



COLD PROCESS SOAP MAKING

Tutorial by: Michelle Hack



GETTING STARTED

The art of making soap has been passed down through generations and today, is slowly becoming a lost art. Cold Process soaping requires the use of lye (Sodium Hydroxide) which is a caustic substance that can cause severe burns if it's inhaled or makes contact with skin. Lye was originally made from wood ash.



SAFETY FIRST!!

It is **EXTREMELY** important when soaping, to use a well-ventilated room, while using rubber gloves, goggles and a surgical mask. Proper attire is also a must, you should wear long sleeves, long pants, and close toed shoos.

Just like with keeping bees, proper attire is a must!



SUPPLIES

- Rubber Gloves
- Plastic Goggles/Face Shield
- Surgical Mask
- Stick Blender
- Thermometer
- Glass or Tupperware Measuring Pitcher
- Heat-Proof Stirring Spoons
- Measuring Cups & Measuring Spoons
- (1) Large Microwaveable Bowl
- 1 Small Bowl
- Electric Scale that measures ounces and grams
- Soap Mold(s) – Silicone, Glass, Wood; Homemade or Store bought
- Parchment Paper
- Lye
- Oils
- Plastic cover for your workspace

* NOTE: Any supplies that make contact with lye should be devoted to soap making! You cannot use them for cooking once you've used them for soaping!



CHEMICAL REACTION

CP Soap is made by combining fats (base oils, either fixed or carrier) and Lye Solution (Lye + a liquid of choice) Each oil type is made up of fatty acid properties and contribute something different to the bar of soap.

Knowing the recommended percentages to use in developing recipes is essential because you don't want something too drying, brittle, moist, or unbalanced. Saponification is the chemical reaction between Lye and the fatty acid molecules in the oil.

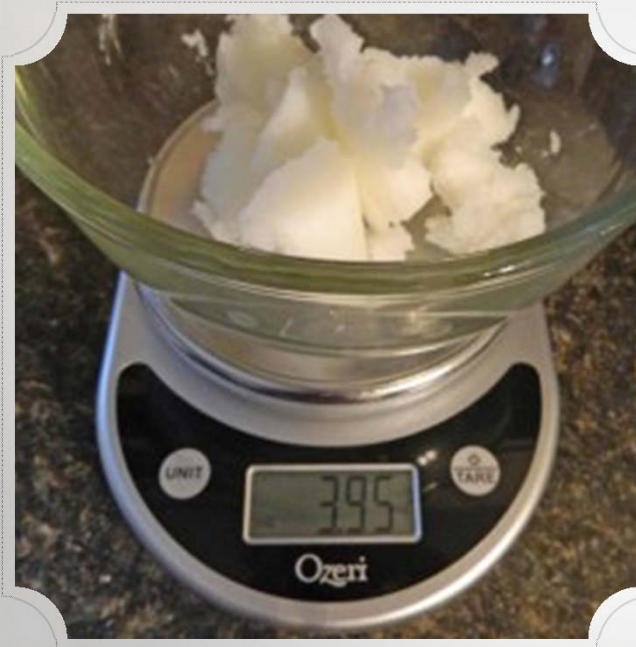


BASIC 3 POUND RECIPE

- Olive Oil : 1 lb 15.5 oz
- Coconut Oil : 15.75 oz
- Castor Oil : 1.5 oz
- Distilled Water : 15.5 oz
 - Lye : 7.2 oz
- Essential or Fragrance oil of choice : 3 oz
- Exfoliate : 1 tbs (optional)
- Color : 1 tsp (optional)

STEP 1

Making your lye Solution and
Melting Down the base oils.



1. Carefully measure out the lye and the water.
2. When combining, ALWAYS pour the lye into the water. Stir until dissolved and add thermometer. Monitor until solution is at 110 deg. F.
3. Remember to not breathe in any fumes, and wear your protection equipment.
4. Measure out your oils and microwave until melted. Stir and add thermometer. Monitor until solution is at 110 deg. F.
5. Measure out your color and your EO/FO additives, so that they are ready.

STEP 2

Combine the Base Oils, Lye Solution and
Essential Oils/Colorants/Exfoliant



Try to work quickly during these last steps because once trace has been reached, your mixture will be hardening more rapidly. Now you are ready to pour.

1. Once both mixtures are within 10 degrees of each other and at or below 110 deg. F, you are ready to combine.
2. Place hand mixer in the oil solution and tilt to remove air bubbles.
3. Slowly pour the lye solution into the oils and slowly mix. Use the blender to pulse the mixture until you reach light trace. Should resemble the early stages of pudding.
4. Mixture will start to thicken. Add in any EO or FO to the mixture. Stir with blender (do not pulse with motor, as this may accelerate trace).
5. Divide your base into other containers for color, or add color directly to the mixture. Stir until combined.
6. Pour into mold.

STEP 3



De-Mold your soap, cut and let it Cure

1. After 24 hours, you can remove the soap from the mold. Make sure that the soap is firm before you remove it.
2. Cut your soap to the desired size.
3. Place cut soap on a paper bag and let cure for 4-8 weeks. With Castile soap, the cure time is 6 months.
4. Soap is usable after two days, however, the lye is still active in the soap, so until the water is fully dissipated from the soap, the lye may still be active.