective handle.

6. Container to heat the fats and oil.

The manner you use to make the fats should affect what type of container you use. Some containers that you use are stainless steel, Pyrex or plastic. It is advisable to use stainless steel, as it can work for any method.

The fats may be heated by a microwave oven or stove, and stainless steel can work well on both.

7. Soap pot

This is used to mix the lye with the facts, and this is the place that saponification will occur. Whatever you use must be resistant to lye, and this is why we advise you to use a stainless steel container or a PP#5 plastic container.

The container you use has to be deep to ensure that you can safely stir your soap batter without being scared of it splashing.

Ensure that it is not too wide or large, but it should have depth.

8. Long handle spatula

You will need a silicone or stainless steel spatula to safely mix the oils, lye, and additives together. You will also need it in removing the soap batter from the container and transferring it inside the mould.

For someone that loves making soap, the spatula can't be done without.

You should consider using a long handle silicone spatula.

9. Stick (immersion) blender

This can be done without, as it is not a necessity, but a lot of soap makers can't do without it because it makes the process easier.

Saponification usually happens for a long period of time when you are mixing the lye with oil. This could take a long time if you go for hand mixing. If, on the other hand, you use a stick blender, it will be done in a few minutes.

10. Paper towels

This is great for cleaning up any splash that may occur. Sometimes, the raw soap or lye solution may splash about, the paper towels can help.

Every drip of the raw soap or lye that touched your tabletop is capable of burning anyone. This is why it is advisable that you wipe every drop out

immediately they happen.

11. Vinegar

This is essential to you. When the raw soap or lye solution touches the surface of your tabletop, a paper towel will be used in cleaning it up. You also need white vinegar to neutralize whatever additional sodium hydroxide that didn't leave when you cleaned it with a paper towel.

12. Double boiler or crockpot

If you are using the hot process soapmaking, you will need a double boiler.

13. Soap mould

This doesn't have to be specially bought, though you can see soap moulds in the market. You can go to any box that is the right size at home. You can use a shoebox, milk box, plastic storage box, or plastic, wooden, acrylic soap mould.

14. Soap cutter

If you are moulding the soap in a large mould, you will have to cut immediately it is firm. It reminds one of cutting up hard cheese.

The soap hardens within a day after you must have poured it in a mould. You can use different tools to cut up the soap like a wire cake cutter, a big kitchen knife, fishing line, guitar string, pastry scraper, or a soap cutter.

Soap making ingredients

I am assuming that by now, you have all the equipment needed for soap production. It is time to place more emphasis on the ingredients for a soap recipe. When trying to make a soap via cold process soap, it is highly advisable to use a tested and real soap recipe instead of coming up with your own recipe. It is quite better if you understand some of the basic chemical reactions about the ingredient used, it will broaden your knowledge when you are to create a soap recipe later in the future. The fats or soap production jars of butter or oils play an important role in determining the properties a soap will have. For instance, three of the most widely used soap production oils, especially for the first-timers include – palm oil, coconut oil, and olive oil. Palm oil will produce a soap with a hard bar, but a stable lather, olive oil aids

in the production of a moisturizing bar with a stable lather and coconut oil helps in the making of a hard, cleansing bar that produces a fluffy lather. Every one of these oils has its own unique saponification value which aids in determining the amount of lye to be utilized in the soap recipe before saponification can happen in a way that will lead to the production of soap. If the lye is too much, the soap produced will be an unusable soap bar. Not enough lye and the soap produced will be a really soft soap bar filled with excess oil.

How to create your own homemade soap recipes.

When drawing up your own handmade soap recipes, there are also several additional resources that are actually free to guide you through the process. For instance, lye calculation will come in very handy when trying to figure out the amount of lye needed in a soap making process based on the amount and kind of oils that will be used in the recipe. A simple google search can help you find several links to different lye calculators.

Oils You Can Use to Make Homemade Soap

Picking the best oils for your soap production process is usually the most important part when it comes to the creation of a perfect soap bar. Oils can be several forms (unsaturated, saturated, scenting fats and/or oil and super-fatting) and with each having a unique smell. It is vital that you have a proper understanding of their properties, especially if you are the type that likes to try new things and may want to experiment with different oils for different soap making process. Here are just a few of the most widely used oils for a soap making process:

Almond Oil (Sweet)

This is a light moisturizing oil that absorbs well, and it is useful when producing a soap with low lather, and it is efficient in soap production – put an ounce per pound of fats to the soap mix at trace (this is the word used at the stage where the lye/soap mixture starts to thicken).

Avocado Oil

Employed mainly for super-fatting (if oil or any other substance is added at this stage, the ingredient maintains its natural form and will not mix or blend with the mixture), avocado oil is a brilliant moisturizer, and its healing properties come to the fore when it is included in your batch. It is rich in

vitamins E, A, and D, and it can be used as a base oil up to 30 %.

Avocado oil is the go-to oil when producing baby soap, as this is usually in gentle soaps for an individual with sensitive skin.

Coconut Oil

Cottonseed Oil

While this aid in the production of a thick, generous, and long-lasting lather, it is advisable to use this sparingly as it gets spoiled quite easily, depending on the climatic condition. If you decide to go with this oil during a soap making process, it is recommended that you use it as a maximum of 25% of total base oils.

Evening Primrose Oil

It is quickly absorbed, and it provides the skin with essential fatty acids that are required to halt the growth of bacteria in its tracks and promote the presence of antibodies, this will give the skin a chance of fighting off inflammation or infection. Do not use it as an additive in soap bars that are produced for especially for oily skin. It is advisable to use 2 tablespoons per 5 pounds of soap, to be included at the trace stage.

Grapeseed Oil

This is a type of lightweight, moisturizing oil that can be absorbed easily by the skin, and this one does not have any greasy after-feel. It has a short shelf life as such it is advisable you treat it with rosemary oleoresin extract. Apply an ounce per pound at the trace stage.

Hazelnut Oil

A brilliant moisturizer for both lotions and soaps, but this oil has a shelf life of 3 to 4 months. It is recommended that you do not use more than 5% of this oil in your recipe, and it is advisable that rosemary oleoresin extract is added to the batch as this helps in the prevention rancidity in the soap.

Honey

Honey is clearly not an oil, but it can be included in the mix to aid in the retention of skin moisture – glycerin also works in a similar way. It is recommended that you add 2 tablespoons per pound of oil when the mixture

hits the trace stage.

Jojoba

Basically used as a super-fattening oil, it is very efficient when it comes to moisturizing and conditioning the skin. It has numerous health benefits, especially for individuals with varying skin conditions like acne, spots, and psoriasis, it is recommended for oily and sensitive skin, but it is actually suitable for every skin type. Add one or two ounces per pound at the trace stage.

Lard

Mainly used as a base oil, lard is usually soft, and may not be the best when added to cold water. This should be added to vegetable oils, and it is advisable at 70% the maximum of total oils.

Patience, time and years of experience will give you the right knowledge regarding the right oil to use.

Step-By-Step Process With Recipes



Cold Process Soap

Gather all your ingredients and remember to put on your safety gear, since lye can hurt. The recipe I'm about to give is a basic one, but once you have mastered it, you can use the same procedure with other recipes. If you have a creative mind, you can use your imagination to make your own unique blends of soap by combining essential oils, butters, colors, and other natural additives.

You Need:

4 ounces of solid coconut oil, 3 ounces of canola oil, 4 ounces of olive oil, 4 ounces of safflower oil, 2 ounces of lye, and 5 ounces of distilled water.

Start Preparing Water & Lye:

1. Remember the safety gear I was talking about earlier? Well remember to grab your goggles, face mask, apron, and shoes. Also wear that long-sleeved shirt I was telling you about to avoid the mess lye can create. The room you use to make your soap should also be properly ventilated, preferably with windows you can open for the vapor to leave the room.
2. Take your scale, tare it (make sure it registers 0), and place a 1-quart container on it. When you tare the scale, you will only be measuring the ingredients you fill without adding the weight of the container so as to get the measurements right.
3. The distilled water should be at room temperature. Fill the container and make sure the scale reads 5 ounces. You must be very careful with measurements. Once done, keep it aside.
4. Repeat step 1 and 2 and pour in the lye; make sure it's 2 ounces. Open the windows, take the lye and slowly pour it into the distilled water container. Never pour water into the lye and make sure you go as slow as possible. Keep stirring as you pour until all the lye crystals have completely dissolved. If you're too fast, you will spark a chemical reaction causing the solution to become heated. When you pour the lye, you will note steam and a foul odor coming out, so don't inhale or smell it.
5. Once the lye has completely dissolved, set it aside and use the thermometer to measure its temperature until it reaches 100° F as then it will be ready to be mixed with oils.

Start Preparing Oils:

1. Repeat step 1 and 2 above and put the coconut oil in a clean 1-quart container. Remember the measurements. If the coconut oil is solid, you might have to heat it up in the microwave until it melts.
2. Repeat step 1 and 2 above and put the olive oil in a clean 1-quart container.
3. Repeat step 1 and 2 above and put the canola oil in a clean 1-quart container.
4. Repeat step 1 and 2 above and put the safflower oil in a clean 1-quart container.
5. Add the olive oil, canola oil, and safflower oil to the melted coconut oil and set aside the empty containers.
6. Gently stir the oils until they are thoroughly combined.
7. Once the lye and water mixture reaches 100° F, slowly add it to the oil mixture while stirring simultaneously.

Merging the Oils, Lye and Water:

1. Now the oil, lye and water mixture will be opaque, so you can either stir by hand or use a hand blender to slowly mix the ingredients. The mixture will become thicker and more opaque as you stir or blend.
2. Once the mixture resembles the consistency of a pudding mixture and drips slowly from the blender or spatula (a bit gooey too), it is ready to mold, i.e. ready for the plastic containers in order to saponify.

The Molding Process:

1. Take a rectangular container and slowly pour the mixture into it. Avoid splashing and don't allow air bubbles to form in the mixture. Use a spatula to even out the mixture.
2. Make sure that your plastic container is on a firm table or floor, i.e. it lies flat. Now close the lid and move it to a warm location, preferably a cupboard, away from children and pets for at least 24 hours.

3. Drape the box with two towels to preserve the heat so the soap can quickly saponify.

What you must note:

- If the soap does not saponify properly, the end result will be a crumbly soap; and if that's the case, it's because the lye and water solution was below 100° F. If you find yellow and / or orange spots in the saponified soap, it's because of air trapped in the soap. If this is the case, the soap will go bad quickly so you can either discard it or use it immediately.

Hot Process Soap

Using the same recipe, let me tell you how to make soap using the hot process.

You Need:

4 ounces of solid coconut oil, 3 ounces of canola oil, 4 ounces of olive oil, 4 ounces of safflower oil, 2 ounces of lye, and 5 ounces of distilled water.

Start Preparing:

1. Remember that even this method requires you to wear your safety gear!
2. Take a stockpot and place it over medium-low heat. Add the coconut, canola, and olive, and safflower oils and let it all melt.
3. While the oils are melting, measure the water and lye and start preparing them as indicated above.
4. While the stockpot with oils is still over medium-low heat, pour the lye and water mixture in and use the blender to mix the ingredients together slowly.
5. Keep mixing until you see a pudding-like consistency, and until the soap drips slowly from the spatula or blender. As soon as it looks like mashed potatoes, it's ready for the mold. Use the same procedure for molding.

When to Add Additives (Fragrance, Essential Oils, and Color, etc.)

Whether you are using the hot or cold process, you can elect to use additives like fragrance oil, essential oil, color, etc., after merging the lye, water and oil in the cold process or after step 4 in the hot process. As for the essential oils, please note that there are certain ones that may cause irritation. Therefore

before adding them, please test to see if they cause you any possible reaction. These oils are: basil, cajuput, camphor, carnation, cassia, Cedarwood, citronella, clove, eucalyptus, lemon, lemongrass, Melissa, orange, oregano, peppermint, pine, rosemary, tea tree, thyme, and verbena.

Specialty Soap Scents (for a 12-pound batch – adjust according to how many pounds you make)

Citrus Scented Soap

You need the following measurement of essential oils: 9 teaspoons of lemon, 5 teaspoons of Bergamot, 2 teaspoons of lemongrass, and 2 teaspoons of clove.

Tropical Garden

You need the following measurement of essential oils: 6 teaspoons of nutmeg, 2 teaspoons of mace, 2 teaspoons of cloves, 4 teaspoons of cassia, and 4 teaspoons of lemon.

Breezy Meadows

You need the following measurement of essential oils: 4 teaspoons of cassia, 5 teaspoons of lavender, 3 teaspoons of cloves, 4 teaspoons of caraway and 2 teaspoons of red thyme.

Lover's Gift

You need the following measurement of essential oils: 3 teaspoons of lavender, 4½ teaspoons of lemon, 3 teaspoons of rosemary, 3 teaspoons for sage, 3 teaspoons of peppermint, and 1½ teaspoons of cassia.

Marine Fusion

You need the following measurement of essential oils: 10 teaspoons of sandalwood, 5 teaspoons of patchouli, and 3 teaspoons of sassafras.

Highway Anytime

You need the following measurement of essential oils: 8 teaspoons of vanilla, 5 teaspoons of rose, and 5 teaspoons of sandalwood.

Refreshing Dew

You need the following measurement of essential oils: 12 teaspoons of lemon

and 6 teaspoons of almond.

Mild Fusion

You need the following measurement of essential oils: 6 teaspoons of cassia and 12 teaspoons of lavender.

Quick Pick

You need the following measurement of essential oils: 7 teaspoons of juniper berry, 6 teaspoons of lemon, 3 teaspoons of basil, and 2 teaspoons of patchouli.

Soft Sense

You need the following measurement of essential oils: 9 teaspoons of lemon and 9 teaspoons of lavender.

Feeling Blue

You need the following measurement of essential oils: 4 teaspoons of saffron, 2 teaspoons of nutmeg, 5 teaspoons of bergamot, 2 teaspoons of patchouli, and 5 teaspoons of sandalwood.

Street Star

You need the following measurement of essential oils: 6 teaspoons of vanilla, 8 teaspoons of lavender, and 4 teaspoons of palmarosa.

Free Spirit

You need the following measurement of essential oils: 5 teaspoons of saffron, 3 teaspoons of rosemary, 2 teaspoons of bitter almond, 4 teaspoons of lavender, and 4 teaspoons of lemon.

Down to Earth

You need the following measurement of essential oils: 9 teaspoons of lavender, 3 teaspoons of patchouli, and 6 teaspoons of vanilla.

Summer Spice

You need the following measurement of essential oils: 9 teaspoons of rose, 5 teaspoons of clove, and 4 teaspoons of peppermint.

Royal Feel

You need the following measurement of essential oils: 12 teaspoons of lavender and 6 teaspoons of rose.

Free Mind

You need the following measurement of essential oils: 7 teaspoons of juniper berry, 6 teaspoons of lavender, and 5 drops of rosemary.

Fresh Freedom

You need the following measurement of essential oils: 9 teaspoons of lemon, 5 teaspoons of lavender, and 4 teaspoons of rosemary.

Mind Freak

You need the following measurement of essential oils: 6 teaspoons of sandalwood, 6 teaspoons of rose, 4 teaspoons of ylang, and 2 teaspoons of patchouli.

Gentle Touch

You need the following measurement of essential oils: 5 teaspoons of lavender, 7 teaspoons of frankincense, 2 teaspoons of cassia, and 4 teaspoons of rose.

Warm Earth

You need the following measurement of essential oils: 7 teaspoons of sandalwood, 3 teaspoons of orange, 3 teaspoons of rose, 2 teaspoons of cassia, and 3 teaspoons of geranium.

Scent Blast

You need the following measurement of essential oils: 13 teaspoons of rose and 5 teaspoons of patchouli.

Clean Cut

You need the following measurement of essential oils: 4 teaspoons of geranium, 7 teaspoons of orange, and 7 teaspoons of lemon.

Lover's Scent

You need the following measurement of essential oils: 6 teaspoons of sandalwood, 3 teaspoons of patchouli, 3 teaspoons of rose, 2 teaspoons of lavender, and 4 teaspoons of lemon.

New Day Everyday

You need the following measurement of essential oils: 8 teaspoons of cassia, 5 teaspoons of sassafras, and 5 teaspoons of bergamot.

Quick Mix

You need the following measurement of essential oils: 9 teaspoons of cassia and 9 teaspoons of almond.

Midnight Crazy

You need the following measurement of essential oils: 10 teaspoons of caraway, 5 teaspoons of lavender, and 3 teaspoons of rosemary.

Ready Forever

You need the following measurement of essential oils: 10½ teaspoons of sandalwood, 4 teaspoons of patchouli, 1½ teaspoons of lime, and 2 teaspoons of clove.

Morning Dew

You need the following measurement of essential oils: 4 teaspoons of cassia, 5 teaspoons of rose, 4 teaspoons of clove, and 5 teaspoons of bergamot.

Adventure Time

You need the following measurement of essential oils: 8 teaspoons of lemon, 4 teaspoons of clove, and 6 teaspoons of sassafras.

Summer Springs

You need the following measurement of essential oils: 4 teaspoons of ylang, 4 teaspoons of vanilla, 4 teaspoons of tonka bean, and 6 teaspoons of lime.

Midnight Freeze

You need the following measurement of essential oils: 6 teaspoons of juniper berry, 5 teaspoons of red thyme, 4 teaspoons of lavender, and 3 teaspoons of rosemary.

Soap Recipes



OLIVE OIL SOAP FOR BABY SENSITIVE SKIN

The high olive oil concentration makes this recipe soft and mild on your baby's skin. It is nourishing as well. However, the soap may need longer time to cure as the olive oil will make the soap take its time to harden but it will be worth it in the end as it will appeal to your baby's soft and sensitive skin.

This recipe can make 12 bars, 3.6 pounds each

The Oils

2.1 ounces 5% Castor oil

6.2 ounces 15% coconut oil

28.7 ounces regular or infused 70% Olive oil

4.1 ounces 10% Shea Butter

For the Lye solution

5.48 ounces Lye

10.6 ounces water

2 teaspoons of Sugar added to the lye solution

1.5 teaspoons of Salt added to the lye solution

Additions

Optional, depending on how sensitive your baby's skin is

1.8 ounces Fragrance or essential oil

CREAMY AND LUXURIOUS SOAP RECIPE

Any soap recipe that includes milk is known to be super moisturizing and gives your soap a luxurious creamy touch. You can replace the water in your lye solution with milk either entirely or use half water and half milk when dissolving the lye. You can also use powdered milk that you add during the trace step. Either ways, this is a wonderful recipe if you suffer from dry skin.

The oils

2.75 ounces 14% almond oil

1 ounce 5% castor oil

5.3 ounces 27% olive oil

5.3 ounces 27% palm oil

5.3 ounces 27% coconut oil

For the Lye solution

2.8 ounces of lye

5.9 ounces of water

Additional

1 ounce fragrance oil

Note: You can make half the 5.9 water and half of it milk. If you decide to use liquid milk, add the milk with the lye solution. If you decided to use heavy cream instead of milk, add it with the oils

LAVENDER HEAVEN

This heavenly recipe is admired by many due to its magical aroma. Follow the usual cold process soap making steps. Add the ingredients titled under “the magic touch” at trace. Let your wonder soap cure for 3-4 weeks. Add colorants if desired. The blend of patchouli along with the orange essence and lavender gives this recipe a distinctive touch

This recipe makes about 3 pounds of lavender infused soap

The oils

10.2 ounces of coconut oil

10.2 ounces of olive oil

3.4 ounces of sunflower oil

1.7 ounces of cocoa butter

1.7 ounces of castor oil

6.8 ounces of palm oil

For the Lye solution

4.9 ounces of lye

11.3 ounces of water

The magic touch

2 tbsp. of lightly ground lavender buds

0.8 ounces of lavender essential oil

0.5 ounces of orange essential oil

0.3 ounces of patchouli essential oil

GREEN TEA WITH EUCALYPTUS AND LEMON GRASS NATURE'S BLEND

What if I tell you that you can make use of the benefits of green tea in your soap so that your hands get some of its benefits too? Well, you can. This recipe allows you to include the magic of brewed green tea and green tea leaves in your soap. Follow the usual cold process soap making steps. Add the ingredients titled under “the magic touch” at trace. Let your wonder soap cure for 3-4 weeks. Add colorants if desired. A light green color would reflect and match with the aroma of the soap.

The oils

11 ounces of olive oil

5.2 ounces of palm kernel oil

4.6 ounces of soybean oil - 6.3 ounces of coconut oil

2.3 ounces of cocoa butter

8.4 ounces palm oil

5.1 ounces of sunflower oil

2.7 ounces of castor oil

For the lye solution

6.4 ounces of lye

13 ounces of home brewed fresh green tea

The magic touch

5- 8 tsp of green tea leaves from what you brewed

1.1 ounces of lemongrass essential oil

1.1 ounces of eucalyptus essential oil

COFFEE SOAP RECIPE

One of the most amazing ways to start your morning is with the smell of coffee on your hands. Even if you are running late and couldn't drink your coffee, you can still make it through the day by using this soap recipe. You can use the standard soap recipe; however, you can replace the water in the lye solution with freshly brewed coffee rather than purely water. You can use half the allocated weight of water as coffee or use it entirely as coffee. You can add freshly ground 1-2 teaspoons of coffee for each pound of soap as a powerful exfoliant. Follow the usual cold process soap making steps. Add the ingredients titled under "the magic touch" at trace. Let your wonder soap cure for 3-4 weeks. The peppermint oil compliments the smell of coffee beautifully and sensually.

The oils

6.5 ounces of coconut oil

7.5 ounces of olive oil

6.5 ounces of palm oil

1.3 ounces of castor oil

The Lye Mixture

3.1 ounces of lye

8 ounces water (split to 4 oz. of water and 4 coffee or substitute with 8 oz of coffee)

The magic touch

1-2 tsp of Ground Coffee

1 ounce of peppermint oil (optional)

HEALTHY CLASSICAL PINE TAR SOAP

Pine tar is one of the classical ingredients in soap due to its health benefits on the skin such as fighting eczema and other skin conditions. Pine tar has a wood like smell with a gooey appearance. You can create a water bath for a glass dish that contains the pine tar to make it more liquid. Be careful with using this recipe for commercial purposes as you become legally responsible for creating a drug responsible for medical treatment rather than a cosmetic product which requires lots of health regulation and testing to be compliant with consumer protection laws.

The Oils

8.2 ounces of Palm kernel oil

13.5 ounces of Lard

13.5 ounces of Olive oil

5.8 ounces of Sunflower oil

7.1 ounces of Pine tar (added to the oils)

For the Lye Mixture

5.9 ounces of Lye

15.8 ounces of water (1 tbsp. sugar added to it)

The Magic Touch

Blend 2.5 ounces of Essential oils such as tea tree, lavender, tea tree, eucalyptus

PAMPERING SHEA AND COCOA BUTTER RECIPE

If you wish to nurture your skin with some luxurious soap, you go for the

luxurious products that contain nourishing elements such as cocoa butter or shea butter. Why do this when you can do this at home and control everything. This recipe uses double butter for extreme nourishment to your skin.

This recipe makes about 3 pounds of soap

The Oils

5.4 ounces of Shea butter

4.5 ounces of lard

11.2 ounces olive oil

2.2 ounces castor oil

5.8 ounces of cocoa butter

15.6 ounces of coconut oil

For the Lye Solution

6.3 ounces lye

12.6 ounces water

Personal Touch

2 ounces of any fragrance or essential oil blend

Golden or light brown

PUMPKIN SPICE SOAP

Pumpkin style soap for fall.

With the approach of fall, this would be the perfect recipe to delve into. The refreshing smell of pumpkin spice will be an absolute gorgeous addition to your bathroom.

The Oils

12.8 ounces of Coconut Oil

5.1 ounces of Sunflower Oil

15.3 ounces of Olive Oil

15.3 ounces of Lard

2.5 ounces of Castor Oil

For the Lye Solution

7.2 ounces of Lye

15 ounces of water (Add 2 tsp of sugar and 1.5 tsp of salt)

The Magic Touch

3 tsp. of pumpkin pie spice (optional but preferred)

2 ounces of Pumpkin Pie fragrance oil

(Optional) 2 ounces of finely chopped canned pumpkin

GOAT MILK WITH COLOURED GLITTER

One of the most attractive and easy to make soap is goat milk soap, which will be white in color, perfect in consistency that is designed with sparkling glitter and quartz stones of your choice. You can choose to make this soap sparkling with blue and violet with brown and white glitter to make the universe or you can make a glittery sea with blue dye and golden glitter. It is all your choice with this recipe.

The Oils

1 ounce of castor oil

2.1 ounces of canola oil

5.2 ounces of palm oil

6.3 ounces of coconut oil

6.3 ounces of olive oil

For the Lye Solution

3 ounces of lye

7.2 ounces of goat milk

Additional (Add during trace)

1 table spoon of glitter of your favorite color

1 tea spoon of orange fragrance oil

1 table spoon of decorative quartz added to the surface of the soap

REFRESHING AND SOOTHING CUCUMBER BLEND

Cucumber is known for its natural soothing effects of the skin. Making soap with cucumber instead of water is one of the most wonderful additions and recipes you can try. You can also avoid using a color dye as this soap will have a splendid semi-transparent green color due to the cucumber.

This recipe makes 2 pounds of soap

The Oils

7 ounces of Palm Oil

7.5 ounces of Olive Oil

1.5 ounces of Cocoa Butter

7.5 ounces of Coconut Oil

1.5 ounces of Castor Oil

For the Lye Solution

7.5 ounces of completely liquid cucumber, peel of the skin

3.6 ounces of lye

The Magic Touch

To gain green specks in your soap, finely grind/grate cucumber with its peel

The cucumber juice will add a natural color to this soap recipe

COCONUT MILK SOAP

One of the wonderful additions you can add to your soap is using coconut milk in your soap. It has moisturizing qualities and increases your skin youth and softness.

The Oils

1 ounce of castor oil

2.1 ounces of canola oil

5.2 ounces of palm oil

6.3 ounces of coconut oil

6.3 ounces of olive oil

For the Lye Solution

3 ounces of lye

7.2 ounces of coconut milk

Additional

1 ounce of fragrance oil

TEA TREE AND CHARCOAL SOAP

The wonderful properties of charcoal makes this soap very healthy to the skin. Charcoal absorbs oil, pulls it out of the pores and binds with it. Think of the cleaning properties of this soap. The tea tree oil blends perfectly with charcoal and is perfect for oily skin.

The Oils

14.5 ounces of Olive Oil

9 ounces of Coconut Oil

1.8 ounces of Tamanu Oil

9 ounces of Palm Oil

1.7 ounces of Castor Oil

For the Lye Mixture

5.1 ounces of Sodium Hydroxide Lye

10.1 ounces of Distilled Water (15% water discount)

The Magic Touch (Added during trace)

1.7 ounce of Tea Tree Essential Oil

2 Table spoons of Activated Charcoal

CLOVER AND ALOE

Sometimes it is best to stray from the ordinary and try new and unique recipes. Clover is not a commonly used fragrance in soap, but it is such an underrated one. You can make your soap unique with this perfect oil blend and clover and aloe fragranced soap.

The Oils

3.2 ounces of Sweet Almond Oil

4 ounces of Rice Bran Oil

16 ounces of Canola Oil

0.8 ounces of Castor Oil

8 ounces of Palm Oil

8 ounces of Coconut Oil

For the Lye Mixture

5.5 ounces of Lye

13.2 ounces of Water

The Magic Touch (Added during trace)

2.3 ounces of Clover and Aloe Fragrance Oil

Colorant of your choice

COCONUT OIL SOAP (BEGINNERS RECIPE)

This soap gives a lot of lather which is very satisfying. If you are a beginner, this soap is quite easy and enticing to try as it only makes use of oil, making it simple and quick.

The Oil (Single oil recipe)

33 ounces coconut oil

For the Lye Mixture

4.83 ounces of lye

12.54 oz water

Additional

1.3 ounce of your favorite essential oils

LAVENDER AND GOAT MILK SOAP

Goat Milk soap is one of my favorite soaps to use due to its perfect consistency and wonderful white color that allows you to contrast anything with it, such as lavender leaves or purple swirls in this recipe.

The Oils

1 ounce of castor oil - 2.1 ounces of canola oil - 5.2 ounces of palm oil

6.3 ounces of coconut oil - 6.3 ounces of olive oil

For the Lye Solution

3 ounces of lye - 7.2 ounces of goat milk

Additional: 0.5 teaspoon of lavender fragrance oil

1 tablespoon of dried lavender flowers

OAT MEAL SOAP

Oats are a skin friendly natural grain, perfect for exfoliating as well whitening. Oat meal in your soap is such a wonderful and luxurious touch to add to your soap.

The oils

2.75 ounces 14% almond oil

1 ounce 5% castor oil

5.3 ounces 27% olive oil

5.3 ounces 27% palm oil

5.3 ounces 27% coconut oil

For the Lye solution

2.8 ounces of lye

5.9 ounces of goat milk

The Magic Touch

1 ounce lavender fragrance oil

3-4 tablespoons of oats

(optional) Dried lavender flowers

ZESTY LEMON SOAP

Some people go crazy for the smell of fresh lemon. If you are one of those people, you will enjoy this lemon fragranced soap. Moreover, the lemon zests in this recipe will add a cute touch to your soap.

The oils

7.5 ounces olive oil

6.5 ounces palm oil

1.3 ounces castor oil

6.5 ounces coconut oil

The Lye Mixture

3.1 ounces lye

8 ounces water

The Magic Touch

1 ounce of lemon fragrance oil or essential oil

1 tablespoon of grated lemon zest (mix with the soap at trace or spray on top or both)

ORANGE ZEST SOAP

Some people go crazy for the smell of fresh orange. If you are one of those people, you will enjoy this orange fragranced soap. Moreover, the orange zests in this recipe will add a cute touch to your soap.

The Oils

7 ounces of Palm Oil

7.5 ounces of Olive Oil

1.5 ounces of Cocoa Butter

7.5 ounces of Coconut Oil

1.5 ounces of Castor Oil

For the Lye Solution

7.5 ounces of water

3.6 ounces of lye

The Magic Touch

1 ounce Orange fragrance or essential oil

1-2 table spoons of orange zest

TEA AND PEPPERMINT SOAP

If tea with peppermint is one of your favorite things to have in the morning or at night, you can extend your joy by making tea and peppermint soap so that you can enjoy the smell in the morning and at night.

The oils

11 ounces of olive oil

5.2 ounces of palm kernel oil

4.6 ounces of soybean oil

6.3 ounces of coconut oil

2.3 ounces of cocoa butter

8.4 ounces palm oil

5.1 ounces of sunflower oil

2.7 ounces of castor oil

For the lye solution

6.4 ounces of lye

13 ounces of home brewed fresh tea

The magic touch

6 tsp of tea leaves from what you brewed

1.1 ounces of peppermint essential oil

FRENCH GREEN CLAY SOAP

Taking your soap to the next level would mean including new ingredients. French clay is perfect for the skin, adding it to your soap is such a luxurious touch and takes your soap making skills to the next level.

The Oils

1 ounce of castor oil

2.1 ounces of canola oil

5.2 ounces of palm oil

6.3 ounces of coconut oil

6.3 ounces of olive oil

For the Lye Solution

3 ounces of lye

7.2 ounces of goat's milk

The Magic Touch

1 ounce of any earthy fragrance oil

4-8 tablespoons of French green clay (you can add more based on how much clay you want in your soap)

VANILLA SOAP

Vanilla fans out there would agree that vanilla fragranced soap is a wonderful addition to their bathroom or merch. You can't be making soap without having tried the vanilla fragranced soap.

The oils

7.5 ounces olive oil

6.5 ounces palm oil

1.3 ounces castor oil

6.5 ounces coconut oil

The Lye Mixture

3.1 ounces lye

8 ounces water

Personal Additions

1 ounce of Vanilla fragrance oil or essential oil blend

A handful of Rose Petals

ROSE WATER PETAL SOAP

Rose water is one of the best things you can put on your skin. It softens and tones the skin. It would be wonderful if you make your soap with rose water instead of regular water. You can add rose petals for luxury.

The Oils

6.5 ounces of coconut oil

7.5 ounces of olive oil

6.5 ounces of palm oil

1.3 ounces of castor oil

The Lye Mixture

3.1 ounces of lye

8 ounces Rose water

The Magic Touch

1 tsp of Rose essential oil

Red rose petals (as desired)

SEA MUD AND CEDAR WOOD SOAP

There is a perfect persona and mood for this soap. It has all the skin benefits of sea mud while being fragranced like cedar wood, a combination that unites you with Mother Nature.

The Oils

20 ounces of olive oil

10 ounces coconut oil

The Lye Mixture

11.4 ounce of water

4.2 ounce of lye

The Magic Touch

2 tablespoons of Sea Mud

1 teaspoon of Cedarwood essential oil

1 teaspoon Rosemary essential oil

CHAI VANILLA SOAP

You can always get creative with your additions to soap. In this recipe, we make use of the goat milk so that you get a white canvas to paint on. In this

recipe we will use chai tea leaves to decorate the soap and vanilla fragrance to complement it.

The Oils

1 ounce of castor oil

2.1 ounces of canola oil

5.2 ounces of palm oil

6.3 ounces of coconut oil

6.3 ounces of olive oil

For the Lye Solution

3 ounces of lye

7.2 ounces of goat's milk

Additional

Few bags or 2-4 table spoons of Chai Tea

1 teaspoon of vanilla essential oil

APPLE CINNAMON WINTER SOAP

This is one of my favorite soaps because it combines apple and cinnamon, such a wonderful combination. The warm mix of apple and cinnamon reminds me of the warm apple pie in winter that is why I call this a winter recipe. You can always fragrance your soap with these two ingredients or add pieces of apples and cinnamon powder as well.

The Oils

1 ounce of castor oil

2.1 ounces of canola oil

5.2 ounces of palm oil

6.3 ounces of coconut oil

6.3 ounces of olive oil

For the Lye Solution

3 ounces of lye

7.2 ounces of goat's milk

Additional

1 tablespoon of freshly and finely ground cinnamon

1 teaspoon of apple fragrance/essential oil

LOOFA SOAP

How convenient would it be if your soap was molded on your bath sponge immediately, so you can just wet it and use it right away. This recipe offers you a creative and distinctive way to represent and use your soap.

The oils

7.5 ounces olive oil

6.5 ounces palm oil

1.3 ounces castor oil

6.5 ounces coconut oil

The Lye Mixture

3.1 ounces lye

8 ounces water

Personal Additions

1 ounces of your favorite essential oil blend

A beautiful soap colorant of your choice

A long loofa (A classic style of sponges, can be found online)

Note: The loofa replaces the mold, you slice the loofa into thin slices and pour the soap on it to create small slices of loofa soap.

YOGURT AND BANANA FLAX SEED SOAP

Yogurt and banana are amongst some of the most moisturizing ingredients you can use on your skin. This recipe combines the yogurt and banana with flax seeds in a unique and healthy blend that is perfect for your skin. S

The Oils

17.6 ounces of olive oil

1.6 ounces of castor oil

4.8 ounces of babassu oil

3.2 ounces of cocoa butter

1.6 ounces of organic flax seed oil

1.6 ounces of coconut oil

1.6 ounces of Shea butter

The Lye Mixture

4.25 ounces of lye

9.75 ounces of water

Magic Additions

1 teaspoon of yogurt powder (added to the oil)

1.5 teaspoon of banana powder (added to the oil)

2 ounces of your favorite fragrance oil

LEMON AND POPPY SOAP

Another creative blend is this lemon fragranced soap that is decorated with poppy seeds. The lemon has antibacterial properties that makes your soap pretty and useful.

The Oils

1 ounce of castor oil

2.1 ounces of canola oil

5.2 ounces of palm oil

6.3 ounces of coconut oil

6.3 ounces of olive oil

For the Lye Solution

3 ounces of lye

7.2 ounces of goat's milk

The Magic Touch

1 teaspoon of lemon fragrance

2 tablespoons of lemon zest

1 tablespoon of poppy seeds

RASPBERRY SOAP

One of my favorite additions and recipes is raspberry soap. The aroma and color of raspberries is a wonderful addition to any soap. Raspberry also has antioxidant properties, that is why, you can add it to your soap for its benefit.

The Oils

1 ounce of castor oil

2.1 ounces of canola oil

5.2 ounces of palm oil

6.3 ounces of coconut oil

6.3 ounces of olive oil

For the Lye Solution

3 ounces of lye

7.2 ounces of goat's milk

The Magic Touch

1 teaspoon of raspberry fragrance

2 ounces of freshly diced raspberries

MOISTURIZING SOAP “MOSAIC” WITH GRAPESEED OIL

Bright soap with a light, invigorating smell of mandarin and grapeseed oil perfectly moisturizes your skin and gives a sunny mood. Milk, which is part of the soap, makes it especially gentle.

You will need:

- 100 g of any baby soap
- 2 pieces of glycerin soap of orange and red color
- 1 tbsp. glycerin
- 1 tbsp. olive oil
- 1 tbsp. grapeseed oil
- 3-5 drops of mandarin essential oil
- 100 ml of milk or water

Working process:

1. Grate baby soap on a fine grater and fill it with 100 ml of milk. You can also make an infusion of herbs or oat broth.

Oat broth softens the skin, affecting not only the superficial but also the deep layer of the epidermis. Oat is a well-known cereal whose composition is striking in its richness and abundance of the most necessary and healthy substances. It is also eaten in the form of the same broth or jelly.

2. Place the pots in a water bath and melt the soap. Stir the mixture periodically. To make the soap melt faster, add a couple of tablespoons of sugar or honey.

3. Cut the glycerin soap into pieces of different sizes and shapes.

4. When the soap in the water bath melts, add 1 tbsp. glycerin, 1 tbsp. of olive oil and grapeseed oil, and a couple of drops of essential oil.

5. Vigorously, without removing the soap from the water bath, beat the mixture with a spatula. You can also mix everything with a hand blender.

6. Add chopped pieces of glycerin soap to the mass and mix.

7. Previously, the pieces must be scratched over the entire surface with a toothpick and sprinkled with alcohol so that then they do not fall out of the piece.

8. Spray molds for soap with alcohol, then it will be easier to remove the soap. You can also line them with cling film or foil.

If you still couldn't get the soap out of the mold, dip it in boiling water for

15–20 seconds. Now, the soap will easily slip out of it. You can also put soap in the refrigerator for an hour. It will slightly decrease in volume and will be easier to take out of the mold.

9. Pour the mass into the molds and leave to freeze in the refrigerator for a day. After that, the soap will dry in a cool place for another 2-3 days. Then it can be stored wrapped in parchment paper.

Please note that all soap prepared by re-cooking, after drying, can cause “shrinkage” and deform.

SOAP "HEART WITH PEAS" WITH OLIVE OIL

The unusual polka-dot soap will give you vivid emotions and perfectly moisturize any type of skin, while its subtle nature will appeal to the light aroma of jasmine.

Jasmine oil has always been famous for its positive effect on any type of facial skin. Due to its excellent moisturizing, calming, and antiseptic effect, jasmine oil is excellent for caring for dry, dehydrated, and very sensitive skin, prone to drying out, frequent irritation, and allergic reactions.

You will need: 100 g of a white base or 1 piece of baby soap

100 g of a transparent base - 4–5 drops of red dye - 1/3 l. olive oil

3 drops of jasmine essential oil

Working process:

1. Dice the white base and melt it in the microwave or in a water bath. If you use baby soap, grate the soap and heat it a bit and then add sugar. Put in a water bath. Also, add olive oil.
2. When the base or soap has melted, add the essential oil. Sprinkle the rectangular mold with alcohol so that the base spreads more evenly in shape. After filling the base, also sprinkle alcohol on top of it to remove all air bubbles.
3. After the first layer hardens, take a small baking dish in the form of a ring or any cap, having previously cut off the tip, and carefully cut out the circles from the white layer.
4. Then melt the transparent base and add red dye to it. Allow cooling

slightly. Sprinkle a white layer with alcohol and fill it with a pink painted base. Also, sprinkle the surface of the pink layer with alcohol.

5. When the layers harden, take a heart shape, apply to soapy layers, press, and cut.

If your heart shape is flat, then you can fill both layers immediately into it, then you can skip the last step.

TWO-LAYER SOAP WITH A SPRIG OF ROSEMARY

An extravagant soap for extraordinary people: a white layer with a mint-grassy aroma of rosemary and a transparent green layer with an embedded sprig of rosemary. Soap with almond and rosemary oil reduces excess sebum, tightens pores, prevents the further formation of acne and black spots on the face, and is suitable for sensitive skin.

You will need:

- 70 g of a white soap base
- 5–7 drops of rosemary essential oil
- 100 g of a transparent base
- 4–5 drops of green dye
- the sprig of rosemary
- 1 tbsp. l almond oil

Working process:

1. Dice the white base and melt it in the microwave or in a water bath. If you use baby soap, then grate the soap on a grater and melt, adding sugar and water, in a water bath. Also, add any base oil, such as olive, almond, apricot, jojoba, etc.
2. Remember the proportions: 100 g of the base can be added not more than 1/3 l. oil, and 100 g of baby soap, 3 tbsp. oil, 1 tbsp. glycerin, and 100 ml of water.
3. The essential oil should not be added when soap is heated in a water bath; this must always be done later when the base is removed from the heat. Do not forget that any oils added to a transparent soap base will cloud it, so it is better to add them to a white base.
4. When the base or soap melts, pour it into a long rectangular shape

by first adding rosemary essential oil and sprinkling it with alcohol to spread the base evenly. Sprinkle alcohol on top of the base to remove all air bubbles. In addition, the bubbles can be carefully removed with a plastic disposable spoon.

5. After the layer has hardened, place a sprig of rosemary on it, and secure it with a toothpick or needle.
6. All additives in the form of herbs, dried flowers, etc., have the property to float, so they must be “pinned” to the base with a toothpick or needle. In addition, do not forget to scratch the surface of the white layer with a toothpick before pouring the green layer so that they better stick together.
7. Melt the transparent base and add a little green dye to it.
8. Sprinkle a white layer with alcohol and fill it with a sprig of rosemary in a green layer. It is better to do this in two stages so that the branch does not pop up. When after a couple of minutes, the first layer of the green base hardens, you can carefully fill in the second. After that, sprinkle the surface with alcohol and remove a toothpick or needle.

MUFFINS WITH COFFEE AND CINNAMON

Appetizing cakes with coffee and cinnamon. Well, how can you resist the temptation to eat them? From our cupcakes, extra pounds do not threaten you. With ground coffee, spicy cinnamon, and jojoba oil, we present to your attention a tonic scrub with a tightening effect and an unusually sensual aroma.

You will need:

- 130 g of a white base
- 2-3 pieces of multi-colored glycerin soap for candied fruits
- 1 cup freshly ground coffee
- 1 tsp freshly ground cinnamon
- 1/3 l. jojoba oil

Working process:

1. Make ground coffee at the rate of 4–5 tsp. coffee per 200 ml of water.
2. Dice and melt in a water bath 100 g of a white base. Add jojoba oil. Such

“cupcakes” can also be made from baby soap—then you need 1 piece of baby soap, 1 tbsp. glycerin, a couple of tablespoons of sugar, and 2-3 tbsp. tablespoons of any base oil. Instead of water, when melting the soap, use freshly brewed coffee, 100 ml per 100 g of soap.

3. After the base has been removed from the heat, also put cinnamon, 3-4 tsp., and a couple of teaspoons of coffee. Stir the mass thoroughly.

4. Pour the base into the molds after sprinkling them with alcohol. Leave to harden. Essential oils and fragrances are not needed in this recipe since freshly ground cinnamon gives a delicious spicy flavor.

5. Prepare candied fruits: cut the pieces of glycerin soap into small cubes and scratch their surface with a toothpick so that then they do not fall off the piece. Sprinkle candied fruit with alcohol before pouring.

6. Melt the remaining white base and pour this “cream” onto the “candied fruit” spread out on the muffins. Also, sprinkle them with alcohol. Leave to harden.

Please note that cinnamon is a strong allergen, which may cause skin irritation in some people.

GINGER ROLL SOAP

A bright start to the day. A tonic and warming ginger soap with an invigorating lemon aroma is perfect for a morning shower and gives you a sunny mood.

The use of ginger is also actively used in cosmetology. Possessing pronounced immunomodulating and antibacterial properties, it increases the firmness and elasticity of the skin, enhances blood flow and microcirculation. The antiseptic properties of ginger help to quickly get rid of acne and blackheads on the face and relieve inflammation.

You will need: 150 g of a white base - 100 g of a transparent base - 1 tsp ground ginger

1/3 l. sea buckthorn oil - 5–7 drops of lemon essential oil - 2-3 drops of yellow dye

Working process:

1. Use the water bath for 1/3 white warp and fill in a rectangular flat shape. Drizzle with alcohol.
2. After the layer has hardened slightly, remove it from the mold and twist it into a tube.
3. You can gently wrap the layer with a towel. Put the resulting tubes into the freezer for half an hour.
4. Heat the remaining white base in a water bath, add sea buckthorn oil, and half a teaspoon of ground ginger. Then add lemon essential oil. Pour into a round shape. Leave to harden.
5. Remove the tubes from the freezer and cut them carefully with a sharp knife into the rolls. Rolls can also be obtained by cutting fresh soap with a peeler, but they will turn out thin and not so even. Lay the rolls on a frozen yellow base.
6. Melt the transparent base in a water bath. Add a few drops of yellow dye and half a teaspoon of ground ginger. It is better to sift or pour ginger into the base in small portions, constantly stirring it so that no lumps form.
7. Fill the rolls with a transparent layer. Drizzle with alcohol. Leave to harden.

SOAP "HONEY" WITH PROPOLIS

All the beneficial properties of honey and propolis were combined in this soap to give your skin tenderness, velvety, and extraordinary elasticity. The invigorating aroma of lemongrass oil gives a sweet and graceful bouquet of tangerine oil a bright and provocative note.

Honey is used to prevent wrinkles, cleanse, moisturize, soften, and rejuvenate the skin. Honey massage, which improves blood circulation and cleanses the skin from the upper stratum corneum, is very popular among women.

You will need: 100 g of a transparent soap base - 1 tsp propolis tinctures

1 tsp honey

3-5 drops of mandarin essential oil

2 drops of lemongrass essential oil

Working process:

1. Dice and melt a transparent soap base in a water bath.

2. Add propolis tincture.
3. Propolis tincture is sold in two forms: - alcohol and oil. If you use alcohol tincture, then you can add some other base oil to the base. However, remember that any oil will slightly obscure the transparent base.
4. Then add honey and essential oils to the base. Mix well. It is better to add honey to the cooled base so that honey retains all its useful properties. Citrus essential oils are very volatile so that they do not weather for a long time; they must be supplemented with lemongrass essential oil.
5. Sprinkle the mold with alcohol and pour the base into it. If bubbles form on the surface, also sprinkle soap with alcohol. Leave to harden. This soap will be stored longer than usual since propolis is a natural, biological preservative.

SOAP WITH CHAMOMILE, CALENDULA, AND SEA BUCKTHORN OIL

You do not need to wait for summer to find yourself in a sunlit meadow. The attractively tart and spicy aroma of thyme will remind you of the sun and carefree days. Sea buckthorn oil, which is part of this soap, has an antiseptic and firming effect and perfectly moisturizes dry skin, penetrating the deeper layers of the epidermis. Chamomile and calendula flowers soothe the skin, tighten pores, and improve complexion.

Even in the days of the ancient Greeks, thyme was sacrificed to the gods. The grass was burned, and the rising smoke in the sky meant acceptance of the victim. Today, thyme oil is used in many countries of the world. The anti-inflammatory, bactericidal, and wound healing properties of thyme are also successfully used in cosmetology. They are successfully treated for acne and teenage acne.

You will need:

- 100 g of a transparent soap base

- 1 tsp dried chamomile flowers
- 2 tsp calendula flowers
- 1 tsp sea buckthorn oil
- 3-5 drops of thyme essential oil

Working process:

1. Pour 2 tbsp. 1 boiling water 1 tsp. chamomile and calendula flowers. Leave for half an hour.
2. At this time, cut into cubes and melt in a water bath, a transparent soap base.
3. Add to the base brewed chamomile flowers and calendula, as well as sea buckthorn oil.
4. Stir the mixture thoroughly and add 1 tsp dried marigold flowers to it. Not all flowers are suitable for adding to the soap. For example, blue flowers, cornflowers, and lavender in the soap base turn gray, while red flowers, roses, and hibiscus turn brown and blacken; they become completely unattractive. Yellow and orange flowers behave best in soap. In addition, remember that soap with any natural additives is not subject to long-term storage, and it is advisable to start using it immediately after preparation.
5. Continue to constantly stir the base, pour it into a mold pre-sprinkled with alcohol. You can also “melt” whole flowers into the soap. For this, they must be fixed at the base with a toothpick, which must be removed after the base begins to harden.
6. Garnish the soap that has not yet set, sprinkling it on top with dried marigold flowers.

RICE FLOUR WHITENING SOAP

The most delicate soap with rice flour and vanilla aroma is suitable for the most sensitive skin. Rice flour, the ancient secret of the delicate and soft skin of Japanese geishas, has whitening properties and prevents the appearance of wrinkles. Thanks to the softening and anti-inflammatory effect, almond oil perfectly cleanses and moisturizes the skin, and evens out its tone.

You will need:

- 100 g of a white soap base

- 1 tbsp. rice flour
- 1 tsp vanillin
- 1/3 l. almond oil
- 50 g of a transparent soap base
- 3-5 drops of red dye

Working process:

1. Dice and melt a transparent soap base in a water bath. Add red dye to it and mix.
2. Sprinkle the mold with alcohol and gently pour the deepest projections of the mold with a spoon. Leave to solidify. To make the form stable, place it on a glass.
3. Melt the white soap base in a water bath. If you are cooking this soap from a child's soap, then instead of water, it's better to add milk at the rate of 100 ml of milk per 100 g of soap.
4. Add oil to the base. Then add rice flour and vanilla. Powdered vanillin gives a light vanilla flavor. If you want a more intense smell, use vanilla macerate.
5. Thoroughly mix the base. Before pouring the white base, scratch the surface of the red layer with a toothpick and sprinkle it with alcohol for better adhesion between the layers.
6. Sprinkle the mold with alcohol and fill it with a white base. Leave to harden.
7. To emphasize the relief of the soap, you can go to the most prominent places with a brush with glitter (sparkles).

OATMEAL SCRUB SOAP

Oats have long been known for their healing and cosmetic properties. Soap with oatmeal gently cleanses pores and improves complexion. The valuable oils of flax and wheat germ, which are part of it, have a beneficial effect on the most sensitive skin, and vetiver essential oil is a strong natural antiseptic.

You will need:

- 100 g of a white soap base
- 1 tbsp. oatmeal

- 1 tbsp. oat flour
- 1/3 l. mixtures of linseed oil and wheat germ
- 3-5 drops of vetiver essential oil

Working process:

1. Dice and melt the white soap base. Add oil. If you are cooking this soap from a child's soap, then be sure to use milk instead of water at the rate of 100 ml of milk per 100 g of soap.
2. Pour oat flakes into the base and oatmeal. Stir the mixture thoroughly.
3. It is best to use medium-sized flakes since flakes of too fine grinding at the base will simply get wet and will not give a "scrubbing" effect, and too coarse can damage the skin.
4. Wait for a little while as the base cools slightly, then mix it again, and pour it into the mold after sprinkling it with alcohol. In a hot base, all light additives float to the surface, while the heavy ones, for example, oatmeal, sink to the bottom, so before pouring the mold, the base must be allowed to cool slightly.
5. On top of not yet frozen soap, you can decorate with whole oat flakes.

MOISTURIZING SOAP SCRUB WITH POPPY SEEDS

A unique scrub donated by nature itself. The smallest particles of poppy have a perfectly spherical shape, due to which they gently remove dead and dead cells of the skin and contribute to its regeneration. Grapeseed oil contains a uniquely high number of bioflavonoids, reminiscent in the structure of human estrogens, which cannot be overestimated. They help normalize the secretion of the sebaceous glands, slow down skin aging, increase the rate of epidermal cell regeneration, and enhance collagen synthesis.

You will need:

- 100 g of a transparent soap base
- 1 tsp confectionery poppy
- 1/3 l. grapeseed oil
- 2-3 drops of red dye
- 2-3 drops of blue dye

- 3-4 drops of perfume "Blackberry"

Working process:

1. Dice and melt a transparent soap base in a water bath.
2. Add oil and perfume to it.
3. Mix the base of red and blue dyes.
4. Add poppy seeds and mix. For the poppy to spread evenly inside the soap base, cool it slightly, and then mix thoroughly.
5. When the base slightly hardens and becomes viscous, pour it into the mold by sprinkling it with alcohol in advance. If bubbles appear on the surface, also sprinkle a layer of alcohol.

SOAP WITH "INTERNAL" DECOUPAGE

This best gift is a DIY gift. An exclusive way to decorate soap with the help of the decoupage will surprise your loved ones and will open a wide scope for creativity.

Decoupage is a technique for decorating furniture utensils, soaps, based on applying a paper drawing, picture, or ornament, usually cut out of a decoupage napkin, onto a selected base, and, further, coating the resulting composition with varnish for good preservation and durability.

You will need:

- 70 g of a white soap base
- 70 g of a transparent soap base
- napkin (plain or decoupage)
- 1/3 l. any base oil
- 3-5 drops of any essential oil

Working process:

1. Melt the white soap base in a water bath. Add any base and essential oil to it and pour it into a flat shape. Leave to harden.
2. Melt the transparent soap base in a water bath.
3. Lay the decoupage napkins on a layer of white base and spread them so that there are no wrinkles. If you use ordinary three-layer napkins, it is necessary to remove the white layers from the napkin and leave only the top

one with the picture.

4. Carefully pour the transparent base onto the napkins. Sprinkle a layer of alcohol and leave to harden.

Decoupage can also be done on the surface of the soap, both from a transparent and white base. To do this, slightly moisten the soap, put a prepared napkin on it, and use a brush to apply a soap solution over the pattern, which is prepared from soap chips and boiling water in a 1: 2 ratio. Carefully spread all the folds with a brush. After this, the soap must be dried.

You can also make the so-called “reverse” decoupage when a layer of transparent soap base is poured, then a napkin with a pattern is placed on the back side, and a layer of white soap base is poured from above.

SOAP SCRUB WITH ORANGE ZEST

Create yourself an orange mood! The substances contained in the zest and essential oil of orange make the skin firmer and smoother, regenerate it, cleanse and tighten pores, and are effective in the fight against cellulite.

Normalizing oily skin, orange oil can increase its elasticity and reduce shallow wrinkles, and it also has a whitening effect. It can narrow pores, as well as reduce the appearance of after-acne scars. It perfectly regenerates and moisturizes dry skin. In addition, it helps to balance the emotional state, has a bioenergetic effect, and erotic effect.

You will need:

- 100 g of a white soap base
- 50 g of a transparent soap base
- 2 tsp orange peel
- 2 drops of red dye
- 2 drops of yellow dye
- 1/3 l. olive oil
- 5–7 drops of orange essential oil

Working process:

1. Grate or grind the dried orange zest in a coffee grinder.
2. Dice and melt the white soap base in a water bath. Add oil.
3. Pour the base into the mold by sprinkling it with alcohol in advance. Leave to harden.
4. Melt the transparent soap base in a water bath. Mix the base of red and yellow dyes.
5. Add the orange zest to the transparent base and mix thoroughly. For the zest to “give off” its color, the base must be hot enough.
6. Carefully use a spoon to pour the transparent base onto a white base, forming orange slices. Work fast, as a small number of base freezes very quickly. “Flaws” can then be removed with a toothpick or knife.
7. Sprinkle the top layer of soap with alcohol and leave to harden.
8. Decorate the finished soap by “rolling” its side in chopped orange zest.

You can also take a round shape, slightly larger in radius than the finished soap, place the soap there, and fill the gap with a base painted in orange to make a “crust.”

BATH BOMBS

Indulge yourself with fragrant effervescent bath bombs. Sea salt, which is part of them, will help to relax at the end of the working day, and the oils that gently care for your skin will leave it after the bathtub soft and silky, like a baby.

You will need:

- 4 tbsp. cornstarch
- 2 tbsp. sea salt
- 60 g of citric acid
- 120 g of baking soda
- 3 tbsp. base oil
- 3-5 drops of dye

Working process:

1. Dissolve the yellow dye in a small amount of water and pour the resulting solution into soda. Mix thoroughly. Lay on a piece of paper and leave to dry for a day. If you have colored sea salt, then you can skip this step. In

addition, you can color in the same way, not soda, but sea salt. It will also need to be dried on paper.

2. Grind sea salt and citric acid in a mortar or coffee grinder. Sift the remaining ingredients, soda and starch, through a sieve.

Be careful: when opening the coffee grinder, do not inhale particles of citric acid. They strongly irritate the upper respiratory tract. You can also add powdered milk, cocoa, dried flowers, herbs, etc. to the “bomb.” The main thing when choosing ingredients is to think whether you will like them since many do not like the stains on the walls of the bathroom from cocoa and the flower petals clogging the drain. You can use the same sea salt instead of starch.

3. Pour all dry ingredients into a container and mix thoroughly. Add oil and start mixing the mixture. Stir the mixture best with rubber gloves, as salt and acid can cause skin irritation on the hands. Make sure that the dishes for mixing are dry. Otherwise, the reaction will begin earlier than necessary. Do not add apricot and peach seeds as base oils; “bombs” will not hold their shape well.

4. The mixture is ready for sculpting when you can easily form a lump in your hand, but at the same time, it easily crumbles. If you add too much oil, then the “bombs” will spread and will not dry out. In this case, they must be dried at the battery or add dry ingredients.

Also, “bombs” can be made in the so-called “water” way. That is, slightly moisten the mixture with water from a spray bottle. The most important thing is not to overdo it and closely monitor the reaction of the mixture. Sprinkle it with water several times and immediately begin to mix quickly.

5. Fill the halves of the pan by tamping the mixture carefully. One half of the mold should be filled exactly in its volume, and the other with a slide. If you want the “bomb” to be stripped, then you need to pour the mixture in layers. If you want to decorate the “bomb,” remember that the decoration must be put on the bottom of the mold.

6. Attach the halves of the mold to each other and start grinding them, squeezing afterward.

7. Carefully remove the “bombs” from the mold and leave to dry in a warm and dry place for a day. Kept “bombs” must be in sealed packaging.

BLACK MOROCCAN

The ancient recipe for soft Moroccan soap made from alkali, olive oil, and eucalyptus leaves can easily be repeated at home in a simplified version. Eucalyptus is an excellent scrub that gently and delicately cleanses the pores, and olive oil moisturizes and saturates the skin with valuable substances.

Cosmetics based on eucalyptus oil have many useful and healing properties. They normalize the work of the sebaceous glands, whiten the skin, improve complexion, effectively fight acne, relieve boils, and acne. They are effective for skin infections and restore damaged skin, including after-burns or frostbite.

You will need:

- 1 piece of baby soap
- 150 ml of water
- 2-3 tsp sugar or honey
- 3 tbsp. olive oil
- 75 g of eucalyptus leaves

Working process:

1. Grate baby soap and fill it with water for half an hour.
2. Add olive oil and sugar or honey to the softened mass for better melting and place in a water bath.
3. After the soap chips dissolve, remove it from the heat and add dry eucalyptus leaves. Stir well. The leaves do not have to be crushed additionally. Just add them in the form in which they were sold in the pharmacy.
4. When the mass has cooled slightly, you can add eucalyptus essential oil.
5. Transfer the mass to a suitable container and store it in the refrigerator. After a couple of days, the soap will darken a little. Do not be alarmed; it should be so. You need to use a soap by applying it to pre-steamed skin and rubbing it with a special washcloth-mitt.

LUXURIOUS WHOLE GOAT'S MILK SOAP

Yields: 15.64 oz of soap

Ingredients:

Goat milk: 2.74 oz

Lye- sodium hydroxide: 1.412 oz

Palm oil: 6.6 oz

Coconut oil: 1.1 oz

Castor oil: 2.2 oz

Sunflower oil (High Oleic): 1.1 oz

Cucumber-mint fragrance oil: .481 oz

Directions

Measure 2.74 oz of milk into a zip-lock bag and place flat in freezer. Freeze goat's milk until solid.

Weigh the cucumber-mint fragrance oil; set aside. Weigh lye; cover and set aside. Weigh palm, coconut, and castor oils. Combine in stockpot and place over low heat until melted. Remove from heat and set aside to cool to 95 degrees F.

Once oils reach 95 degrees F, take frozen milk out of freezer and break frozen milk into pieces by hitting it against the kitchen counter or the floor. Transfer the broken pieces into the container for the milk and lye mixture.

Pour lye over frozen milk pieces and stir carefully until thoroughly combined. Gradually add to the cooled oil mixture and combine using a spoon. Add fragrance oil and stir or use immersion blender.

Once soap starts to thicken, pour into mold. Place into refrigerator and refrigerate for 24 to 36 hours.

Remove soap from mold and cut into bars. Set aside to dry for up to 48 hours. For soap to be fully moisturizing, set aside to cure for 4 to 6 weeks before using.

FAST AND EASY GOAT'S MILK SOAP

Yields: 15.7 oz of soap

Ingredients:

Distilled Water: 1.37 oz

Lye- sodium hydroxide: 1.41 oz

Goat milk: 1.37 oz

Palm oil: 6.6 oz

Coconut oil: 1.1 oz

Castor oil: 2.2 oz

Sunflower (high oleic): 1.1 oz

Cucumber-mint fragrance oil: .48 oz

Directions

Prepare mold. Weigh fragrance oil; set aside.

Weigh water, then add lye. Stir until thoroughly combined.

Weigh goat's milk, set aside in a separate container.

Weigh palm, coconut, and castor oils, then add into stockpot. Place over low heat and heat to 95 degrees F. Remove from heat and pour fragrance oil. Blend using immersion blender or set aside until soap traces to boost fragrance.

Add milk to the lye and water mixture, and quickly followed by the oils. Do this quickly to prevent the mixture from setting, otherwise it will become orange-colored and smelly.

Mix everything with immersion blender until you get a light trace. With a spatula or spoon, stir until soap gets thicker. Transfer into mold and refrigerate for 24 to 36 hours.

Remove soap from mold and cut into bars. Set aside to completely dry. Store for a minimum of 4 weeks before using to maximize its moisturizing properties.

COCOA BUTTER AND COCONUT OIL FOR DRY SKIN

Yields: 3 lb of soap

Ingredients:

Lye- sodium hydroxide: 12.6 oz

Palm oil: 4.5 oz

Cocoa Butter: 1.7 oz

Olive oil: 3.3 oz

Coconut oil (76 degree): 3.3 oz

Castor oil: 6.6 oz

Palm oil: 18.15 oz

White Roses fragrance oil: 2 oz

Directions

Prepare mold.

Place ceramic bowl on scale and push tare button to zero out bowl's weight. Pour white roses fragrance oil into bowl until it weighs 2 oz. Remove from scale and set aside.

Place another bowl on scale, zero out by pushing tare button. Weigh each oil separately and pour into stockpot. Place stockpot over medium-low heat, then completely melt oils.

Wear safety glasses and latex gloves. Place plastic bowl on scale and zero out by pressing tare button. Weigh lye- sodium hydroxide, set aside.

Place pitcher on scale and press tare button. Weight distilled water. Set aside.

Mix lye into water by sprinkling lye into the water with gloved hands. Stir as you do so until lye is completely dissolved. Gradually pour lye and water mixture into stockpot full of oils over medium-low heat. Blend with immersion blender until completely combined and soap starts coming to trace.

Let soap go to the "applesauce" consistency, then through gel stage. Once it gets to the "mashed potato" stage, pour in the white roses fragrance. Stir until thoroughly combined.

Pour soap into prepared mold. Smooth down top and bang mold on counter to push out air bubbles. Set aside to cool in a cold oven or shelf. Once

completely cooled, cut into bars and start using.

ORANGE AND TEA TREE OIL SOAP

Yields: 5 lb of soap

Ingredients:

Distilled water: 11.75 oz

Lye- sodium hydroxide: 6.25 oz

Olive oil: 21.25 oz

Coconut oil (76 degree): 15.5 oz

Sunflower oil: 4.25 oz

Walnut oil: 3 Oz

Orange essential oil: 2 oz

Tea tree essential oil: .5 oz

Directions

1. Prepare mold.
2. Place empty plastic pitcher on scale and push tare button to zero out pitcher's weight. Pour water into pitcher until it weighs 11.75 oz. Remove pitcher; set aside.
3. Place bowl on scale. Push tare button to zero out bowl's weight. Scoop lye into bowl until it reads 6.25 oz. Remove bowl; set aside.
4. Wear mask and gloves. In a well-ventilated area, gradually add lye to water and stir until completely mixed. Place lye and water mixture in secure place to cool for at least 1 hour or until it gets to 90 degrees F.
5. Weigh oils separately, and then combine in stockpot. Heat until completely melted. Once oils have cooled to at most 90 degrees F, wear gloves and mask then pour lye and water mixture into oils. Stir well until thoroughly combined.
6. Add orange and tea tree essential oils. Continue to stir until you get a gravy consistency. Stir continuously until you get medium trace. Pour into prepared mold.
7. Cover the top of the soap with waxed paper or mold lid. Set aside for 48

hours to saponify. After 48 hours, turn soap mold upside down to get soap out of the mold. Let air for at least 12 hours, then cut into bars.

SOOTHING CHAMOMILE FLOWERS & GOAT MILK SOAP

Yields: 1 loaf of 3 lbs.

Ingredients

19 oz. of Coconut oil

19 oz. of Olive oil

10 oz. of Shea Butter

11 oz. goat milk

9 oz. of water

7 oz. of lye

1 cup of dried chamomile flowers

1 oz. of chamomile fragrance or essential oil (optional)

3 tablespoons of honey

Directions

Blend your soap batter with the basic cold process method after your oils and lye solution have reached similar temperatures at about 100 degrees. In this recipe there is much less water than normal. This is because some of the liquid has been added to the goat milk. Prep your goat milk by chilling it. After the batter is mixed add your goat milk, flowers and fragrance. Finally, add your honey. Pour into your mold and cut after 24 hours. Cure for 4 -6 weeks.

OATMEAL & HONEY MILK SOAP

Yields: 1 loaf of 3 lbs.

Ingredients

Water 18.24 oz.

Lye 6.95 oz.

Canola 9.6 oz.

Olive 9.6 oz.

Coconut 16.8 oz.

Lard 9.6 oz.

Shea Butter 2.4 oz.

Colorant soft brown

Fragrance Oatmeal & Honey Milk 2.5 oz.

2 cups of whole oats

Directions

This bar requires the basic instructions for the cold process. Mix your Shea butter after all your other oils and lye are thoroughly prepared and combined. This will allow your Shea butter to be the super fat. Add your fragrances, color, and your oats. You may want to use oat powder or pulverize your oats. Some people will use steel cut oat or whole oats for the decoration. It will make a nice exfoliating bar, but the steel cut outs may be a little too sharp for your skin. Pour everything together into your mold and then sprinkle the top with more oats. Set aside, and cut after 24 hours.

In our version, here, the oatmeal soap is the exact same recipe and fragrance with three different mica shades for the rustic farm look. This is the most popular soap sold at our market.

AVOCADO & COCONUT MILK SOAP

Yields: 1 loaf of 2 lbs.

Ingredients

Avocado Oil 8 oz.

Olive Oil 7 oz.

Coconut Oil 14 oz.

Argon Oil 6 oz.

Castor Oil 3 oz.

5.3 ounces Sodium Hydroxide

6.75 ounces Coconut Milk

4 ounces Pureed Avocado

Fragrances 1.5 oz. coconut, lime, and grapefruit

Micas in green and yellow colors

Directions

First, carve the meat from an avocado. Chop it and puree it into a soft paste. Next, mix your bowl of oil and your bowl of lye water in the standard cold process way. Prepare your green and yellow micas with a small amount of oil. Go ahead and add your puree to your oil and blend well with your stick blender. Slowly, pour your lye solution into your soaping oils. Don't forget to add your fragrance. Blend with your stick blender and split into two batches. Color each batch, one with your yellow and one with your green. Now you can pour these two batches into your mold alternating the colors. Don't forget to swirl for a beautiful design. Now let your soap sit for 24 hours before you cut it.

COCONUT AND LIME

Yields: 12 bars

Ingredients

15 oz. coconut oil

15 oz. olive oil

8 oz. sunflower oil

6 oz. safflower oil

14 oz. coconut milk

6.25 oz. lye

2 oz. coconut fragrance oil

Dried lemon and lime zest for exfoliate

A small amount of coconut hair for decoration

Directions

When adding any milk product whether goat milk or coconut milk you want

to prevent it from burning or being eaten up in the activated lye. For this reason, we want to keep the overall temperature down in the lye solution so first freeze your milk. When you are ready to use it get it into a slushy consistency. Coconut milk will also curdle and burn like goat's milk. Add the milk and lye slowly to keep the reaction to a minimum. Then, mix the rest of your recipe according to the cold process method.

When your batter is finished and just before you are ready to pour into the mold. Add your fragrance, zest, and coconut hair. Mix and set for 24 hours before cutting.

HONEY, OATMEAL & MILK

Yields: 25 bars

Ingredients

Water 32 oz.

Lye 12 oz.

Beef Tallow 44 oz.

Canola 20 oz.

Coconut 20 oz.

Whole Oats 12 oz.

Turmeric (for color)

Oatmeal and Honey Milk Fragrance 4 oz.

Honey 1 tbsp.

Directions

Make your lye solution and set it aside to cool. Pulverize your oats into a powder. Melt your oils in your crock pot and then remove the oil from the heat. Allow the oil to cool down to about 110 degrees. When both your lye and oils are close in temperature slowly mix the lye into the oils and mix completely. Return your batter to the crock pot base and turn the heat to high. Mix again with your hand mixer and put the lid over the top of the pot. Let this cook for 30 minutes. Stir occasionally, and let it cook until it becomes a thick glassy Vaseline texture. Add your honey and oats. After your soap is

close to finished add turmeric until you achieve your desired color. The more you add the brighter beige yellow the soap will become. Add your fragrance at the end. You don't want your fragrance to burn off so make sure to add the fragrance after the cooking is complete.

SOOTHING GOATS MILK SOAP

Yields: 1 loaf of 3 lbs.

Ingredients

Water 18.24 oz.

Lye 6.95 oz.

Canola 9.6 oz.

Olive 9.6 oz.

Coconut 16.8 oz.

Lard 9.6 oz.

Shea Butter 2.4 oz.

Colorant Yellow, Green

Fragrance Sage & Citrus 2.5 oz.

Rosemary 3 teaspoons

Directions

This bar requires the basic instructions for the cold process. Mix your Shea butter after all your other oils are thoroughly mixed. This will allow your Shea butter to be the super fat. Add your fragrances. Split batter into two parts. Color one half ivory yellow, and the other half pastel green. Add your rosemary to the yellow half of the batter. Now you can layer the yellows and green in alternate layers. Swirl the two colors with a chopstick or spoon. Unmold after 24 hours.

COCOA BUTTER & GOAT MILK HOT PROCESS

Yields: 1 loaf of 3 lbs.

Ingredients

Water 7.6 oz.

Lye 5.5 oz.

Goat Milk 7.6 oz.

Cocoa Butter 2.4 oz.

Shea Butter .9 oz.

Olive Oil .9 oz.

Lard 12 oz.

Soy Oil 12 oz.

Coconut Oil 12 oz.

Vitamin E ½ tsp

Glycerin 1 tbsp.

Steric Acid 1 oz.

Fragrance oil 1.25 oz.

Directions

This bar has a very high super fat so you want to make sure you get the best oils floating in your bar for great a moisturizing quality. To prepare for this recipe you will have 7.6 oz. of liquid goats milk sitting in your freezer in a slushy form. Add your soy oil, coconut oil, and lard to your crock pot. Allow these to melt together. Mix your lye solution with your water in a separate bowl. Set the lye aside to cool down. Once the lye has cooled to about 120 degrees add it to your oils and mix thoroughly. Slowly add your goats milk. Adding milk to lye can burn and brown the milk so it is important to have the goats milk close to frozen. This will give the milk a change to fuse to the saponification before it burns. Mix this well. This bar is called the cocoa butter bar, so you want to make sure the cocoa butter stays in its oils form and not destroyed by the lye during saponification. Add the rest of your ingredients with the melted cocoa butter at the end. Stir well with your spoon or hand blender. This soap will cook quickly, so stir frequently to prevent any milk from burning at the bottom of the crock pot before the gel stage. Add your fragrance and any color after the soap has finished cooking. You can also add oats, honey, or and other additive that you have come to enjoy at the end of this process. Spoon out the finished cooked soap into your mold, and allow it to set for 24 hours.

ALMOND & CHERRY HOT PROCESS SOAP

Yields: 1 loaf of 3 lbs.

Ingredients

18.24 oz. of distilled water

6.95 oz. of lye/ sodium hydroxide

9.6 oz. of Canola

9.6 oz. of Olive oil

16.8 oz. of Coconut Oil

9.6 oz. of Lard (Pig Fat)

2.4 oz. of Shea Butter

Colorant Raspberry, Pink, Titanium Dioxide

Fragrance 2 oz. of Almond

Fragrance 1 oz. of Cherry Blossom

Pulverized Almonds 3 teaspoons

Directions

Melt all your oils down in the crock pot except the Shea butter and turn the crock pot off to cool the oil. Melt the Shea butter in a separate bowl in the microwave. Make your lye solution and allow it to cool. Slowly pour the lye solution into your pot of oils and mix completely. Now, turn on your crock pot and allow it to cook. Add your Shea butter. Before the soap cooks you can prepare your colorant and fragrance. Add one table spoon of titanium dioxide to your almond fragrance and mix until it is completely smooth. Add a half teaspoon of raspberry and a half teaspoon of pink to the cherry blossom fragrance and blend until there are no lumps. Set the fragrances aside. Cook this past the gel phase and into its glycerin stage. Once the soap becomes the state of a chunky Vaseline separate about 1/3 of the soap into a new bowl and add the pink cherry fragrance to the soap. Mix completely. Add the almond fragrance directly to the crock pot with the remaining soap along with your almond pieces. Now you can mold this soap. The almond portion will not be white, but a light cream color. Lay this down as your first layer in the mold. You will spoon the pink layer over the top, and repeat this until all the soap

is in its mold. This soap is ready to cut and use in 24 hours.

TEA TREE AND EUCALYPTUS FOR MEN

Yields: 4.4 oz. bars

Ingredients

4.8 oz. of canola oil
1.6 oz. of castor oil
4.8 oz. of coconut oil
4.8 oz. of olive oil
5 teaspoons of bentonite clay
.5 oz. of safflower oil
36 ml London for Men type Fragrance oil
6 ml of tea tree oil
6.8 oz. of water
2.25 oz. of lye/sodium hydroxide

Directions

In a small bowl add your bentonite clay to your safflower oil and blend to a smooth texture. In another separate dish blend your fragrances. Prepare your soap batter in the cold process way with the remaining oils and lye solution. Once your oils and lye are blended add your clay and fragrance. Blend until trace is reached and pour your batter into your selected mold. Allow this to set for 24 hours before cutting. Set aside to cure for 3 – 6 weeks.

APPLE BUTTER AND GOATS MILK SOAP

Yields: 1 loaf of 3 lbs.

Ingredients

Water 14.24 oz.
Lye 6.95 oz.
Canola 9.6 oz.
Olive 9.6 oz.
Coconut 16.8 oz.

Lard 9.6 oz.

Shea Butter 2.4 oz.

4 oz. of Goats Milk

8 oz. of Apple Butter

1 tbsp. of Honey

Directions

Mix the lye and oils with the hot process method you learned in the previously. Allow this to cook for 30 minutes. Add your Shea butter after all your oils have been blended. Puree your apple butter into your goat's milk to get a smooth cream and set aside. Allow your soap to go into the gel stage and cook right into the glassy Vaseline stage. Fold your apple butter and goat milk into the mix after your soap is finished cooking. Allow the soap to cool before adding the milk so that the milk doesn't burn. Mix in a tablespoon of honey for a sweet rich texture. Allow this bar to set for 24 hours before cutting.

HOT PUMPKIN PIE SOAP

Yields: 1 loaf of 3 lbs.

Ingredients

Water 18.24 oz.

Lye 6.95 oz.

Canola 9.6 oz.

Olive 9.6 oz.

Coconut 16.8 oz.

Lard 9.6 oz.

Shea butter 2.4 oz.

4 oz. Of pumpkin pie filling

2 oz. Of pumpkin pie fragrance oil.

1 oz. Of pumpkin pie spice

Directions

Once your soap has morphed to the glassy stage in your crock pot remove it from the heat by unplugging your crock pot. Add your pumpkin pie filling. Continue to stir the soap while it cools so you can keep an eye on how fast it is hardening. Sometimes there are unknown variables in the hot process method that will lead one batch to set faster than another. Add your fragrances and spices. Mix well and spoon it into your mold. This loaf will be ready to cut in 24 – 48 hours.

BASIC CRISCO RECIPE

Yields: 1 loaf of 3 lbs.

Ingredients

9.6 oz. Of crisco

9.6 oz. Of olive oil

6.4 oz. Of lard

6.4 oz. Of coconut oil

12.2 oz. Of water

6 oz. Of lime juice

1 oz. Of tea tree oil

4.4 oz. Of lye

Directions

this bar requires the basic instructions for the hot process method. This will

produce a mild bar of soap. Pour the lime juice into the soap after your batter has finished cooking and the heat has been removed. Mix well. Add one ounce of tea tree oil. Scoop into your mold and unmold after 24 hours.

How To Wrap And Preserve Soaps



Storing Your Soap: Many of your recipes will be more humectant than others. A humectant is something that draws the moisture out of the air. Humidity is the biggest killer of soap. If you wrap each loaf and keep it in a dry place out of direct sunlight you will get more shelf life out of your products.

Pricing Your Soap: Every product you make can vary in the cost and price you need to charge for it in order to make it worth your effort to create and sell. Some products will sell for more than others. If you experiment with exotic oils your prices will need to increase for your items. Some added ingredients are worth the extra cost. For example, Shea Butter, jojoba oil, and vitamin E are popular additives that enrich the quality of your product. These ingredients will make the overall cost of your products increase and you will have to calculate your costs accordingly.

It is common for a bar of soap to sell from 5 to 7 dollars for a piece that weighs anywhere from 4 to 6.5 ounces. Half of this price is the cost of your product, and the other half is for your work and craftsmanship. This is reasonable and still less than the cost of artisan soap sold at high end grocery stores. Typically, a commercial grocery store will charge \$1.49 per ounce.

Other Expenses

If you're setting your heart on the idea of an outdoor craft table make sure you know the dimensions of the space you will occupy when you arrive at your location. Some places require that you take up no more than 10 x 10 feet of space. It might put you in a pinch if your craft tent is 12 x 10 square feet. Once you have an idea about the size you need to cover, get a market tent. For soap and bath products you will want a cover over your table. These products will melt in direct sunlight, and if it's a hot day melted products won't get you any sales. Typically, you can find a white craft tent online for about 100 dollars, but you can find them for less. You will need a couple of fold out chairs, and at least two tables. If you plan to sell on a hot summer day you might find it helpful to pack a cooler of ice. Once products become soft, you will find it helpful to rotate some of your products out of a cooler to keep them firm.

Body wrap sessions are usually spa treatments that are for more than just the two-hour salon. A wrap can take several hours and accompany other treatments like facials and scalp massages. The purpose of a wrap can vary,

some are labeled for “weight loss” and some are detoxifiers. These are pretty strong claims, but there is no doubt that the relaxation and comfort that goes along with a wrap can definitely have its healing soothing properties. Any of these recipes for wraps can be made and packaged and offered to customers who may want to apply their own wraps at home. Wraps are used two ways. One way is with ace bandages and the other are with metal disposable heat blankets. Both are available at a drug store or Walmart.

SAFETY FIRST: Remember that melt-and-pour is hot once melted. Take care when heating and pouring your soap, especially if children are helping.

Prep ahead: If you are pre-dispersing your colorants or additives in alcohol, get them measured and ready to go. Weigh the essential oils for your batch into a glass container and set aside.

Step 1: Cut the soap base into even 1-inch cubes. This allows the soap to melt more evenly and quickly.

Step 2: Using a scale, weigh the desired amount of soap into a heatproof container.

Step 3: Melt your melt-and-pour soap base.

Step 4: Add scent, color, and additives. Stir well.

Step 5: Pour the soap into your mold.

Step 6: Immediately spray the soap with alcohol to pop any bubbles on the surface. Your soap will start to harden and a thick skin will form.

Step 7: Let the soap harden and cool. This will take anywhere from minutes to hours, depending on the mold(s). Soaps in small individual cavities will cool in minutes, compared with a large loaf-style mold, which might take hours.

Step 8: Clean up: Rinse containers and utensils with hot water.

Step 9: Unmold the soap. If using loaf molds, you can cut the soap as soon as you unmold it. Slice the soap into bars.

Step 10: Immediately wrap the bars in plastic wrap or shrink wrap film to protect against sweating. Melt-and-pour soap is ready to use right away, with no curing necessary.

How to Decorate Your Soap Bars



Finally, we will go over a few different ways that you can decorate your soap as a beginner. There is of course no end to the many ways in which you can decorate your soap, but before you become a professional it is a good idea to know this simple tips and tricks for decoration before you get started.

The Swirl

This is the easiest and also one of the most popular ways to decorate soap. By simply using a long stick or needle, you simply swirl through the soap mixture that is already in the mold. Don't do too many swirls because then they will start to mix with the soap and disappear.

Confetti Style

You can easily make your soap look like it is made from confetti by dividing the soap mixture into different bowls and adding a different food color to each bowl. Place the majority of your soap mixture into the mold, and then drip the remaining colored mixtures into it. When the soap dries and you cut through it, you will instantly notice that it looks like confetti.

Cobblestone Design

This is another very interesting design, but it takes a bit more time in order to do it properly. In fact, you actually need to make two soaps in order to make this work. First, make a soap of your choice that you will be able to cut into cubes when it is ready after being in its own molds for about 48 hours. Then, when you make the new soap, drop these cubes into the new mixture and let everything set together. When you cut through this soap it will look like a cobblestone.

Flowers and Herbs

You can always add any kinds of flowers and herbs to your soap mixture or at the very top of your soaps as a design element. Flowers work best for this, because they look very pretty and you can make lovely designs by placing the flowers in a particular shape.

Molds

There are so many different creative molds to choose from when you are making soap. Each mold will create a different design without you having to do anything other than pour the soap mixture into the mold. Usually, it is a

good idea to make sure that the size of the molds fits the kind of soap that you are making. For example, if you are making a soap recipe that will easily melt when in contact with water, you want to place it in smaller molds so that you use it up more quickly and don't have to deal with mush.

Layers

Another great way to decorate your soap bars is to pour the soap mixture into the molds in different layers. It works even better if the layers are different colors, although they can also be of different textures. For example, you can combine a gel soap with a regular creamy one.

Soap Rolls

This is another interesting way to design and decorate your soap. If you make your soap on a flat surface, you can easily roll it up while the mixture is somewhat firm but still soft. You can then either cut this roll up into smaller soaps, or you can insert this soap roll into a new soap mold and pour a new soap mixture over it. You will then have a great effect of design when you cut it into smaller pieces.

Glitter

As a very cute and also very easy way to decorate your soaps, you can use an almost endless supply of glitter colors and sparkle to decorate any kind of soap bar. This is especially fun if you decide to make soap with your children, for holidays or special events, and also if you are planning to sell your soap to customers. Even though women are more likely to buy personalized soap than men, both parties would like a little bit of glam if they can get it.

Remember, making soap is a fun and super creative process.

The most important thing is to always keep in mind that you have to take care of your own safety and the safety of everyone else who is part of your household. Also, make sure that the ingredients you use are of the best quality possible. Avoid buying ingredients that are very cheap, but it usually means that it will also be of very poor quality, which could ultimately cause problems in the long run. The purpose of soap is to be nourishing and relaxing, with a mixture of scents that make you feel great and that you can use every single day.

Frequently Asked Questions

Here are some common questions you might have, especially if this is your first time making natural soaps.

How to check whether the lye I'm using is good?

As soon as you add lye to water, the water will heat up. If that happens, your lye is good.

Are there any alternatives to lye?

Unfortunately, you cannot make soap without lye, so remember to wear your safety gear before handling it.

Can I use any fragrance oil in soap?

No, you must make sure they're skin-friendly because you'll be using the soap on your skin.

How about perfume?

No. Don't add perfume to your soap. Only use skin-friendly essential oils or fragrance oils to scent your soap.

Is it safe to use essential oils on babies and young children?

Yes, but the baby should be over 3 months old. Use very little and not often. Some oils should be avoided during pregnancy.

Does homemade soap have a longer shelf life?

Yes of course! It doesn't contain any chemicals. It can survive up to 5 years!

Why should I use homemade soap?

Because it's gentle on your skin and good for you! Because it is devoid of any chemicals, you will probably never suffer from skin problems if you make the right soap for yourself!

I'm using a long rectangular mold. When can I cut my soap into smaller pieces?

As soon as it is solid, right after the saponification process. You can then cut it in smaller sizes to suit your preference.

If I add goat's milk to the soap, will it affect the shelf life?

Yes, it will still last longer unless you can avoid air bubbles from forming in the bar during the molding process.

Why isn't my soap thickening after adding lye/water to the oil/butter?

This is an indication that maybe there's not enough lye, there's too much water, the oils were mixed at incorrect temperatures, or you're stirring too slowly.

Why are small bubbles forming in the mixture?

You might have poured the oils and / or lye together at very high temperatures, or maybe you're stirring slowly. Try an electric hand held blender to see if the bubbles disappear.

Why do I have slightly grainy mixture?

The temperatures were either too high or too low. You should follow the exact recipe to get the pudding-like texture. Also, try using a hand held blender and see if it improves.

My mixture is beginning to streak. Why is that happening?

Did you use synthetic fragrance oils to make your soap? If so, that's why the mixture began streaking since synthetic oils are made with alcohol and dipropylene glycol.

My soap turned out to be soft and spongy, why?

You might not have added the right amount of lye to make the soap. Please follow the recipe and exact measures to obtain a proper finished product.

My soap turned out hard and brittle, why?

You have added a lot of lye! Please discard the soap as it will contain a high amount sodium hydroxide.

I can see air bubbles in my hardened soap, how did they appear?

You either stirred too long or you stirred too quickly, like whipping or beating. If the bubbles are filled with lye, discard the soap.

Why do I have cracks on my soap?

That's because of too much lye and too much stirring.

Why does my soap bar have a freckled look?

It's just an aesthetic problem caused by uneven stirring and changes in temperature.

Why does my soap bar have white powder on top?

That's because you might have added too much lye and you may have used hard water to dissolve it. Please discard these soaps as they could seriously irritate your skin.

Why do I have a greasy layer on top of my soap bar?

Insufficient stirring, wrong measurements of oil/butter and lye/water, and low or high temperature when molding can cause this. Discard them as they will be highly alkaline.

ADVANCED SOAP MAKING RECIPES

Creating your own soap is a good fun and the perfect approach to understand precisely what's inside. A lot of men and women suffer with sensitive skin however a few products advertised for sensitive skin will be just like those for ordinary skin with all the colors and scents eliminated. This is very good if the skin has been sensitive to the odor or color but when it had been sensitive to some other ingredient it doesn't help.

Creating your own soap allows you wash your skin whilst understanding just what you're using. Many skin products available include ingredients which many irritate sensitive skins such as parabens, sodium lauryl sulphate, propylene glycol, oil based products, triclosan and a number of sorts of alcohol. Whenever you make soap at home you simply require vegetable oils such as coconut, olive, corn, sunflower, etc. . Caustic soda. These additives only have fewer components and will also be less likely to irritate skin. It's possible to personalize them by incorporating essential oils to their curative properties and aromas, or oatmeal such as hydration, or honey to get moisture.

There are lots of recipes for organic soaps online. To prevent information overload you can restrict your search by searching for beginners or simple recipes. Castile soaps are extremely straightforward and good for sensitive skin since they're according to olive oil. The easiest castile soap could be created out of olive oil, baking soda and warm water. For more drizzle you can add coconut oil for odor a bit essential oil such as lavender. I would

begin with building a little batch perhaps one where all of the components together weigh 500g or roughly a pound in complete.

Caustic soda has to be treated with caution. When it comes in contact with moisture that it may burn skin or eyes. Wear goggles, gloves, and dare I say , clothing, when you manage this, along with the soap, till the soap is strong. When the soap is created from caustic soda is secure. It responds with the oils, so dividing them into fatty acids and glycerin. The glycerin stays and assists your skin maintain moisture. The fatty acids combine with the baking soda to generate the soap . You will need the ideal number of caustic soda into oils thus make use of a reliable recipe or operate it via an internet lye calculator.

You're able to purchase caustic soda in the cleaning department of store - however do check it doesn't include different components also, or you'll be able to purchase it out of a soap business.

You do not need complicated equipment to generate soap hardy straight sided box lined sides and bottom using greaseproof paper, even a few jugs, a bowl, a large spoon, more precise weighing scales washing gloves, and an apron however a thermometer and adhere mix are convenient.

After having received a lot of requests from alumni of the fundamental soap naturally, we chose to up the stakes and then educate more innovative soap manufacturing techniques through a brand new course. The need is there, thus we've been busily creating new class notes and creating up samples/examples for your course.

Throughout this new course, we'll be covering the methods for producing soap follows;

Coating different colors and make swirls,

Marbling methods,

Confetti, and

Re design patterns.

In addition, our pupils will be shown the way to add botanicals and exfoliants in their soap.

We're extremely excited to be adding this program to our thing. The only real caveat is that only pupils who've been on our fundamental soap making

course will attend the complex course. Our rationale behind that is because we want them to understand how to produce soap , so we could concentrate especially on the processes.

Once they've been taken from this mold and cut into bars they look similar to this.

Deciding to Sell



Once you've been making soap for a while, you will very likely find yourself attracted to the idea of turning your passion into a moneymaking venture. There are many things to consider before selling your soap. What follows is just a taste of what it takes to start your own soapmaking business.

The Impulse to Sell Your Soap

If the thought, "I could make some money doing this," has gone through your mind, you are not alone. Innumerable soapmakers have had this exact thought. You shouldn't be afraid of money, nor should you let desire for it overwhelm you. Your labor, ideas, creativity, and time went into your soap, and you can charge a price that is representative of that energy.

Calculating Price

You can roughly calculate the amount you should charge by doubling the cost of your materials and adding in your labor. This is a very rough, working calculation for friends and relations. A "family" price, perhaps.

Go back to your records and figure out how much it costs in materials to make the soap. You can easily figure the materials by going through and calculating the price per ounce and how many ounces in a batch, and then dividing by how many ounces in a bar. Double that for a base price.

Then, you need to calculate in the cost of the wrapping and decorating. How much did the paper cigar band cost? How much did you pay for the glitter pen you used to make the tag? How much gas money did you spend on gathering all the materials and gear?

Another way to set a rough price is to comparison shop. How much does a bar of handmade soap cost at the health food store, online, or at a boutique?

You are making soap at a time when there are thousands of hobbyist soapmakers thinking exactly what you are thinking. Join the trade organizations, research other companies, and seek out mentors. A few hours of a small business consultant's paid expert time can save you months, even years, of trouble.

However you decide to set the price of your first little sales, the bottom line is to be fair to the buyer and yourself. You need to make back your costs, earn a small profit, and set a price that is appealing and friendly.

The Excitement Money Can Cause

Getting some money in return for a bar of your soap is an exciting feeling. You start calculating in your head and wonder if you can actually make money from doing something you really enjoy! But don't get carried away counting soap bars before they're sold. There are so many factors, and you really need to be smart about taking them all into account.

For a while, just sock your soap money away to recoup what you spend on supplies. Then make a fund where you save up your earnings and spend it on more supplies and equipment. If you carry on in this way, you'll have plenty of time to research your market, what people like, what you like to make, and how much it costs.

Forming a Business

Let's say you find your fund is getting big, the demand for your soap is increasing, and you still love the process of making, cutting, dressing, and selling on a small scale to friends and relations. You need to decide if this level is enough for you or if you want to take it to another level. Will you be happy, continuing as you are with a self-supporting hobby? Do you yearn to be self-employed at something you love? Can you make your soapmaking hobby into a part-time job that will earn back your time and effort and give you a small salary?

Family Considerations

Countless soapmakers have talked about resentment toward their work from their partners and families. It is a reaction to this kind of situation that leads many soapers to give soaping for money a try. "Just see what they think when I start making money at this!" This is, however, one of the situations that is most likely not to work out. If someone is busy away from the family as a hobbyist soapmaker, just imagine how neglected a family will feel if the business end takes off. Not only will the family feel more neglected, but the resentment will not be healed by the extra money.

If you are a person in this kind of situation, stick to keeping soap a hobby and see what you can do to improve the quality of your family life. Getting your family involved on a small scale is a great way to build family harmony. Working together to create holiday gifts for friends and extended family is a place to start.

When Pleasure Becomes Burdensome Toil

Listen to yourself. If you hear, “I have to make soap today,” rather than “I get to make soap today,” it is a sign that you’re getting tired of it. If you find yourself saying the latter more often than the former, you need to take a look at what you’re doing. When your business takes off, it can very quickly become too much for you to handle on your own.

The world will not end if you decide you don’t want to be in the soap business anymore. There are many hobbyist-turned-small-business-soapers who’ve gone back to hobbyist status or stopped making soap altogether.

Maybe you still love to make soap, but the details of running a business are so time-consuming that you’re too tired to enjoy it. Or, you may find you love the business end and would rather leave the soapmaking to someone else. Once you start a business, in order to make it work, you have to be in it for the long haul. And you have to be able to recognize when it’s time to change your mind.

Doing Your Research

If you are even considering going into business as a soapmaker, do your research. Make soap consistently for at least a year before seriously considering stepping up to selling in a formal way. Sell at a few school craft bazaars, for example, to see if you like selling. Work on your recipe, perfect your technique, and develop your product line. Make yourself into an expert soapmaker.

Learning to Sell

Before you get to large-scale production, you need to get back to the planning stage and learn about selling. You need to make soap that is going to appeal to an enormous number of people. This will involve moving beyond your personal favorites and staying current with the desires of your market.

If you do craft fairs and farmers’ markets in different locations, you can tailor your stock to the venue. You may find that for no apparent reason, the market you go to in a suburban area on Sundays never buys your Peach Sunset soap, but you can’t make enough of it for the demand at the Thursday afternoon downtown market.

Identifying a trend is more important than finding out why. For example, you can look at your inventories week after week and never understand why they

like peach on Thursday and not on Sunday. Just take what sells! There are some universal hot sellers, such as oatmeal and lavender, but other than those two (which are time-tested but not fail-safe), there is a huge variety in what a “bestseller” can be.

Keep an open mind. If you have oily skin and tailored your base recipe for yourself, don’t forget there are lots of people with dry skin who won’t like that soap, but would love one with more excess oil. If you’ve never liked fragrance, be sure to expand to allow for the tastes of your potential customers.

Every local government has a set of rules and regulations, guidelines, and help for small start-up companies. Look into the laws that govern small businesses in your area. For example, some areas require that you live in a certain kind of residential zone in order to have a home-based business.

Some of the primary ideas behind selling personal care products are very simple. You need to know everything about the product: what it does, how it’s made, what’s in it, and why it’s special. You also need to be able to explain why it’s good, what it will do for the user, and how their life will be better if they buy it.

Since you already know all about your soaps and why they are special, this should be a breeze—at least in theory! Knowing and being able to communicate what you know are different skills. Practice your pitch on yourself in the shower or car, then try it out on sympathetic ears. Then move on to someone who you know will tell you the truth.

When you are practicing how to sell your soaps, think about how you like people to talk to you when they’re trying to sell you something. Very few people respond well to a hard sell. You need to be able to discern the difference between someone who is looking and will ask for information when they need it, and a person who is expecting you to go first.

One of the great things about soapers who decide to sell their soaps is that they are deeply excited about their products. Gear the information you give out to the depth of knowledge desired by the prospective buyer. Don’t launch into a speech about saponification values and temperature if the person just wants to know what a soap smells like.

Creating a Product Line

Once you've decided you want to sell, you need to find out if your products will sell. Do some market research and trend-spotting, and adapt your products to the wants of the market. You can sell one thing that you really love, but you can sell more if you expand, even a little, to include more items for varied tastes.

Now that you've varied your products to allow for tastes and needs other than your own, it is time to create a "line." To get an idea of what that means, look to some of the giants in the cosmetics industry. A line can be defined as a group of different products that relate to each other around a theme.

Relating Products

Many skin care lines have a cleanser, toner, and moisturizer at the root of their treatment sales philosophy—three products that are meant to be used together.

A common thread among handmade soapmakers is the "all natural" theme. If you're going to go this route, clearly define for yourself what "all natural" means and create your company philosophy around this idea. No matter what you choose as a focus, get a clear picture of what you're going to offer, and stick with the niche.

Categorize by Threes

Having a standard three-faceted fragrance palette can create a strong selling base. Perhaps you'll go with the traditional "floral, herbal, and food" divisions. Good florals are the traditional rose, gardenia, and freesia. Herbal scents like lavender, chamomile, and mint are always strong sellers. In the food category, you have everything from the perennially favored oatmeal to more recently popular fruits like peach and raspberry. You can also create a menu of "all natural," "mostly natural," and "fancy creations," for example, for a three-pronged approach to categorizing your lines. You can offer an unscented soap, along with color-free lavender, for the all-natural part of your line. You can add naturally colored essential oil and fragrance oil blends for the "nearly natural," and go all-out with fantasy florals and bright colors for the "fancy creations."

Of course, you don't have to think in threes. You can have a categorizing system that you devise on your own. It is, however, good to have one main focus, and then have two to four divisions within that focus.

Soap Selling Smarts

Many people start a business the wrong way; they get set up for business before ever making a batch of soap. Soon, most of these adventurers find themselves in over their heads. Licensing, zoning, safety, supply stream, cash flow, and quality control are just a few of the stumbling blocks facing the small-business soapmaker.

Make sure that you don't create a soap name that infringes on trademarked items that are part of the organized festival. You may think you're the first person to come up with a name that fits so perfectly with the event, only to find out the name has already been taken and actually belongs to someone else.

Take a class in starting a business. Make a business plan. Do your research and homework. Be more prepared than you think you'd ever need to be.

The venue usually dictates the type of person who is buying your soap. For example, if you sell at a holiday bazaar at church or work, make products for sale that go with the holiday. If you are selling at a weekly farmers' market, you can adjust your products to reflect the offerings of the market, create occasional seasonal items, and have a few standard soaps for all seasons. If you do a big craft fair, be sure you know if there is a theme to the fair. If you're selling at the local Apple Festival, Harvest Celebration, or Easter Fair, gear your soap to those themes.

Conclusion



There are different ways to make money, and soap making is one of those ways. Not only can you make money, you can enjoy your hobby. For someone that makes soap, they feel more at peace with life. Do you know that you can unwind via soap making? The thought of creating creative designs of soaps without stress can leave you smiling and basking in intense joy.

There are a number of recipes that you can try out to improve your skill and hobby.

With these strategies put in place for your business, you can start out your business without stress.

Gone are those days when you had to have a lot of money to begin the process. Now, you can easily start soap making as a business with little and grow to a big enterprise. You can begin online and grow from there.

There should be no excuse for not embracing this life-changing skill and business opportunity.

One bad word from a client can ruin your brand. It is hard to build a great brand name, but easy to destroy it in seconds. This is one reason your customer service should be up and running, no matter how small your brand is.

When a client makes a suggestion about your product, be there to accept the suggestion, and thank the person. Let's say a client has a complaint, respond to the complaint calmly, and try to talk them into calming down. Never be rude or ignore an annoying client. If you do, it will rub off poorly on your brand. Be calm. This allows other clients to feel that your brand truly cares. No matter how annoying you may think a client is, you can use it to your advantage by getting into the good books of other clients.

Soap making is an art that everyone should embrace, as it is stress relieving and offers you the opportunity to make organic and healthy soaps.

When you make your own soap, you don't have to worry about chemicals from industrial soaps damaging your skin. Do you have sensitive skin, and nothing seems to be working? You should consider making homemade soap, and you will be amazed at the results.

Are you environmentally conscious, and want to save the environment from destruction? You should consider using homemade soapmaking process.

Let's say that you are trying to calm down a client on your Facebook page, but he or she doesn't want to be calmed. He or she continues to rain insults on your brands, yet you still talk calmly to them. Do you know that even if your brand were at fault, your clients would look with admiration at your brand?