



BEGINNER SOAP MAKING

Simple Homemade Recipes



By Annie Needs

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Preface: A Word from the Author

General Policy Notes / Disclaimers

Dear Readers,

Everyone has a unique body chemistry with differing levels of skin sensitivity, oiliness, dryness, and other unique characteristics. I encourage you to know your body well as that is foundational to well-balanced natural health in all respects.

The recipes in this e-book, while containing natural ingredients, may not react well with your body. For that reason, ***I highly recommend the testing*** of the various oils and ingredients on a small area of your skin. If irritation ensues, rinse the area thoroughly with warm soapy water and apply some soothing moisturizer to the test area.

Be smart, know your own unique body, and enjoy exploring your natural beauty!

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Introduction: What is Soap?

If you are interested in additional health and beauty tips and information please like our

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Soap is anything that when used with water decreases the surface tension and attracts away unwanted substances, usually dirt and microorganisms.

Soap making is a craft, and as such it is a blend of science and art. Once you have mastered the basics of mixing alkali and fats to make soap, you can go wild and make any kind of soap you can imagine. In this book, you will learn the basics of soap making, then move on to experiment with colors, scents, and textures to create unique soaps for yourself, your loved ones or to sell in a business.

Soap is created when a fat is mixed with an alkali. When the two ingredients combine, a chemical reaction occurs. This reaction is known as *saponification*.

Before you begin making soap, read this book and pay particular attention to the safety instructions and necessary equipment. ***Soap making can be hazardous, but not if you pay attention to your safety.***

Making soap is a process that cannot be rushed and cannot be exactly replicated. Every batch you make will be slightly different, even if you do exactly the same thing every time.

Tips for your first batch:

- When you begin, it will take several hours to make a batch of soap. It will be easier to work with a partner because the batch must be stirred continuously while all the ingredients are incorporated.
- Use quality ingredients. Quality soap does not come from cheap ingredients. It will be a waste of the time and money you spend to make soap that doesn't lather well or smell good, or have the proper color.
- Invest in a high-quality digital scale and measure accurately. The scientific portion of soap making demands precision.
- Be patient! Once you pour soap into a mold, it must sit for between one and two full days before it is hard enough to cut. Then the bars must cure for at least six weeks.

History of Soap Making

Soap has been in use since about 2800 B.C.E. It has been found in the early civilizations of the Babylonians, Mesopotamians, Egyptians, Greeks and Romans. In the beginning, soaps were used for cleaning cooking utensils, goods or cleaning wounds.

One story of soap's discovery comes from the *Rome*. Women would wash clothing in the Tiber river, on Sappo hill. At the top of the hill, animals were sacrificed to the gods and rain would wash down the melted animal fats and wood ashes into the river. They mixed with the water and created soap. Sappo hill is the basis for the word saponification, which is the chemical process that creates soap.

In the long-distant past, Phoenicians combined goat tallow and wood ashes, the Celts used animal fats and plant ashes to make soap. Soap was made at home until the late 18th century when a Frenchman named LeBlanc discovered a chemical process that made manufacturing soap cheaper. About twenty years later, Michel Chervreul discovered that to make soap all you need to do is combine glycerin, fat and an acid.

A Babylonian clay tablet, dated to 2200 B.C.E. had a formula for soap: water, alkali and cassia oil.

A papyrus dated 1550 B.C.E. indicates that the *Egyptians* of the time bathed regularly and used a soap as well.

An *Islamic* document of the 12th century C.E. mentions al-qaly (where we get the English word alkali) as a key ingredient. In the 13th century, the Islamic world was making soap using industrial processes in Nablus, Fes, Damascus and Aleppo.

By the late 6th century, Naples had a soap making guild and the process of making soap spread to Spain and Italy by the 8th century.

By the mid-15th century, France had professional soap makers in a few cities which supplied the entire country. Gentler soaps have been made since the 16th century using vegetable oils instead of animal fats. Many of these, such as Castile soap, are still made today.

Soap, as a luxury item, was taxed heavily and was difficult for many people to obtain until Nicolas LeBlanc found a way to make lye more easily, resulting in a less expensive soap. In 1852, the soap taxes were eliminated so less affluent households could purchase it.

American settlers made soap themselves by saving up animal fat and wood ashes to make soap once a year. Their methods were inaccurate and often too much lye was used, making the soap caustic and harsh on the skin. Synthetic detergents were first commercially made during World War I because vegetable oils were in short supply. This led to a much cheaper soap and since that time, people have always

expected to pay so little for soap. We all know, cheap does not mean better.

By the mid-1950s, detergents were outselling soaps. Detergents now make up almost all cleaning-related purchases for dishwashing, general home cleaning and laundry. Detergents are also found in many bar or liquid soaps used for bathing.

Today's new detergents are efficient and easy to use, However, they are often made with the cheapest possible ingredients that can often dry the skin.

Fun facts about modern soap companies:

In 1806, William Colgate founded Colgate &Co. in New York. The company made 45,000 pound batches of soap.

William Proctor and James Gamble (yes, that Proctor & Gamble) accidentally created Ivory soap when an employee went to lunch and neglected to turn the soap mixing machine off. The soap had air beat into it and was the first floating soap, called Ivory.

Palmolive soap was originally made with palm and olive oils – hence the name. The formulation is different now, however, and contains primarily animal fat.

The term “B.O.” was coined with England's Lever Brothers and their marketing campaign against offensive body odors.

Why Make Your Own Soap?

*My first reaction to this question is:
“Why not make your own soap?”*

- Soap making has never been easier than it is today. There are a plethora of recipes in this book and on the internet – you could literally never make the same soap twice and not run out of varieties.
- Making your own soap is cost effective. You can make an inexpensive bar of soap for about \$2, or use some high quality ingredients and make a bar of soap for \$4.
- You can determine exactly what quality of ingredients to use. If you have particular needs, you can address those in your ingredients. Love the scent of lilac? Add lilac oil to your soap.
- Small batch soaps have a good proportion of glycerin that is taken out of industrial soap. Glycerin is an emulsifier, meaning that it separates oil and dirt from your skin. It soothes and hydrates the skin.
- Handmade soaps make great gifts. You can tailor your recipes for the recipient – color, scent, or other properties.
- You can compensate for any allergic reactions you may have to the ingredients in commercially prepared soaps.
- You can overcome dry skin ailments with the proper soap.

Different Types Of Soap



There are several basic types of soap: Cold process, hot process, melt and pour, milled, liquid, glycerin and milk base. Each has its own benefits and drawbacks, but there's nothing that says you need to make soap with just one method.

Cold Process Soap

Cold process soap is the soap you think of when you think of grandma making her own. It's made by combining fat and lye together. Grandma could have used any fats from beef tallow to Crisco to olive oil – the combinations are endless. Cold process soap is hard and long-lasting.

If you use coconut oil it will lather well, olive oil is known for its gentleness and shea and cocoa butter are very moisturizing.

In cold process soap making, lye is added in proportion to water and fat and the resulting reaction is called saponification. Saponification is a slow process and takes six weeks to fully complete.

Cold process soap can be hazardous. Make sure you review and understand the safety instructions before beginning.

Melt and Pour Soap

Melt and pour soap is exactly what it sounds like. You melt a soap base, add coloring or fragrance and pour it into a mold. It is far easier to work with because the saponification with lye has already been done. If you're in a time crunch and need to make gifts quickly, this is your best route.

Bases for melt and pour soap include: cocoa butter, aloe vera, glycerin and goat's milk.

Glycerin Soap

Glycerin is created in the soap making process. Glycerin is a humectant, meaning it takes moisture from the environment and will keep your skin moisturized.

Industrial soap factories remove the glycerin to add to more high-value products. Glycerin soap is generally clear and is known for its moisturizing properties.

Cold process soap makers simply keep the glycerin in their soap by mixing it back in. Glycerin soap can be purchased in large blocks to melt and pour.

Hot Process Soap

Hot process soap is a variation on the cold process soap making method. In a

nutshell, you take all the ingredients, add to a pot, heat and stir frequently until the soap goes through the stages to become soap.

The excess water evaporates and the entire six week saponification process is completed in just a few hours. The soap is ready to use once it has cooled. You don't have to wait six weeks for the soap to be ready because the saponification process has completed already.

Milled Soap

Milled soap is also called French milled or triple milled soap. In this process, you start with a cold process soap you've already made, run it through a grater and put the shavings into a pot with a small amount of liquid.

Once the mixture melts you can add color and fragrance. The reason to add color and fragrance after the saponification process has already finished is to keep them from reacting with the lye during the soap making process. Fragrances, colors and other ingredients will be at full strength. It is also easier to use intricate molds to make beautiful soaps.

Milk Soaps

Milk is one of the best natural moisturizers. It nourishes the skin and the fats and proteins found in milk help seal moisture into your skin. When making soap, use full fat milk or cream. The higher the fat the more lather your soap will produce. It is important to remember to freeze your milk overnight before making soap with it, or the lye may scorch it, turn your soap bright orange and make it smell like ammonia.

There are three different ways to add milk to just about any soap recipe

Replace the water in the recipe with milk when making the lye solution. Freeze the milk and make sure it is at least slushy before adding the lye to reduce scorching the milk. The milk will turn anywhere from yellow to orange, so make sure you account for the color change in your planning.

Replace half the water with milk. In this case you would make the lye solution with half the water, being extremely cautious because the lye solution will be double strength. You would add the milk to the lye solution when you add the oils.

You could add powdered milk at trace. Discount your water by 1/2 cup and dissolve the milk powder in 1/2 cup water. Stir in at trace.

Liquid Soap

There are many ways to make liquid soap. You can remill already made (or even already purchased) soaps. Liquid soap can also be made 'from scratch' with a liquid oil (like olive) and potassium hydroxide (caustic potash). Potassium hydroxide is as dangerous to you, your pets and your family as lye is, so use the same safety precautions.

Clear liquid soaps are created by adding an excess of potassium hydroxide to the soap solution and after the saponification process is complete you must neutralize the excess by lowering the pH by adding an acid. Creating a liquid soap this way is difficult and is suited for an advanced soap maker.

Equipment

This is a list of everything you will need to make soap. Keep in mind that aluminum reacts with lye, so purchase only non-aluminum supplies.

- **An accurate scale** that weighs to a tenth of an ounce.
- **Safety goggles and rubber gloves** to prevent lye from touching your skin or eyes. Do not skimp on this. Safety is critical.
- **A three quart heat-resistant plastic or stainless steel pitcher with lid** to mix the lye solution in. Clearly label this with the word “Lye” and do not store it with your food containers.
- **A large plastic spoon** to stir the lye solution
- **A large Pyrex pitcher** to mix everything in for two to three pound batches of soap. For larger batches, you’ll need **an 8-12 quart stainless steel pot with a lid** to melt oils and blend the soap.
- **A 2-3 quart glass or plastic bowl or pitcher** to measure and hold oils.
- **A quick read thermometer**
- **Measuring spoons** to measure the additives (fragrance, essential oils, colorants or additives).
- **A few small glass cups** to hold the additives
- **A few spoons or small whisks** to blend colorants or fragrances before you add them to the soap
- **A ladle** to ladle out some the raw soap to blend colorants into
- **A Stick blender** to blend the ingredients and start the saponification process
- **Rubber spatulas** to scrape any last bits of soap out of the pot:
- **Paper towels or dishcloths** to wipe up the inevitable spills
- **Blankets or old towels** to insulate the soap as it cures.
- **A face mask or scarf** to protect your face from potential lye splashes, and to prevent you from breathing in powdered additives or fumes.
- **Electric spice and coffee grinder** a small grinder is useful for grinding up additives, like almonds, oatmeal, herbs and botanicals. It is easiest to clean the grinder by grinding bread or rice to soak up the oils. If you use non-foodsafe ingredients, label the grinder and only use it for soap making.
- **Food processor or hand grater (optional)**, it is easiest to grind soap for hand milled soap and can also be used to process wax, salt or other additives.
- **Eye droppers** you will need 2 or 3 glass eye droppers to measure essential oils, and plastic droppers for fragrance oils.
- **Mixing spoons**, long handled spoons to mix soap, wax and oils.
- **Sharp knife** to cut your handmade bars of soap.
- **Molds** pour your soaps in. It is best to avoid inflexible molds because it was much more difficult to get your soap out of one. You can use any of the following:
 - Plastic food storage containers with a flat bottom
 - Plastic plaster crafting molds
 - Plastic candy molds
 - Plastic candle molds – remember, no aluminum
 - PVC pipe (use mineral oil to help the soap release)
 - Soap molds
 - Wooden soap molds
 - Silicone bake ware

Safety First!

Please read before making any soaps – safety must come first!

The most important safety issue is soap making is dealing with lye. Lye is the common name for sodium hydroxide and its chemical formula is NaOH.

Although lye is needed to make mild soaps, on its own it is *extremely alkaline and will burn anything it comes into contact with. Because it is so harsh, you must always use caution when working with lye.*

Never leave lye or a lye solution unattended. Do not turn your back on a container of lye, because it only takes one brief second for *a spouse, a child or a pet to get into it and irreparably harm themselves. I can't stress how important this is.*

ALWAYS add lye to the water not the other way around.

It is also wise to keep a spray bottle of vinegar at hand to help neutralize any lye spills.

Only use pure lye! Avoid the hardware lye as it may contain additional chemicals. There is a list of suppliers of soap making at the end of this book.

When in doubt, do not proceed. Get expert advice first.

- Always read through the recipe before beginning. Make sure you have all the necessary ingredients

and tools before beginning. Leaving the room once you have started making soap is not safe.

- Make sure all your utensils are clean and in good working order.
- Protect your workstation – newspaper, vinyl tablecloths or old towels will work.
- Teach you family to be wary. Label all utensils and equipment and store them far from all food preparation areas.
- Wear protective clothing, things like your eyesight are too important to risk: long sleeves, gloves the longer the better, goggles, closed toe shoes and pull your hair back before starting work.
- Keep a spray bottle of vinegar nearby to help neutralize any lye spills.
- Before beginning work, eliminate distractions (kids, pet, spouse) until you are finished.
- Do not use any aluminum, tin or zinc in working with soap. These products and lye do not mix well.
- Uses a sturdy container that can contain any “splashes”. Handles are helpful and it is also useful to test your container by filling it with boiling water and letting it sit.
- If you can't go outside to mix your lye and water mix it with your container in your sink.

Additions to Your Soaps



Carrier Oils

Fatty acids are the chemical components of oils and each gives a different property to soap. Combining the different fatty acids can make for a balanced bar of soap.

- Lauric acid creates a hard bar of soap, is very good at cleansing and lathers well, however, it can dry the skin.

- Linoleic acid is conditioning and leaves a silky feel on the skin.
- Myristic acid is similar to lauric acid in that it creates a hard bar of soap, is cleansing and lathers well. It doesn't dry the skin, though.
- Oleic acid is conditioning and gentle on the skin. It feels slippery and does not lather well.
- Palmitic acid makes a hard bar of soap, cleanses well and creates a good lather.
- Ricinoleic acid makes a softer bar of soap, is conditioning and moisturizing to the skin and makes a great deal of lather.
- Stearic acid makes a hard, long-lasting bar with a stable lather.
- Any oil will have a range of percentages of the listed fatty acids depending on the source of the oil, but the following information will give you the basic components.

Characteristics of Oils used in Soap Making

You can view the downloadable pdf [here](#)

Oil	Fatty Acids													Properties
	Capric	Docosenoic	Icosenoic	Lauric	Alpha Linoleic	Gamma Linolenic	Linoleic	Linolenic	Myristic	Oleic	Palmitic	Ricinoleic	Stearic	
Apricot Kernel							20-34%			58-74%	4-7%			Stable lather, conditioning, moisturizing
Avocado							6-18%			36-80%	7-32%		1.50%	Healing and moisturizing
Babassu Seed				50%					20%	10%	11%		4%	fluffy lather, hard soap
Borage Seed		2.50%	4.20%			20.50%	40.60%			16.80%	10.90%			Stable lather, conditioning, moisturizing
Cow butterfat	3%			3%			2%		11%	29%	27%		12%	
Goat butterfat	7%			3%			3%		9%	27%	25%		12%	
Canola Oil					10%		15-22%			32-62%			2%	Stable lather, softer
Castor Oil							3-4%			3-4%		90%		conditioning, moisturizing
Coconut Oil	6%			39-54%			1-2%		15-23%	4-11%	6-11%		1-4%	makes a hard soap but can be drying
Cocoa Butter							3%			32-36%	25-30%		31-38%	moisturizing
Corn Oil							45-58%			28-37%	11-14%		2-3%	Stable lather, conditioning, soft soap
Cottonseed Oil							52-54%		1%	18-19%	13-22%		3-13%	Conditioning, thick lather, emollient
Emu Oil							14%		0.40%	50%	21%		9%	Heals skin tissue
Evening Primrose						9-11%	65-75%			7-10%	5-8%		1-3%	Absorbs quickly into skin
Flax Seed Oil					53%		7-19%	16%		14-21%	3-9%		2-7%	Softens and heals skin abrasions
Grapeseed Oil							58-78%			12-28%	5-11%		3-6%	mildly astringent
Hazelnut Oil							7-11%			65-85%	4-6%		1-4%	Excellent carrier for essential oils
Hemp Seed Oil							57%	21%		12%	6%		2%	Silky but soft soap
Jobba Oil										10-3%				Stable lather, conditioning, emolient
Kukui Nut Oil							2%			20%	6%			Conditions after sun exposure
Lard							6-10%		1-2%	44-46%	26-28%		13-14%	Best when combined with vegetable oil
Macadamia Nut							1-3%			54-63%	7-10%		2-6%	Emollient and skin damage
Mango Butter							1-13%			34-56%	3-18%		26-57%	moisturizer
Neem Oil							13%			50%	18%		15%	Stable lather
Olive Oil							5-15%			63-81%	7-14%		3-5%	Attracts external moisture to skin
Palm Oil							9-11%		1%	38-40%	43-45%		4-5%	cleans well but also mild
Palm Kernel	4%			47-48%				2%	14-16%	15-18%	8-9%		3%	Hard soap, good lather
Peach Kernel							15-35%			55-75%	5-8%			Stable lather, conditioning
Peanut Oil							32%			48%	11%		2%	Conditioning, high in Vitamin E
Rice Bran Oil							32-47%	1-3%		32-38%	13-23%		2-3%	moisturizing
Safflower Oil							70-80%			10-20%	6-7%		2%	moisturizing
Sesame Seed							39-47%			37-42%	8-11%		4-6%	Conditioning, high in Vitamin E
Shea Butter							3-8%			40-55%	3-7%		35-45%	nourishing for skin
Soybean Oil					7%		46-54%			22-27%	9-12%		4-6%	Stable lather, conditioning
Stearic Acid													100%	used to harden soap.
Sunflower Oil							68-70%			16-19%	7%		4-5%	Vitamin E
Sweet Almond							8-28%			64-82%	6-8%	2%		Conditioning, moisturizing
Tallow (Beef)							2-3%		3-6%	37-43%	24-32%		19-25%	Hard soap, stable lather
Walnut Oil					5%		51-55%			28%	11%		5%	Emollient, regenerates skin
Wheat Germ							55-60%			13-21%		13-20%	2%	antioxidant, Vitamin E

Word bout Palm Oil

None of our recipes include palm oil, although we have included the information on it in various sections of the book. It is your choice to use it or not.

Palm oil is an oil extracted from the African palm tree. Most palm oil comes from Indonesia and Malaysia, and is not being sustainably farmed. Vast areas of natural rainforest are being slashed and burned to make room for palm plantations. Wildlife is killed or displaced in this process.

Unsustainable palm plantations are also contributing to deforestation and climate change. Palm oil is a key ingredient in many baked goods, candies, cosmetics and soaps and can be difficult to avoid.

We can try to avoid it in our soapmaking, or we can look for sustainably farmed palm oil. If you want to avoid palm oil, a close substitutes are cocoa butter, lard and shea butter. Any time you make a change to a soap recipe, you should double check it with an online soap calculator, like the ones found at soapcalc.net or thesage.com.

Essential Oils

Essential oils are used for their aromatherapy properties. Oils can be chosen for their relaxation, stress relief, anti-anxiety or healing properties.

Essential oils may react with the lye during the saponification process, so it is wise to use a fixative to keep the scent strong. Common fixatives include the following essential oils: Benzoin, orris root, frankincense, patchouli, oakmoss, cedarwood, myrrh, ylang ylang, vetiver, copaiba and balsam.



Safety Rules for Using Essential Oils

- Although not as dangerous as lye, essential oils must still be handled with care
- Keep oils away from fire or open flame and keep a fire extinguisher close by.
- Store in a cool, dry, dark place. Store expensive oils in the refrigerator.
- Store in glass. Plastic bottles will break down as they absorb the oil.
- Always wash your hands after using essential oils
- Do not get oils in any open cut.
- Essential oils can remove nail polish and furniture finish, so

remove nail polish and protect your work surfaces.

- Be particularly careful with essential oils if you are pregnant.

Properties of Common Essential Oils

Basil: Antiseptic, anti-spasmodic, bactericide, energy, expectorant, headache, jet lag, memory enhancement, shock, sinusitis

Bay: Antispasmodic, astringent, diuretic

Benzoin: Antidepressant, anxiety, astringent, diuretic, irritability, laryngitis, relaxation, sedative

Bergamot: Anti-depressant, antiseptic, anti-spasmodic, deodorant, expectorant, fever, laryngitis, sedative

Black pepper: Antiseptic, digestive, diuretic, exhaustion, fever, infection, influenza, laxative, rheumatism

Carnation: Antidepressant, relaxation

Cedarwood: Antiseptic, astringent, detoxification, diuretic, expectorant, insect repellent, rheumatism, sedative

Chamomile: Windburn, anti-allergic, anti-asthmatic, anti-rheumatic, anxiety, fever, hayfever, insomnia, heartburn, irritability, migraine, muscle pain, sunburn, toothache, windburn

Cinnamon: Anaesthetic, aphrodisiac, influenza

Clary Sage: Antidepressant, anti-spasmodic, anxiety, deodorant, exhaustion, insomnia, irritability, muscle pain, relaxation, sedative

Clove: Anaesthetic, antiseptic, antispasmodic, disinfectant, nausea, toothache

Cypress: Antirheumatic, astringent, diuretic, influenza, laryngitis, sedative

Eucalyptus: Anti-asthmatic, anti-rheumatic, anti-viral, decongestant,

diuretic, fever, hay fever, headache, insect repellent, rheumatism, sinusitis, sunburn, throat

Frankincense: Anti-asthmatic, antiseptic, astringent, exhaustion, rheumatism

Garlic: Antibiotic, bactericide, decongestant, expectorant

Ginger: Digestive, indigestion, fever, influenza, laxative, nausea, seasickness

Grapefruit: Detoxification, energy, exhaustion, hangover, headache, jetlag

Lavender: Anti-asthmatic, antidepressant, anti-rheumatic, antispasmodic, antiviral, anxiety, bactericide, decongestant, deodorant, hay fever, headache, insect repellent, insomnia, irritability, migraine, relaxation, sedative, shock, sunburn, windburn

Lemon: Antirheumatic, antiseptic, astringent, bactericide, detoxification, digestive, diuretic, energy, exhaustion, indigestion, fever, infection, influenza, laxative, laryngitis, rheumatism

Lemongrass: Antidepressant, bactericide, deodorant, digestive, diuretic

Myrrh: Antimicrobial, astringent, bactericide, deodorant, disinfectant, expectorant

Neroli: Anti-depressant, anti-spasmodic, anxiety, bactericide, irritability, relaxation, sedative
Orange: Antidepressant, antispasmodic, detoxification, energy

Orange: Antidepressant, antispasmodic, detoxification, energy

Parsley: Laxative, diuretic, expectorant

Peppermint: Anaesthetic, antispasmodic, astringent, decongestant, digestive, expectorant, headache, heartburn, indigestion, insect repellent, indigestion, jet lag, migraine, nausea

Pine: Antirheumatic, decongestant, deodorant, disinfectant, diuretic, expectorant, infection, rheumatism, sinusitis

Rose: Antiseptic, astringent, bactericide, diuretic, laxative, sedative

Rosemary: Antirheumatic, astringent, detoxification, diuretic, energy, infection, jet lag, memory enhancement, migraine, sinusitis

Sandalwood: Antiseptic, antispasmodic, anxiety, astringent, diuretic, expectorant, insect repellent, insomnia, irritability, relaxation, scar tissue, sedative

Tea Tree: Antibiotic, antiviral, bactericide, sinusitis

Thyme: Antimicrobial, antirheumatic, antispasmodic, expectorant

Fragrance Oils

A fragrance oil, is a mixture of chemicals – natural and synthetic – that are used simply for their pleasant smells. They can replicate natural smells (flowers, pine, fruits) or can be used to represent the idea of a smell (clean linen, love potion).

The sky is the limit with fragrance oils, as long as the oil is safe for skin. Make sure to purchase oils that are labeled safe. Personally I tend to learn towards using more essential oils, but it is really up to you.

A basic guideline is to add 1/2 an ounce of fragrance oil for every 16 ounces of base oil used. ***Fragrance oils should be added in at trace to prevent them from reacting with the lye.***

Herbs and Botanicals

Herbs, leaves and flower petals can make lovely additions to your soaps. *They can add texture, color or additional scent.* You can grind them to add to the soap for texture, pat them into the top of the soap before it cures or infuse them in oil or water to create a delicate color.

To infuse in water, boil water and steep the material in a tea strainer until you have a strong concentration.

To infuse in oil, you add the material to one of the oils you will use in your soap and either warm the oil in a crock pot or on the stovetop for a couple of hours. If you don't have the time or patience to watch the oil for a few hours, you can pack the material in a glass jar, cover it and leave it in the sun for a day or two. Once the botanical has infused in the oil, strain it and use in your soap.

Some Common Herbs and their Properties

- **Basil:** When dried and crushed, it makes a speckled greenish brown soap
- **Calendula:** Old English marigold is an orange flower and will heal the skin. It makes soap a light orange.
- **Cardamom:** Grind to a fine powder. When added to soap it improves circulation and is energizing.
- **Cayenne Pepper:** Dried cayenne turns soap salmon pink.
- **Cinnamon:** Turns soap a speckled brown. It is used to reduce stress and is an astringent.
- **Citrus Peel:** Grate the peel finely and it will be a mild exfoliant. Citrus has a refreshing scent and is an astringent. Some citrus peels inhibit tracing, so don't add until after you reach trace.
- **Clove Buds:** Clove is mentally stimulating and smells delicious. Clove turns soap brown. Use caution because it can irritate sensitive skin.
- **Green Tea:** Green tea helps boost immunity and helps fight disease.
- **Indigo:** Use indigo with a very light hand or it may stain you in the tub. Try to make your indigo soaps a pale blue to prevent staining.
- **Lavender:** Lavender is a natural deodorant and has relaxing and healing properties. The buds are lovely when pressed into the top of the bars of soap.
- **Loofa:** Yes, the sponge-like plant. Grind and add to soap to exfoliate and improve circulation.
- **Myrrh:** Myrrh adds a pinkish brown color to soaps.
- **Nettle:** Traditionally used to treat dandruff and prevent hair loss. Turns soap green.
- **Paprika:** Another botanical to use lightly or it will leave a ring around the tub. It turns soap a deep red.
- **Parsley:** Parsley turns soap a light green but fades quickly. To preserve the color, store soaps in a dark closet.
- **Poppy Seeds:** Poppy seeds create a speckled soap that exfoliates and stimulates the skin.
- **Rose:** Buds, hips and petals are beautiful additions to soap and impart their smell. Ground rose hips will also turn soap a delicate pink color.
- **Rosemary:** Rosemary turns soap a mossy green. It is antiseptic and will make hair shine.
- **Safflower:** Safflower turns soap an orangish red.
- **Wheat Germ:** A great exfoliator that softens sensitive skin.

Clay

Clay is another wonderful additive for soap. It gives silkiness to soap and absorbs oils from the skin. You can buy most of the clay from the stockists listed at the end of the book, or as an alternative you can buy them from amazon.com, I have included links to amazon.com options. There are four clays that you can use in your soaps:

- ***Kaolin:*** Kaolin is white and fluffy. It makes soap silky and makes a good scrub: [Kaolin Powder Clay – 1 lb,\(Frontier\)](#)
- ***Bentonite:*** Bentonite is light green. It is good for oily skin because it absorbs the oil. It is also good for shaving soaps

because it gives the soap a silky texture: [Bentonite Clay \(Cosmetic Grade\) 5 Lb](#)

- ***Rose clay:*** This is a heavier clay than the others and is mostly used in soap for its color and oil absorbency: [Evan Healy Rose Clay 2.1oz clay](#)
- ***Rhassoul:*** Rhassoul is light brown and is great for absorbing oil and impurities from skin and hair. It is also a light exfoliator: [Kae Natural Clay Rhassoul](#)

You can add about one teaspoon of clay per eight ounces of oil used. Since clay does not react with lye, you can add it to the lye water or to the oils.

Creating Color

There are four major pigment options for coloring soap – pigments, FD&C colors, micas and natural colorants.

Pigments, or oxides and ultramarines, used to be mined from the earth but most are now created in a lab to increase purity and prevent contamination with toxic metals like selenium, arsenic and mercury. Pigments are stable and generally will not change color in either cold process or melt and pour soaps. They are cost effective, but tend to clump so mix them with a bit of liquid oil before adding to the soap mixture.

FD&C Colorants are also manufactured in a lab and give a wide range of colors. FD&C colorants mix are concentrated and mix smoothly. They generally stay clear in melt and pour soaps but are not stable in cold process soap.

Micas are natural products that are mined and then coated with either pigments or FD&C colorants. Mica has a crystalline structure gives it its characteristic shimmer. Mica is best used in melt and pour soap and other clear products because the shimmer needs light to reflect nicely. Mica does not clump and the colors are smooth. They provide a light, sophisticated color in cold process soaps, but since they use FD&C colors, they may react during the saponification process.

Natural soap colorants comprise a wide variety of ingredients. Natural colorants are great to use from a marketing perspective. Clients are happy to

purchase natural products. Unfortunately, even colors can be hard to make and the pigments require a great deal of mixing to ensure they don't clump.

Some excellent natural colorants are:

- Alkanet root: purple
- Annatto: yellow
- Carthamin: yellow
- Chlorophyll: green
- Cocoa bean: brown
- Cocoa powder: brown
- Fermented tea: brown
- Paprika: red
- Saffron: Yellow
- Turmeric: Yellow

It is best to start by adding in just a bit of colorant at trace. Once it's thoroughly mixed in, you can add more until you get the color you like.

You can choose to color your soaps with one color or you can make some beautiful soaps by swirling a contrasting color into your soap. It's a simple technique that will add value to your soaps.

You start by making soap as usual. When your soap is at a thin trace, take about a quarter of the soap out of your pot and put in a smaller container. In this container, mix your colorant in and stir until the color is evenly distributed. If you are not happy with the color, you can darken it by adding more colorant or lighten it by adding more soap. Adjust

the color until you have a shade you like.

If you want to have more than one additional color, you would just divide up the removed soap into several containers, one per color.

To ensure color is distributed through the entire bar of soap, layer like this:

Layer 1: Pour thin streams of color at the bottom of the mold. Use about 1/3 of the colored soap. There will be areas with no soap at all in this layer and that's fine. The next layer will fill this in.

Layer 2: Pour one half the base, non-colored soap into the mold.

Layer 3: Thin streams of color again, using about half of the remaining colored soap.

Layer 4: Pour the remaining non-colored soap into the mold.

Layer 5: Pour the remaining colored soap into the mold.

Use a utensil (chopstick, spatula, plastic knife) to swirl the colors. Make sure the

utensil is touching the bottom of the mold so the first layer is properly swirled. Drag the utensil up and down the length of the mold in two or three lines, then across the width of the mold a couple times as well.

Be careful not to over-mix, or the colors will blend and you will not have beautiful swirls.

Another tip is to add your natural colour to liquid oils that you are going to use in your recipe. The most effective way to do this is to infuse the oil. You will need to experiment a bit to get the colors you like, so remember to take notes. Here is a starting point, to 5 oz. of oil add 1 tablespoon of the colour. Let it infuse over a week or two, shaking once a day. Before you use your infused oil it is a good idea to strain it if you have used a powder like Alkanet, just use something like cheese cloth or panty hose over a wide mouthed jar.

Saponification Charts

These numbers are the saponification values in terms of milligrams of potassium (KOH) or sodium hydroxide (NaOH) required to saponify 1 gram of the given oil.

To convert the SAP values to ounces, do the following:

- For solid soap, divide the SAP value by 1422.9803
- For liquid soap, divide the SAP value by 1010.316

This can be a bit confusing, so here's an example. If you make a solid soap with just 16 ounces of almond butter as a fat, you would calculate the lye necessary like this:

$$16 * 0.098 = 1.568$$

16 is the ounces of almond butter you will use, 0.098 is the corresponding lye number from the NaOH column (use this one to make solid soap) and the result is the number of ounces of lye you need.

If you wanted to make a liquid soap with just 16 ounces of aloe vera butter, you would multiply 16 (the number of ounces of fat you are using) by 0.247 (the corresponding caustic soda number) and get 3.952 ounces of caustic soda required to make this soap.

Now, what if you want to use more than one fat to make your soap? You would do the calculations separately and add the amounts of lye together to get the total lye needed.

For example:

If you want to make a solid soap with 10 ounces of Acai Berry oil and 15 ounces of Almond Butter, you would do the following calculations:

$$10 * 0.136 = 1.36$$

$$15 * 0.098 = 1.47$$

You add 1.36 and 1.47 and get a total lye amount of 2.83 ounces.

So far, so good, right? If not, do not proceed until you understand what you are doing. At best you'll wind up with soap that doesn't saponify because you didn't add enough lye or caustic soda, and at worst you'll wind up with a soap with too many harsh chemicals in it and will burn your skin.

Also, if you are intimidated by all this, you can run your soap recipe through a lye calculator like the one found at <https://www.thesage.com/calcs/lyecalc2.php> This information has also added to www.naturalhealthblogger.net so that you can view the chart in a larger format if needed.

Lipid	SAP	NaOH	KOH
Acai Berry	186-200	0.136	0.191
Almond Butter	90-140	0.098	0.139
Almond Oil	190-200	0.137	0.193
Aloe Vera Butte	240-260	0.176	0.247
Aloe Vera Oil	185-200	0.135	0.191
Andiroba Oil	165-210	0.132	0.196
Apricot Kernel Butter	130-145	0.097	0.136
Apricot Kernel Oil	185-195	0.134	0.188
Argan Oil	180-200	0.134	0.188
Avocado Butter	177-198	0.132	0.186
Avocado Oil	177-198	0.132	0.186
Babassu Oil	245-256	0.176	0.248
Baobab Oil	190-220	0.143	0.202
Beeswax pellets	89-103	0.067	0.095
Black Cumin Seed Oil	185-205	0.137	0.193
Black Raspberry Seed Oil	184-191	0.132	0.186
Blackcurrant Oil	185-195	0.134	0.188
Borage Oil	175-196	0.13	0.184
Brazil Nut Oil	192-202	0.138	0.195
Broccoli Seed Oil	172	0.121	0.17
Buriti Oil	185-240	0.149	0.21
Calendula Oil	190	0.134	0.188
Camelina Oil	185-197	0.132	0.189
Candelilla Wax	43-65	0.038	0.053
Carnauba Wax	78-95	0.061	0.086
Carrot Oil	190	0.134	0.188
Castor Oil	175-187	0.127	0.179
Cherry Kernel Oil	182-202	0.135	0.19

Lipid	SAP	NaOH	KOH
Cocoa Butter – deodorized	188–200	0.136	0.192
Coconut Oil	250–264	0.178	0.252
Coffee Bean Butter	175–200	0.132	0.186
Cranberry Seed Oil	192	0.135	0.19
Cucumber Seed Oil	180–190	0.13	0.183
Cupuacu Butter	188–198	0.136	0.191
Emu Oil	185–200	0.135	0.191
Evening Primrose Oil	175–196	0.13	0.184
Flax Seed Oil	188–196	0.135	0.19
Fractionated Coconut Oil	325–340	0.234	0.329
Grape Seed Oil	185–200	0.134	0.188
Grape Seed Oil, Chardonnay	176–194	0.13	0.183
Grape Seed Oil, Reisling	185–200	0.135	0.191
Green Coffee Oil	170–220	0.137	0.193
Hazelnut Oil	180–240	0.134	0.188
Hemp Seed Butter	175–200	0.132	0.186
Hemp Seed Oil	190–195	0.135	0.191
Illipe Butter	188–200	0.136	0.192
Jjoba, Clear	90–93	0.064	0.091
Jjoba, Natural	91–93	0.065	0.091
Karanja Oil	185	0.13	0.183
Kokum Butter	187–193	0.134	0.188
Kukui Nut Oil	190–195	0.135	0.191
Lanolin Oil	90–110	0.07	0.099
Macadamia Nut Butter	175–200	0.132	0.186
Macadamia Nut Oil	190–200	0.137	0.193
Mango Butter	183–198	0.134	0.189
Mango Oil	180–195	0.132	0.186
Manketti Oil	190–205	0.139	0.195
Maracjua Oil	185–205	0.137	0.193
Marula Oil	188–196	0.135	0.19
Meadowfoam Oil	169	0.119	0.167
Monoï de Tahiti Oil	250–264	0.178	0.252
Moringa Oil	190–205	0.139	0.195
Neem Oil	175–205	0.134	0.188
Olive Butter	25–150	0.088	0.124
Olive Oil	184–196	0.133	0.188
Palm Kernel Oil	20	0.155	0.218
Palm Oil	190–205	0.139	0.195

Lipid	SAP	NaOH	KOH
Peach Kernel Oil	193	0.136	0.191
Pecan Oil	191	0.135	0.19
Pequi Oil	190-200	0.137	0.193
Perila Oil	185-200	0.135	0.191
Pistachio Nut Butter	175-200	0.132	0.186
Pomace Olive Oil	189.7	0.133	0.188
Poppy Seed Oil	196	0.138	0.194
Pumpkin Seed Oil	187-195	0.134	0.189
Red Raspberry Seed Oil	188	0.132	0.186
Rice Bran Oil	190	0.133	0.188
Rice Bran Oil, CP	180-190	0.129	0.181
Roasted Coffee Oil	175-195	0.13	0.183
Rosehip Oil	185-193	0.133	0.187
Safflower Oil	185-198	0.135	0.19
Seabuckthorn Oil	130-200	0.116	0.163
Sesame Oil	186-199	0.135	0.191
Shea Butter	170-190	0.126	0.178
Shea Oil	170-195	0.128	0.181
Soybean Oil	190	0.134	0.188
Stearic Acid	207-211	0.147	0.207
Sunflower Oil	191	0.134	0.189
sunflower Seed Oil	185 - 198	0.134	0.189
Tamanu (Foraha Oil)	185 - 235	0.148	0.208
Virgin Coconut Cream Oil	248 - 265	0.18	0.254
Walnut Oil	190 - 197	0.136	0.192
Watermelon Seed Oil	188 - 195	0.135	0.19
Wheatgerm Oil	180 - 200	0.135	0.19
Yangu Oil	192.2	0.135	0.19
Passionfruit Seed oil	185-205	0.137	0.193
Papaya Oil	180-200	0.134	0.188

Soap Recipes

SAFETY REMINDER!

Remember, the lye water mixture is always added to the oil and not vice versa. If you do this backwards, the water will sputter and splash lye up onto you and cause harm.

Always wear protective gear – goggles, gloves, long sleeved shirts, pants and closed toe shoes.

Re-read the [safety chapter](#) of this book if you need to.

Tip: when making your any soaps set out all your utensils and measure any additives you are adding to your soap

for example fragrances and essential oils.



Cold Pressed Soap Recipes

Tips For Making Cold Pressed Soaps

- Measure all ingredients accurately.
- Have your mold / molds ready to use. If you are using a single “loaf mold” line it with plastic or grease proof paper
- When you are mixing the lye and water pour it slowly with a hard plastic spoon until the lye dissolves. Make sure to set it aside in safe location.
- Don’t overheat your oils, allow both the lye/water mixture and oils to cool before mixing them. They need to both be in the range of 100 – 120 F.
- When adding you scents and botanicals, stir well and mix quickly. You don’t want your soap to become too hard before you pour it into you molds.
- Insulate your molds by placing them in a cardboard box that is larger than the molds. Wrap them

in old towels or blankets. This is allowing the soap to finish the chemical process of saponification to complete. Leave it undisturbed for 24-48 hours.

- When removing the soap from the molds use latex gloves and tap the bottom of the mold.
- If your soaps do not release easily, place them in the freezer for about 1/2 hour, remove and let sit for 5 minutes and they should come out easily.
- When curing your soap place it in a well ventilated area. The longer you allow your soap to cure the harder the bar, be patient and allow 4 – 6 weeks.
- To cut your bars invest in a pastry scraper and use it with a mitre box. There are options available to buy from Amazon.com [OXO Good Grips Multi-Purpose Pastry Scraper/Chopper](#)

Beginner Soap Recipe

Ingredients for 4.5 pounds of soap

- 16 oz. Canola Oil
- 16 oz. Coconut Oil
- 16 oz. Cocoa Butter
- 6.9 oz. Lye (5% superfatted)
- 15.8 oz. Distilled Water

Ingredients for 6.5 pounds of soap

- 5 oz. Canola Oil
- 5 oz. Castor Oil
- 32 oz. Coconut Oil
- 32 oz. Cocoa Butter
- 11 oz. Lye (5% superfatted)
- 24.4 oz. Distilled Water

Method

1. With all soap recipes that use lye, **safety first!** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.

2. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it. Add the lye to the water. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.

3. Add the oils together and melt over low heat. Let them cool to 110 F.

4. Add the lye solution to the melted oils, carefully. Stir vigorously until trace occurs. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by hand, it could take an hour for the soap to reach trace.

5. Once your soap is at the trace stage, pour it into your molds. Let it sit for 3 to 5 days and then take it out of the mold. If you have one large piece of soap, cut it into bar shapes and allow it to sit for a full 4 to 6 weeks finish saponifying.

Lavender Variation: You can use this recipe to make lavender soap by adding 2 ounces of lavender essential oil to the smaller recipe or 3 ounces to the larger recipe at trace. You can spread 2 to 3 ounces of lavender buds across the top of the soap once you pour it into the mold to make a beautiful soap.

To add a natural lavender colour to your soap you can use powdered alkanet. The most effective way to do this is to infuse liquid oil, so for this recipe you can infuse you canola oil. To the 5 oz. of oil add 1 tablespoon of the powdered alkanet. Let it infuse over a week or two, shaking once a day.

Before you use your infused oil it is a good idea to strain it, just use something like cheese cloth or panty hose over a wide mouthed jar.

Citrus Variation: Add 2 ounces of tangerine essential oil (or any other citrus essential oil you prefer) and 1/16 teaspoon yellow oxide colorant at trace.

Clay Soap

Ingredients

This recipe makes almost 5 pounds of soap.

- 16 oz. Olive Oil
- 13.25 oz. Cocoa Butter
- 13.25 oz. Coconut Oil
- 8 oz. Sunflower Oil (you can substitute other liquid oils like canola, soybean, or almond too)
- 2.5 oz. Castor Oil
- 2 Tbsp clay of your choice.
- 7.5 oz. lye
- 18 oz. Water

Method

1. With all soap recipes that use lye, ***safety first!*** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.

2. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it.

Add the lye to the water. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.

3. Add the oils together and melt over low heat. Once the oils have melted, add the clay and use your stick blender to make sure the clay is evenly distributed. Let cool to 110 F.

4. Add the lye solution to the melted oils, carefully. Stir vigorously until trace occurs. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by hand, it could take an hour for the soap to reach trace.

5. Once your soap is at the trace stage, pour it into your molds. Let it sit for 3 to 5 days and then take it out of the mold. If you have one large piece of soap, cut it into bar shapes and allow it to sit for a full 4 to 6 weeks finish saponifying.

Easy Shea Butter Soap

Ingredients

This recipe makes just over 6 pounds of soap.

- 16 oz. Coconut Oil
- 18 oz. Olive Oil
- 16 oz. Cocoa Butter
- 4 oz. Shea Butter
- 16 oz Tallow
- 9.815 oz. Lye (5% superfatted)
- 23.1 oz. Water

Method

1. With all soap recipes that use lye, **safety first!** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.

2. If possible, do this step outside or in a well-ventilated area. You don't want

to breathe lye fumes if you can help it. Add the lye to the water. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.

3. Add the coconut, olive, cocoa butter, shea butter and tallow together and melt over low heat. Let them cool to 110 F.

4. Add the lye solution to the melted oils, carefully. Stir vigorously until trace occurs. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by hand, this recipe may take up to an hour to trace.

5. Once your soap is at the trace stage, pour it into your molds. Let it sit for 3 to 5 days and then take it out of the mold. If you have one large piece of soap, cut it into bar shapes and allow it to sit for a full 4 to 6 weeks finish saponifying.

Acne Soap

Make sure you have mastered the basic cold soap recipe before continuing on to this advanced recipe. You will need to be meticulous when measuring and timing while making this soap. This soap uses water reduction to speed the saponification and curing time. It could be ready as soon as one week, but if you let it cure longer you will get a better lather.

WARNING: This soap uses less water, so the lye solution is stronger than for a “regular” cold process soap. Be vigilant in your safety precautions. If you prefer to use a weaker lye solution, triple the amount of water and use a 6 week curing time.

This recipe relies on the gentleness of lavender and the antiseptic nature of niaouli to help defend against break-outs. Grapeseed oil is an astringent and when combined with the olive oil will make a good lather.

Ingredients

This recipe makes 5 pounds of soap.

- 18.5 oz. Olive Oil
- 18.5 oz. Coconut Oil
- 5.3 oz. Rice Bran Oil
- 10.6 oz. Grapeseed Oil
- 7.4 oz. Lye Crystals

- 20.1 oz. Distilled Water, very cold
- 3 Tablespoons French Green Clay
- 0.9 oz. Lavandin essential oil
- 0.9 oz. Niaouli essential oil

Method

1. Add lye to water and stir until solution is clear.
2. Let cool to 90 F.
3. Heat the coconut oil over low heat until melted and pour over the olive, rice bran and grapeseed oils. The oil mixture should be 90 F.
4. Whisk together the clay and essential oils.
5. Add the lye solution to the base oils and mix with a stick blender, mix thoroughly.
6. At medium trace, add your clay and essential oil mixture.
7. Pour the soap into a prepared mold. Keep the soap cool to preserve the lavender scent.
8. Unmold and cut 12 hours after pouring. Soap should be smooth and fine-grained. If you used more water, wait at least 18 hours before unmolding and cutting.
9. Allow the soap to cure for at least a week, six if you used the extra water.

Castile Soap

Castile soap is one of the oldest soaps still being made today. It is incredibly simple to make as well. Because castile soap does not use any solid oils, it is very soft and will melt if you leave it in the shower. Use a face cloth and store the soap in a dish outside the shower.

Ingredients

This recipe makes 2 1/2 pounds of soap.

- 32 oz. Olive Oil
- 4 oz. lye
- 8 oz. Water

Method

1. With all soap recipes that use lye, safety first! Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.

2. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it. Add the lye to the water. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.

3. Warm the olive oil to 110 F.

4. Add the lye solution to the olive oil, carefully. Stir vigorously until trace occurs. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by hand, it could take an hour for the soap to reach trace.

5. Once your soap is at the trace stage, pour it into your molds. Let it sit for 3 to 5 days and then take it out of the mold. If you have one large piece of soap, cut it into bar shapes and allow it to sit for a full 4 to 6 weeks finish saponifying.

Baby Soap

Ingredients

This small recipe makes just under 1 1/2 pounds of soap. You can double, triple or quadruple the recipe if you wish.

- 12 oz. Olive Oil
- 2 oz. Sweet Almond Oil
- 2 oz. Cocoa Butter
- 7 oz. Water
- 2.1 oz. Lye
- 1/2 oz. avocado oil

Method

1. With all soap recipes that use lye, **safety first!** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.

2. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it. Add the lye to the water. Stir the

solution carefully and thoroughly. Let the liquid cool to 110 F.

3. Add the olive oil, almond oil and cocoa butter together and melt over low heat. Let them cool to 110 F.

4. Add the lye solution to the melted oils, carefully. Stir vigorously until thin trace occurs. Add the avocado oil in now. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by hand, it could take an hour for the soap to reach trace.

5. Once your soap is at the trace stage, pour it into your molds. Let it sit for 3 to 5 days and then take it out of the mold. If you have one large piece of soap, cut it into bar shapes and allow it to sit for a full 4 to 6 weeks finish saponifying.

Mango Butter Soap

Ingredients

This recipe makes 3 pounds of soap.

- 10.6 oz Water
- 4.4 oz Lye
- 8 oz Olive Oil
- 6.5 oz Coconut Oil
- 5.75 oz Cocoa Butter
- 3.2 Castor Oil
- 4.8 Mango Butter
- 3.8 Shea Butter
- 2 oz Mango Fragrance Oil
- Orange colorant of your choice

Method

1. With all soap recipes that use lye, ***safety first!*** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.

2. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it.

Add the lye to the water. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.

3. Add the oils except the fragrance oil together and melt over low heat. Let them cool to 110 F.

4. Add the lye solution to the melted oils, carefully. Stir vigorously until thin trace occurs. Add the mango and shea butter, mango fragrance oil and the orange colorant in now. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by hand, it could take an hour for the soap to reach trace.

5. Once your soap is at the trace stage, pour it into your molds. Let it sit for 3 to 5 days and then take it out of the mold. If you have one large piece of soap, cut it into bar shapes and allow it to sit for a full 4 to 6 weeks finish saponifying.

Gentle Facial Soap

Ingredients

This recipe makes 2.3 pounds of soap.

- 6 oz. Olive Oil
- 6 oz. Cocoa Butter
- 6 oz. Coconut Oil
- 3 oz. Jojoba Oil
- 4 oz. Sweet Almond Oil
- 8.3 oz. Water
- 3.4 oz. Lye
- 1 Tbsp Wheat Germ Oil
- 0.5 oz. Fragrance Oil

Method

1. With all soap recipes that use lye, **safety first!** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.

2. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it.

Add the lye to the water. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.

3. Add the oils except the wheat germ oil together and melt over low heat. Let them cool to 110 F.

4. Add the lye solution to the melted oils, carefully. Stir vigorously until thin trace occurs. Add the wheat germ oil in now. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by hand, it could take an hour for the soap to reach trace.

5. Once your soap is at the trace stage, pour it into your molds. Let it sit for 3 to 5 days and then take it out of the mold. If you have one large piece of soap, cut it into bar shapes and allow it to sit for a full 4 to 6 weeks finish saponifying.

Beeswax Soap

Both beeswax and honey accelerate trace in soapmaking, so you will have to work quickly to get your soap into molds before it solidifies. This recipe uses more water than usual in an attempt to forestall trace.

Ingredients

This recipe makes 4 1/2 pounds of soap.

- 13.5 oz. Olive Oil
- 13.5 oz. Coconut Oil
- 13.5 oz. Beef Tallow
- 2.4 oz. Castor Oil
- 4.4 oz. Almond Oil
- 1 oz. Beeswax
- 6.8 oz. Lye
- 14.5 oz. Water
- 2 oz. of fragrance or essential oil – but **be sure** to use one that you know will not accelerate trace!
- 3 Tbsp Honey

Method

1. With all soap recipes that use lye, **safety first!** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.

2. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it. Add the lye to the water. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.

3. Add the beeswax, tallow and oils together and melt over low heat. Let them cool to 110 F. Mix in the honey and make sure it is well-mixed.

4. Add the lye solution to the melted oils, carefully. Stir until trace occurs. Add the fragrance or essential oil.

5. Once your soap is at the trace stage, pour it into your molds. Let it sit for 3 to 5 days and then take it out of the mold. If you have one large piece of soap, cut it into bar shapes and allow it to sit for a full 4 to 6 weeks finish saponifying.

Melt and Pour Soaps



Oatmeal Melt and Pour Soap Recipe

Ingredients

This recipe makes one pound of soap.

- 8 ounces white or opaque melt and pour soap base
- 8 ounces clear melt and pour soap base
- 1/2 cup oatmeal, ground in coffee grinder
- 1/2 ounce fragrance oil of your choice
- Optional colorant

Method

1. Melt the soap bases and combine. Add fragrance oil and colorant (if you are using some). Add the oatmeal and stir in.
2. If the oatmeal sinks after 30 seconds, continue to stir until the base is thick enough to suspend the oatmeal.
3. Pour the soap into your molds. Spritz the top of the soap with alcohol to prevent bubbles from marring the top of your soap.
4. After two or three hours, or even overnight, take the soap out of the molds.

Congratulations! Your soap is ready to use.

Citrus Exfoliating Soap

Ingredients

This recipe makes just 1/2 pound of soap. You can scale the recipe up as large as you like.

- 8 oz. Melt and Pour Base
- 2 T. White Cornmeal
- 1-1/2 T. Fine Pumice
- 1 T. Bentonite Clay
- 2 tsp. of Citrus Essential Oil

Method

1. Melt the base.
2. Add in the essential oil.
3. Stir in the cornmeal, pumice and clay. Continue to stir until the solids stay suspended in the soap.
4. Pour soap into molds.
5. Wait one day and take the soap out of the molds. Your soap is ready to use.

Soap in a Shaving Mug

This soap makes a great gift purchase when packaged with a shaving brush.

Ingredients

This recipe makes 2 1/2 pounds of soap.

- 2 pounds Goats Milk Liquid Soap Base
- 8 oz. Melt and Pour Base
- 2 Tbs. Ground Calendula
- 1 oz. Fragrance Oil

Method

1. Melt the melt and pour base and add to the goats milk base.
2. Stir in the fragrance oil and ground calendula.
3. Pour into mugs and wait 24 hours for the soap to harden.
This soap does not completely harden, so do not pour it into regular molds.

Hot Process Soap



Basic Hot-Processed Soap

Back in the dark ages of soap making, soap was made in a giant vat over a fire. This recipe replicates the process in your kitchen. The saponification process (the lye reacting with the oils to make soap) is sped up immensely by heating the solution after the trace stage. The soap is cooked until the process is complete. The soap needs to cure for much less time.

The downside to hot processed soap is that it sticks in plastic molds. This recipe, however, should not stick like most.

Ingredients

This recipe makes 2 1/2 pounds of soap.

- 15 oz. Cocoa Butter
- 5 oz. Coconut Oil
- 2 oz. Sesame or rice bran oil
- 2 oz. Shea Butter
- 1 oz. Castor Oil
- 3.49 oz. Lye (6% superfat)
- 9 oz. Distilled Water
- 1/2 teaspoon of Borax – optional
- 1 oz. Sunflower Oil
- 1 oz Essential oil

Method

1. **Safety first.** Put on your goggles, gloves, long sleeved shirt, pants and closed toe shoes.
2. Melt and mix the oils together.
3. If you choose to, add the borax to the water. Borax will soften the water and will help the soap work well if you have hard water.
4. Combine the lye and water – remembering to add the lye to the water for safety.
5. Stir until the soap reaches the trace stage. Heat the soap until it has finished saponifying.
6. Let the soap cool for 20 minutes and only stir it occasionally. Once the soap has cooled, add sunflower oil and your fragrance or essential oil.
7. Spoon the soap into the plastic molds, a little at a time. Tap the mold several times to disperse air bubbles. Continue to add soap to the mold until it is full. Cover the mold with plastic wrap and use your hand to push the soap down, making sure the entire mold is filled.
8. In 5 to 8 hours you can unmold the soap. Press the bottom of each mold until an air pocket forms. Continue to gently push until the soap pops out. If this doesn't work, try putting the soap in the freezer for 30 minutes, letting it thaw for 5 minutes and try again.

Clear Glycerin Soap

Instructions

This recipe makes just under 12 pounds of soap.

- 25 oz. Distilled Water
- 12 oz. Water
- 40 oz. Cocoa Butter
- 16 oz. Coconut Oil
- 25 oz. Castor Oil
- 28 oz. Ethanol
- 8 oz. Glycerin
- 15 oz. Distilled water with 20 oz. sugar dissolved in it

Method

1. **Safety first.** Put on your goggles, gloves, long sleeved shirt, pants and closed toe shoes.
2. Mix the lye and water. Remember to add the lye to the water for safety. Let cool until it is between 135 to 145 F.
3. Heat the oils to 135 F.
4. Mix the lye and oils for five minutes.
5. Add the alcohol and stir for another five minutes. The solution should be clear at the end of five minutes.
6. This next part is not difficult, but complicated so read the instructions before beginning. Cover the pot with

plastic wrap and secure with a large rubber band or bungee cord. Cover the pot again, with a second piece of plastic and another cord. This is important because the alcohol cannot be allowed to evaporate out of the soap while it boils.

7. Put the soap pot in another pot filled with three inches of boiling water.

8. In five minutes, the soap should be boiling and the plastic wrap will rise up. Lower the temperature of the burner to keep the soap gently boiling.

9. Keep the soap boiling for two hours, making sure the plastic doesn't shift and allow the alcohol to evaporate.

10. After the two hours are up, add the glycerin and sugar solution. Stir for 3 minutes.

11. Test the soap: Put a spoon of soap on a glass. If it is not clear once it cools, add 2 oz. alcohol.

12. Cover and let sit for 15 minutes before adding color or fragrance.

13. Mix in color and fragrance and pour into molds.

14. Leave the soap in the molds for about 36 hours, until it has solidified.

Crockpot Hot Process Soap

One of the easiest ways to make hot process soap is to use a crock pot. Of course, you must have a crock pot dedicated to soap making, and not use the pot you use for food. A four pound batch of soap will fill half of a 6 1/2

quart crock pot, leaving room for the soap to bubble up.

Many recipes can be made in a crock pot, but the ones who are most successful have a high liquid to solid oil ratio.

Gentle Avocado Crockpot Soap

Ingredients

This recipe makes 2 1/2 pounds of soap.

- 12 oz Avocado Oil
- 3 oz Coconut Oil 76 deg
- 9 oz Jojoba Oil
- 2 oz Cocoa Butter
- 2 oz Shea Butter
- 10 oz Distilled Water
- 3 oz Lye

Moisturizing ingredients

- 1 Tbs Glycerin
- 1Tbs Avocado oil
- 1Tbs Vitamin E
- 1tsp Lavender essential Oil
- 1 tsp Vanilla Fragrance Oil
- 1 tsp Pear Fragrance Oil

Method

1. **Safety first:** put on your safety gear: goggles, gloves, long sleeved shirt, pants and closed toe shoes.
2. Weigh the oils and put them in the crock pot. Turn the crock pot on low heat.
3. Weigh the water and put it in a pitcher. Mix the lye into the water, stirring constantly. Be careful not to breathe in the lye fumes. In fact, if you can do this outside, that's best.

4. Pour the lye solution into the oils in the crock pot and stir with a long handled spoon until the lye mixture is incorporated. Use an immersion blender to mix the liquid until you see a light trace. This should be about 5 minutes.

5. Put the lid on the crock pot and measure the moisturizing ingredients into a small bowl.

6. About an hour after you put the lid on the crock pot, add the moisturizing ingredients and stir well.

7. If you want to add a color to the soap, take 1 cup of soap from the pot and mix the colorant. Add it right back into the soap and stir enough to make swirls in the soap.

8. Pour the soap into the mold right away because it will solidify and become hard to pour quickly. The crock pot is hot and heavy, so if you can get help, that will be good.

9. When the soap is cold and solid, tip the mold upside down and remove the soap. If it does not come out, freeze it for a few minutes and try again.

10. Cut the soap within a couple of days and let it cure for the next week or two.

Rosemary Mint Crockpot Soap

Ingredients

This recipe makes 5 1/2 pounds of soap.

- 38 oz. Olive Oil
- 14.4 oz. Coconut Oil
- 11.6 oz. Cocoa Butter
- 8.7 oz. Sodium Hydroxide
- 17.5 oz. Cold Distilled Water
- 3 oz. Rosemary & Mint Blend Essential Oils
- 2 Organic Peppermint Teabags

Method

1. As always – **safety first**. Put on your protective equipment: goggles, gloves, long sleeved shirt, pants and closed toe shoes.
2. Measure cold water and lye in separate containers. Pour the lye into the pitcher and stir until it is dissolved.
3. Measure the solid oils and put them in the crock pot to melt. Make sure the crock pot is set on low.
4. Measure the liquid oils and pour into the crock pot.
5. Pour the lye mixture into the melted oils and mix with a stick blender on low speed. Make sure to mix all the oil and scrape the sides as well.
6. After the soap gets to the trace stage, put the lid on the crock pot and turn the heat to high.
7. Measure out the essential oils.
8. After fifteen minutes remove the lid and mix the soap around with a rubber spatula or potato masher. It should look like vaseline and feel like wax (*only touch with gloved hands*).
9. Now is the time to add any the ingredients of the tea bags and mix well. After the tea is thoroughly mixed add the rosemary mint oil and mix in thoroughly.
10. The soap is ready to mold now. Put the soap into the mold with a large spoon, firmly tapping to ensure the mold packs tightly and there are no air bubbles. Flatten the top to make sure the soap fills all the corners of the mold.
11. Let the soap sit overnight. Unmold it and slice it into bars. Let it cure for a week and then it's ready to use.

Milled Soap



Basic Milled Soap

This recipe makes one bar of soap the same size as the bar you grated up.

Ingredients

- Bar of soap for remilling
- Large Bowl
- Grater with handle
- Boil-Proof Bag
- Soap mold
- Any herbs, essential oils and colorants if you'd like

Method

1. Grate the bar of soap with a grater. It will melt easier if it is in small pieces.
2. Put the grated soap in the plastic bag and zip it up. Put the bag in a pot of

boiling water. Cover and wait for 20 to 30 minutes.

3. After the soap has melted, it will look translucent. At this point, add whatever herbs, essential oil or colors you'd like to add. Mix it all up in the bag, but be careful because the soap is hot. If the soap begins to harden, just put the sealed bag back into the water for another 10 to 15 minutes.

4. Once the soap is fully melted, cut off one corner of the bag and squeeze the soap into your mold.

5. Wait for 3 or 4 days until the soap hardens fully.

Another Hand Milled Soap

This recipe makes 3 bars of soap slightly larger than the ones you grated up.

Ingredients

- 3 bars of plain soap
- Double boiler
- Grater
- Water or coconut milk
- Saucepan
- Wooden spoon
- Additive (essential oil, natural fragrance oil, oatmeal, lavender, colorants etc.)
- Plastic container or candy molds

Method

1. Grate the three bars of soap into the top of a double boiler.
2. Add 1/2 cup of liquid (water or coconut milk) to the grated soap in the double boiler, just enough to wet the flakes. Melt the soap in the double

boiler, making sure to stir frequently to make sure the soap doesn't stick to the bottom and it doesn't make suds. Add more liquid if the soap appears to be drying out.

3. Once the soap is melted and translucent, remove the soap from the heat and add your other ingredients, blending well.

4. Ladle the soap into molds and tap them gently to remove any air bubbles and to force the soap into all corners of the mold.

5. Let the soap sit on the counter for a few minutes and then freeze for an hour. Take the soap out of the molds and cut, if necessary.

6. Set the soap on a cooling rack until the soap cured. This can take up to three weeks and depends on how much liquid you used in step 1.

Milk Soaps



Basic Goat's Milk Soap

This goat's milk soap recipe will make about two pounds of soap.

Ingredients

- 16 oz. Olive Oil
- 4 oz. Coconut oil
- 4 oz. Cocoa Butter
- 2 oz. Castor Oil
- 3.5 oz. Lye
- 4 oz. Distilled Water
- 4 oz. Goats Milk

Method

1. *This is a cold process soap, so **safety first**.* Make sure you wear goggles, a long sleeved shirt, pants and closed toe shoes.
2. If possible, do this step outside. Put the water in a 2 quart container. Slowly pour the lye into the water, stirring gently until it is dissolved. Be careful not to breathe the fumes.
3. Put the container in a pan of ice water to cool. You can bring the container and ice bath inside now.
4. Measure out the oils.
5. Melt the oils on a stovetop or in a microwave.
6. When the lye water has cooled to 75 to 80 F, mix the goat milk into it. The mixture will turn light yellow and heat up again. Let it cool down until it reaches 80 F.
7. When the oils reach 85 F, slowly pour the lye mixture into the oils, stirring constantly. Use a rubber spatula to make sure you get all the lye out of the container.
8. Quickly rinse the lye container and start stirring the soap mixture. If you have a stick blender you can dedicate to soap making, this process will be much easier.
9. Stir until the soap mixture reaches trace.
10. Pour the mixture into your mold. Tap the mold on your work surface to release any air bubbles.
11. Let your soap sit for 24 to 48 hours before unmolding.
12. Remove the soap from the mold, cut into bars and stack them in an out of the way area for 4 to 6 weeks to cure. Turn them a couple of times a day so they can dry evenly. If you don't want to turn them, place them on cooling racks so air can reach all sides of the soap.
13. Your soap will be ready to use in 4 to 6 weeks.

Goat's Milk Coffee Soap

This recipe makes 3 1/2 pounds of soap.

Ingredients

- 17 oz. Coconut Oil
- 17 oz. Olive Oil
- 8 oz. Cocoa Butter
- 8 oz. Frozen Goat's Milk (by volume)
- 8 oz. Coffee with Distilled Water (by volume)
- 6.2 oz. Lye (by volume)
- 2 oz. Vanilla Essential oil (by volume)
- 1/3 cup Coffee Grounds (by volume)

Method

1. This is a cold process soap, so make sure you follow all **safety** precautions. Wear goggles, gloves, a long sleeved shirt and closed toe shoes.

2. Melt the coconut and olive oils and coconut butter together.

3. Make 8 ounces of double strength coffee using the distilled water.

4. Once the coffee has cooled, pour the lye into the coffee. Be careful not to breathe the fumes. Stir until the lye is dissolved.

5. After the lye mixture has cooled to 150 F, add it to the frozen goat's milk and mix until it has cooled to 120 F.

6. Add the melted oils and blend with your soap-only stick mixer. Once the soap reaches trace, add in the coffee grounds and essential oil. Continue to mix until the grounds stay suspended in the soap.

7. Pour the soap into your molds and let set for 48 hours.

8. Take the soap out of the molds, cut and allow to cure for six weeks.

Heavy Cream Soap

This is the richest soap recipe I have found, because it uses heavy cream instead of milk.

You can add the cream in either the first or second method detailed below. *This recipe makes 1 3/4 pounds of soap.*

Ingredients

- 5.3 oz. Cocoa Butter
- 5.3 oz. Coconut Oil
- 5.3 oz. Olive Oil
- 1 oz. Castor Oil
- 2.75 oz. Almond Oil
- 2.9 oz. Lye
- 5.8 oz. Cream or Cream and Water
- 0.9 oz. Essential Oil

Method 1 – Replace all water with cream

1. With all soap recipes that use lye, **safety first!** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.
2. Freeze the cream and then let it thaw to slush.
3. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it.
4. Add the lye to the cream. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.
5. While the lye solution is cooling, mix and melt the oils together.
6. Add the lye solution to the melted oils, carefully. Stir vigorously until trace occurs. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by

hand, it could take an hour for the soap to reach trace.

7. Once your soap begins to trace, add the essential oil and mix it in completely. Pour the soap into your molds. Let it sit for 3 to 5 days and then take it out of the mold. Cut the soap into bars and allow it to cure for 4 to 6 weeks.

Method 2 – Replace half the water with cream

1. With all soap recipes that use lye, **safety first!** Wear a long sleeved shirt, pants, gloves, goggles and closed toe shoes.
2. Freeze the cream and then let it thaw to slush.
4. If possible, do this step outside or in a well-ventilated area. You don't want to breathe lye fumes if you can help it. Add the lye to the water. Stir the solution carefully and thoroughly. Let the liquid cool to 110 F.
5. While the lye solution is cooling, mix and melt the oils together.
6. Add the lye solution to the melted oils and slushy cream, carefully. Stir vigorously until trace occurs. If you have a stick blender you can dedicate to soap making, it will speed the process. If you are stirring by hand, it could take an hour for the soap to reach trace.
7. Once your soap begins to trace, add the essential oil and mix it in completely. Pour the soap into your molds. Let it sit for 3 to 5 days and then take it out of the mold. Cut the soap into bars and allow it to cure for 4 to 6 weeks.

Which method works better? They both produce a nice, creamy bar of soap that lathers well, but method two will give a smoother pour and final soap.

Notes on making soap with cream:

Be aware of the extra fat content in a recipe using cream. Heavy cream has between 30 to 36% fat, whereas goat's or cow's milk has only 4 to 6% fat. The heavy cream can throw the superfat percentage off. Method 1 increases the superfat to 14%, and method 2 increases the superfat to 9%.

You can compensate for the extra fat by either:

- Calculating the recipe using 0% superfat and realize the cream will add several percent.
- Calculate the fat you are adding in the cream and add it to your lye calculation. In method 1 you added 2.1 ounces of milk fat. In method 2 you added half that, or 1.05 ounces of milkfat.

If you don't chose to adjust for the extra milkfat, be aware that the soap may spoil over time.

Liquid Soap

To repeat information from earlier in the book: there are many ways to make liquid soap. You can remill already made (or even already purchased) soaps. Liquid soap can also be made 'from scratch' with a liquid oil (like olive) and potassium hydroxide (caustic potash).

Potassium hydroxide is as dangerous to you, your pets and your family as lye is, so use the same safety precautions.

Clear liquid soaps are created by adding an excess of potassium hydroxide to the soap solution and after the saponification process is complete you must neutralize the excess by lowering the pH by adding an acid. Creating a liquid soap this way is difficult and is suited for an advanced soap maker.

Super Simple Re-Milled Liquid Soap

This recipe makes about 20 ounces of liquid soap.

Ingredients

- One four ounce bar of soap
- Grater
- Water
- Pan
- Essential oil (optional)
- Soap coloring (optional)
- Empty soap dispensers

Method

1. Set four cups of water to boil and grate the soap.

2. Once the water boils, take it off the stove and add the grated soap. Stir the mixture until it is fully combined. It will be very thin, but don't worry.

4. Let the soap mixture cool for fifteen minutes and stir again. It will be thicker, but not right yet.

5. Check the consistency anywhere between a few hours to the next day. If the soap still seems too thin, reheat and add a bit more soap. If it's too thick, reheat and add more water.

6. Once the soap is the right consistency, add a few drops of essential or fragrance oil and coloring if you prefer.

7. Pour into dispensers and enjoy.

Super Mild Hot Process Liquid Soap

Liquid soap does not use lye (sodium hydroxide), rather it uses caustic potash (potassium hydroxide) because the caustic potash does not cause the soap to crystalize and become hard like a bar of soap made with lye does.

Caustic potash is only slightly less reactive than lye, so all safety precautions must be followed. Make sure you have your safety equipment on: goggles, gloves, long sleeved shirt, pants and closed toe shoes.

This recipe makes 1 pound of soap. This recipe does not calculate a lye excess, so you do not need to neutralize it with acid at the end.

Ingredients

- 3.2 oz Coconut Oil
- 12.8 oz Olive Oil Pomace
- 9.4 oz Distilled Water (3:1 Water:KOH)
- 3.1 oz Potassium Hydroxide (KOH)
- Fragrance – 2-3% diluted soap weight (optional)
- Dilution water – 3 times paste weight (optional)

Method

1. Weigh your crock pot. You will need this information to calculate the dilution water in step 11.
2. Set the crock pot on high and heat the coconut and olive oil in the crock pot until they reach 160 F.

3. When the oil is almost heated, mix the caustic potash into the distilled water.

4. When the oils are heated to 160 F and the potash has cooled to 140 F, slowly pour the lye into the oils, stirring constantly.

5. Turn the crock pot down to low and use a stick blender to mix in small bursts. Trace should occur in about 20 minutes.

- A note about liquid soap trace: liquid soap traces differently than solid soap does. First it will look like applesauce, then pudding. It gets thicker and then very quickly it turns to a taffy consistency. Once the blender cannot mix the soap anymore, it's done.

6. Let the soap sit for ten minutes. If the soap separates then you have not hit trace yet so continue to mix.

7. Once trace is reached, cover the crockpot and turn it on high.

8. Stir the soap every fifteen minutes and bring the dilution water to a boil. One pound of liquid soap will take about 70 ounces of water.

9. In about 45 minutes, the paste will look like a combination of Vaseline and mashed potatoes.

10. Test the soap for neutrality. You can do this with the tongue-zap test or with phenolphthalein.

- If you use phenolphthalein, take a small bit of soap from the pot and

put one drop of solution on it. If the solution turns pink at all, it is not neutralized and you must cook it longer.

- The longer you cook the soap paste, the clearer the final liquid soap will be. It will be clearest when the soap paste looks like Vaseline.

11. Once the paste reaches your desired end point, weight the crock pot (with the soap in it) and subtract the beginning weight from step 1. This is the amount of soap paste you have made.

12. This recipe, and any liquid soap recipe that uses a large amount of olive oil, needs a 3:1 water to soap paste

dilution ratio, so multiply the weight of soap paste by 3.

13. Weigh the boiling water and pour it into the crock pot. Stir well and break up the soap paste.

14. Cover and let the soap sit for a few minutes. Stir again.

15. If you want to add fragrance to the soap, add up to 3% of the diluted soap weight of fragrance to the hot soap.

16. Once the soap is fully diluted it is quite thin. You can thicken it or leave it as it is.

17. To thicken the soap, heat it over the stove until has reduced 25 percent. Don't forget to scrape the sides and bottom of the pan

Making Your Own Recipes

The recipes in this book are a great place to start making your own soaps at home, but once you master them you will want to experiment with your own recipes. The first thing to remember is that soap recipes are written in weights and not volume, unless specified.

How Much Lye to Use?

It is critical that the ratio of lye to fat is correct in your soap. If you have too much lye, your soap will be harsh and can burn your skin. If you have too little lye the soap may not trace, or if it does it will be too soft and melt away when you use it.

There are several lye calculators on the internet, and I prefer to use the following calculator because it produces a milder product: <https://www.thesage.com/calcs/lyecalc2.php>. You can also use the saponification chart in a previous chapter. No matter what method you use, always calculate your lye requirements for each recipe. Exchanging one oil for another can result in a different amount of lye necessary.

Measure your lye accurately to ensure the best soap batch possible.

What fat combinations make a good bar of soap? You can use any combination of fats you like. Some people recommend at least one quarter of your fat content to be a solid at room temperature, but that is not written in

stone. Refer to the Characteristics of Oils used in Soap Making chart to choose the properties you want in your soap.

Since lye is often sold in 12 ounce containers, it is handy to develop your recipe to use 12 ounces of lye.

Discount and Percentages

To make a soap that is nourishing and creamy, you do not want to completely saponify all the fat. Most soap makers like soap with at least 5 % excess fat. To do this, you use only 95% of the lye, and we call this a discount.

If, for example, a recipe said 12 ounces of lye would completely saponify all the oils, you would multiply 12 ounces by .95 (95 percent) and get 11.4 ounces of lye.

If you get carried away with this technique, called superfatting, your soap could be soft or spongy.

There are several saponification charts and they are not all the same. You may need to experiment a bit with small batches until you get a soap you truly like. The Mystic Mountain Sage lye calculator gives a range of numbers for both complete and incomplete saponification and you can choose which number you want to use.

Recipe and Mold Size

You have a soap mold and a recipe you want to use, but how will you know if the mold is too big, too small, or just

right? It's tough to figure out, particularly if you're a beginner soap maker.

All you need to do is find the volume of the mold, calculate the amount of oil the mold can hold and, if necessary, recalculate the amount of oil with a lye calculator to get a recipe that will fit your mold.

Use one of these three methods to make sure your soap will fit the mold you have properly.

Method 1: Rectangular Molds

A rectangular or square mold is the simplest mold to calculate volume for. Measure the length and width of the mold. Determine how tall you want the soap to be as well.

Let's say your mold's length is 20 inches, its width is 4 inches and you want the soap to be 3 inches tall. First, multiply those three numbers together:

$$20 \times 4 \times 3 = 240 \text{ cubic inches}$$

Take this volume and multiply it by 0.4 to get the ounces of oils to use:

$$240 \times 0.4 = 96 \text{ ounces of oil}$$

If your recipe calls for 96 ounces of oil, you're all set. If it doesn't you can use the percentages of oils called for in your recipe to calculate how much of each oil to use. If this is too much math, or if you just want to double check your calculations, you can use the Summer Bee Meadow's Lye Calculator and Recipe Resizer. You can enter your recipe and resize it to work with the mold you have.

Method 2: Round or Cylindrical Molds

The method is the same here, but the calculations are different. To find the volume of a round mold, you multiply pi by the radius of the circle squared and then multiply that by the height of the mold.

Are you having flashbacks to High School Geometry class? Don't worry, it's not as difficult as it seems. The radius is half the width of the circle. Measure the circle through the middle and divide that number by 2. So, if your circle is 6 inches across, your radius is 3.

Use 3.14 for pi.

Let's say your radius is 3 inches and your height is 12 inches. The volume of this mold is pi times the radius squared (which is the radius times itself) times the height:

$$3.14 \times 3 \times 3 \times 12 = 226.08 \text{ cubic inches}$$

So far, so good, right? To find the volume of oils to use, multiply your cubic inches by 0.4:

$$226.08 \times 0.4 = 90.432 \text{ ounces of oil}$$

You can round that down a bit to 90 ounces to make it easy on yourself.

And now, just like in Method 1, you either use percentages or the soap calculator to adjust your recipe to fit your mold.

Method 3: Irregularly Shaped Molds

There are some truly lovely molds for making soaps – leaves, flowers, shells – but calculating their volume could be a nightmare. The easiest way to determine their volume is to simply use water to fill the mold and then measure the amount of water.

Fill your mold with water and then, carefully, pour the water into a measuring cup. Multiply the number of ounces of water by 1.8 to determine the cubic inches of the mold.

If the mold holds 8 ounces of water, the calculation will look like this

$$8 \times 1.8 = 14.4 \text{ cubic inches}$$

And the oil needed is:

$$14.4 \times 0.4 = 11.52 \text{ ounces of oil}$$

And now, just like in Method 1, you either use percentages or the soap calculator to adjust your recipe to fit your mold.

Suggested Blends & Combinations

As you experiment with your soap making you may also want to try different combinations of essential oils & botanicals, here are a few suggestions to get you going”

- **Sandalwood + Allspice essential oils:** bears a resemblance to the old spice perfume. It has that musty and spicy scent which evokes a feeling of sensuality and seduction when worn by men. This serves as a great substitute in absence of old musky colognes and is an organic derivative as well.
- **Eucalyptus + Spearmint:** can provide a clean, invigorating and refreshing feeling especially during hotter seasons. Also helps with mental clarity.
- **Petitgrain + Bergamot + Sweet Orange:** evokes a citrus scent which is neither too strong nor too weak, it is sweet and sugary.
- **Eucalyptus + Petitgrain + Lime + Lemon + Tangerine + Honeysuckle:** provides a scent that is both refreshing to the senses while at the same time citrusy. Honeysuckle provides a sweet smell which also tingles the senses.
- **Rosemary + Thyme:** rosemary essential oil increases mental clarity and can aid in reducing mental fatigue and help to improve memory. Thyme is a natural anti-bacterial and anti-fungal it can be used to sharpen the mind. Fantastic as a mood lifter if fatigued or depressed. Like thyme it can also help to improve memory function.
- **Clary Sage + Ground Sage:** clary sage essential oil cleans the pores, stimulates skin cell regeneration and can help to improve circulation. Clary sage when added with ground sage forms a neutral scent.
- **Rosemary + Peppermint + Poppy Seed:** two of the most relaxing essential oils can be combined together in soap. This maximizes the feeling of rejuvenation and relaxation. It provides the benefit of relieving stress and anxiety. Poppy seeds add an exfoliating effect to the soap.
- **Lemon + Lemon Grass:** lemon bears a strong citrus scent while lemon grass has that lingering citrus scent which serves as a neutralizer. When combined together in soap, it evokes the feeling of freshness and vibrancy. It is an ideal scent used first in the morning to get you up and going
- **Eucalyptus + Ground Thyme + Dill Weed:** A more masculine soap. Eucalyptus has a relaxing scent which evokes the feeling of comfort and warmth.
- **Sweet Orange + Eucalyptus:** This soap and provides antiseptic properties while at the same time it can be used as an antibacterial soap.
- **Orange Essential Oil + Ground Orange Peel:** provides and uplifting citrus scent which lingers even after the soap has been used.
- **Bergamot + Coriander Essential Oil:** an ideal soap to soften skin or for feminine scents in with a floral under note.
- **Dill Weed + Calendula Petals:** when used together, these serve as a

delicate component to exfoliate skin.

- **Rosewood + Bergamot:** If you want a soap that has that heavy rose scent but does not leave a cloying fume that irritates your nose, then this combination definitely does well in soap making.
- **Ginger + Jasmine Essential Oil:** ginger is warming leaves a strong scent that remains in the senses, while jasmine essential oil has anti-depressant, anti-inflammatory, anti-septic, anti-spasmodic and aphrodisiac properties. It is also beneficial for anxiety, depression, dry skin and headaches. Best to avoid this combination during pregnancy.
- **Lemon Essential Oil + Finely Ground Cornmeal:** this is an ideal combination for face soaps. Since lemon has antiseptic and acidic properties which promote clear skin. Finely ground cornmeal helps make the skin soft and supple.
- **Coconut Oil + Tea Tree Oil:** an invigorating combination which can be used for both body and the hair. Coconut oil provides the moisturizer needed for dry skin. Tea tree oil doubles as an antiseptic agent which helps reduce the occurrence of oily skin and hair.
- **Spearmint + Peppermint + Rosemary:** another invigorating combination which can help revitalize and rejuvenate the senses. Its mint properties also enhance mental alertness.
- **Lavender + Cedarwood + Ylang-Ylang:** a relaxing combination

of which promote which reduces any potential feeling of stress.

- **Green Tea + Green Clay + Mandarin Essential Oil Soap:** this refreshes your senses and promotes the feeling of being uplifted, cheerful and relaxed. Infused with cleansing and purifying green clay helps promote softness of the skin.
- **Aloe + Green Tea:** the soothing effect of aloe when paired with green tea essential evokes the feeling of relaxation. This can be used for everyday use to reduce feelings of stress.
- **Chamomile Tea + Lavender + Eucalyptus:** all of these essential oils promote the feelings of relaxation and can be of ideal use during night time baths in which your main objective is to wash all your stresses and worries away.
- **Lemon + Chamomile Tea:** the citrus scent of lemon and the relaxing scent of chamomile make an excellent soap combination since it promotes the feeling of revitalization.
- **Asian Pear + Red Tea:** asian pear has antioxidant properties which make it an ideal combination with red tea. It is ideally used as a face soap to promote skin smoothness and reduce ageing
- **Cocoa + Nutmeg + Vanilla + Coffee:** luxuriously decadent and smells good enough to eat. If you love the smell of coffee and chocolate, this is one you might want to put on your list to try.

Trouble Shooting

Just because a recipe is on the internet or even in a book does not mean it will work. Before making a batch of a new recipe, it pays to double check the recipe with a lye calculator. You could save yourself some time and ingredients with just a minute of research.

You can run into trouble if you use a recipe that does not use weight measurements.

Make sure your scale is accurate. The smaller the batch you make, the more fine-tuned your scale must be. A scale that measures to a tenth of an ounce is necessary for lye, fragrance and essential oils.

Sometimes you will just forget an ingredient. In that case, you need to figure out what you missed, remelt the soap and add in the missing ingredient.

If the soap has orange spots on it during the curing phase, it was either overly superfatted or was stored in high heat or humidity. To prevent this, keep the superfat to a 4 to 5 percent range. Also, try to cure the soap in a cool, dry environment.

If your soap is lighter around the edges then the soap did not gel around the edge of the mold. To prevent this, make sure the soap gels completely before you uncover it. You can also warm the mold before pouring the soap in.

If the soap mixture seizes it can be a problem with synthetic fragrance oils, or improper temperature or too much saturated fat. You can try to force it into the mold or you can put it in a ziplock bag and kneed it. Once it is workable you can roll it into a log and then cut it

into round soap bars. It is also a good idea to test a new fragrance oil on a small sample of the soap before adding it to the entire batch.

Overheating

If the soap has a crack then it was too warm. If you notice it right away, you can take away any insulation and put it in the fridge. It will cool down and stop cracking. You can also use a spatula to flatten down the crack.

If the soap looks like lava escaping from the mold, then it is too warm. You can scoop up what you can and put it back in the mold.

If the soap has a layer of oil on the top, the soap is too warm. If it's just droplets, you can leave it and the soap will reabsorb it as it sits. If there's enough oil to pool then you can rebatch it immediately in a crockpot.

Milk or honey soaps can separate if they have too much insulation. It is not always obvious, and a huge puddle of oil may separate in the center of the soap and you won't know until you cut through it. As soon as the soap gels to the edges of the mold you should allow it to lose heat as soon as possible. It's best to put the mold on a cooling rack to allow cool air to circulate under the mold as well.

Poor Texture

If your soap has poor texture, this could be due to heat issues. You could have:

- Too much heat loss during stirring

- Using a stick blender in short bursts, and also stirring with the blender off will prevent a false trace by the soap being whipped up.
- Inadequate saponification at time of pour
- Soap can thicken when it gets cold and you can think it's at trace, but it hasn't yet. Experience will help you determine when the soap has reached a true trace.
- Poor insulation during the initial setting period

Once the soap is poured it is critical that it retain its heat to continue the saponification process.

Grainy soap is generally caused by improper heat, synthetic fragrance oils or not enough stirring. Often if you heat the soap and stir it well with a stick blender it will go back to a good consistency.

Mixing and Emulsion Issues

If the soap has separated in the mold, then the soap did not hit a real trace or is not reaching a steady state of saponification. You can fix this easily by dumping it back into the container and stirring it more.

If the soap has a soft layer and then a hard layer it needs to be rebatched. Cut the soap into small pieces, put it in a crock pot or pan and heat. Once the soap is loose, stir vigorously and then pour back into the mold.

Inadequate mixing is solved by using a stick blender. It can take up to an hour to mix soap by hand with a wooden spoon and as it gets thicker, it's harder to stir. It can be easy to give up or not

stir to true trace so save your arm and purchase an inexpensive stick blender. A stick blender will cut your mixing time by at least a factor of 5 and will cause less wear and tear on your arms.

If the soap has watery pockets, you have a separation of the lye solution. If it's a tiny amount, it can be absorbed through curing. If it's large you should melt and rebatch.

If the soap has small oily pockets it may be reabsorbed as the soap cures, but if it's a large amount you can remelt the batch. To prevent this in the future, consider adding all the oils in at the beginning instead of adding the superfatting oils in at trace.

If the soap is crumbly and soft, you have inadequate mixing and saponification. If you hand-stirred it, you were not vigorous enough or did not reach real trace. If you were using a stick blender, you may have over mixed without taking breaks and only reached a false trace.

If the soap has developed ash, a white powder on the sides or top, there was inadequate mixing and the soap did not go through the gel phase. Using a stick blender will help, and using a deeper mold will help the soap retain more heat and go through a gel phase. Also, covering the top of the soap during the first day or so will prevent ash from forming on the top.

Fragrance Oil Issues

Fragrance oils can cause problems in cold process soap making. Make sure your oils are compatible with cold process soapmaking, or at least make a small test batch before committing to using the oil.

If your soap has pockets of fragrance oil or waxy scented blobs you can either use it yourself or rebatch.

If your soap seizes once you add fragrance oil, the easiest thing to do is put it into a crockpot and heat it for a couple of hours like a hot process soap. If your soap heats up and goes through gel phase as soon as you add a fragrance oil, that's okay. Let it gel completely and then pour it into your mold. Next time, use lower heat and make sure you use full water.

In cold process soap, using the wrong fragrance oil can lead to separation of the soap, and it will wind up looking like rice. You can save the soap by remelting, but it's much easier to make sure you use a fragrance oil specifically tested for cold process soap making.

A soap can sometimes have oil ooze in droplets on the outside of unmolded soap. This could be due to some fragrance oils. If it is a small amount, you can just wipe the oil off. If soap oozes inside the soap you may need to remelt the batch.

Issues with Lye Balance:

If the soap is brittle or has cracks, there was too much lye in the recipe. You can remelt and add more oil to fix this. Some soaps can seem brittle due to the base oils used and you may need to add more water to the recipe

If the soap doesn't set, you may not have added enough lye or the soap may not have saponified enough during the first 24 hours. Run your recipe through a lye calculator, make ingredient adjustments if necessary and remelt the soap.

If the soap has a layer of water under it, this is separation and you must remelt it.

Check the recipe and make sure to add the separated water when remelting.

If the soap is crumbly and dry, the batch had too much lye added. Trouble shoot the recipe, add the missing ingredients and add them back when remelting.

If the soap is soft or putty like, you used too much water or not enough lye. The batches will become firm enough to slice if you cure them for several extra weeks.

If the mixture curdles, or forms small pebbles at the bottom of the pan, the lye or oil were too warm when mixed. You can continue mixing with a stick blender and pour the batch. If it has white flecks or pebbles in it, do not use it.

Other Issues

If your soap is soft when unmolded, you may have too high a percentage of soft oils or used too much water. Next time reformulate your recipe to use a higher percentage of solid oils or less water. If you wait a few extra days before unmolding it will be usable. If the recipe is well-balanced, you may have mismeasured the lye. Let the soap harden and use for personal use.

IF the soap doesn't unmold from a silicone mold, you didn't use at least 60% hard or brittle oils. If you put the soap in the fridge for a couple of hours it should unmold.

If the soap is slow to trace or does not trace at all there are a few reasons this could be:

- You used a high amount of olive oil – trace could take a long time, keep stirring.
- You may have used too much water – heat the soap and continue stirring.

- You may not have added your lye – add the lye and continue to process.
- You may need to warm the solution to get the saponification reaction going.
- If your lye was clumpy it had absorbed water. Unfortunately, you have to throw the batch out.

When to rebatch the soap

If a soap fails, you can always try rebatching it. The texture will not be the same as a cold processed soap, but it will still be quite usable. The good news is that the heat used to rebatch the soap will complete the saponification process and the soap can be used right away,

although if you let the soap harden for a couple of weeks it will last longer.

It is easiest to rebatch a soap using a crockpot. Break the soap into small pieces and add a bit of moisture (water, milk, or whatever you used to make the soap). If you omitted or undermeasured an ingredient you would also add it. If you need to add lye, dissolve it into a bit of cold water first. Turn the crock pot on high. Blend the soap occasionally and recover it. The soap will take between one and two hours to be ready to pour.

You can also rebatch a small amount of soap in a microwave. Use a high setting for between one and two minutes, keeping your eye on the soap to make sure it doesn't boil.

Tips & Tricks

- Make the lye solution first and set aside to let it cool while you melt the oils.
 - Melt half the solid oils and then add the rest of the oils, solid and liquid – they will melt and also reduce the oil temperature so you can move on to mixing more quickly.
 - Some people mix the lye solution and then add the hot solution to the combined (but not melted) oils. The heat from the lye solution will melt the oils.
 - Use small wooden craft spoons as splints to level molds if your house is old and the floors are not level.
 - Use half frozen liquids when making your lye solution to keep the temperature down.
 - Keep recipes in a plastic protector. Check off ingredients with a dry erase marker to make sure you don't forget any. When you're done with the recipe, wipe up the marker and put the recipe away. You never have to worry about making a mess on the recipe or forgetting any ingredients.
 - To make your soap very sudsy, add 2 1/2 tablespoons of sugar per pound of soap. Mix the sugar into the water very slowly and make sure it is completely dissolved.
- Continue making the soap according to the recipe.
- Put ingredients away as soon as you use them so you will not miss any ingredients. If this is not convenient, you can put all weighed ingredients on the left and then as they are added to the mixture, move them to the right. You will still be able to easily see if you have forgotten any ingredients.
 - Small drink containers, single-size yogurt and pudding containers all make great molds for sample bars.
 - You can be creative in using what you have around the house for molds. Pringles cans lined with wax paper make great round bars of soap for rebatched soaps.
 - If you purchase lye in large quantities, set it in the bathtub and weigh out smaller amounts and keep them in air-tight containers. When you are done, you can easily wash any spills down the drain.
 - Small plastic condiment containers are great for mixing colors. It's not easy to clean the pigments so you can just toss the container when you're done.
 - Popsicle sticks are great to scoop pigments and mix them in with small amounts of soap.

Starting a Soap Making business

Now that you have read through all this, you're inspired and probably thinking how great it would be to start your own business making soap. You may feel excited and overwhelmed. Excited is great, and following a plan to develop your business will keep you from feeling overwhelmed.

The most important thing is to do adequate research and not rush into anything. Make a business plan and don't spread yourself too thin. Make a list of things to do and break any large task down into smaller, easy to accomplish tasks.

Here is a list of things to do to get you started:

- 1 Register your business name and purchase your website. Even if you don't plan to use a website immediately, it's best to own the domain name. Also, make sure the name you want hasn't been trademarked.
- 2 Determine if you need a business license and a tax ID number. You may wish to talk to a local attorney for advice on starting and structuring your business.
- 3 If customers will come to your house to buy soap, you need to check into your town's zoning regulations.
- 4 Check with your state or province to see if you need a special license or inspection to sell your handmade soaps.

- 5 Open a business bank account to keep your personal and business banking separate.
- 6 Look into business insurance.
- 7 Put together a business plan. This can be a big job, so here are a few resources to help you out:

- 1 Anne-Marie Faiola (aka "The Soap Queen") has a vast array of valuable business information on her blog including this series of posts on [Building a Business Plan](#). This is a link to the final post in the series...it contains a list of links to the remaining posts

- 2
- 8 Set up inventory, sales and recipes tracking programs. You could use written logs, but that's very time consuming and difficult to find things after a few years. You could use a spreadsheet or purchase soapmaking software from <http://soapmaker.ca>. It is important to be disciplined in your recordkeeping. Don't leave yourself a large pile of paperwork to do all at once, you'll be more likely to avoid it for even longer.

So that's the business information, but it's no good to have a brilliant business plan if your product doesn't appeal to customers.

You need to make soap that is visually appealing, smells good and cleans well. Practice making batches you want to sell until you have them perfect. You can use the soap yourself and give it away to friends and family. You can also give the soap away to get good reviews and some constructive criticism.

Decide what process or processes you will use to make soap. Cold process takes weeks to cure, hot process cures more quickly but both use lye. You can remill soap for an easier method or use melt and pour or glycerin soap kits if you want a faster method.

Purchase the equipment you'll need for your chosen process.

Choose your specialty and your market. You want to be able to set yourself apart from all the other handmade soaps available for sale. You can do this with unique base oils, molds, scents, colors

or ingredients. You can develop novelty soaps for kids, gentle soaps for babies, organic soaps, beautiful guest soaps or even soaps that resemble gemstones. Make sure you love creating the soap you choose for your business.

Find reliable and reasonably priced suppliers. Make sure you have a system for placing orders and making sure you have the inventory you need.

Determine your pricing scheme. Don't undersell your work and make sure to factor in the amount of time you spend making the soap.

Once you've done all this, it's time to start selling your soap! You can design a simple website or sell through Etsy, eBay and other online stores. You will also want to sell at local shops, farmers markets and craft bazaars.

Create business cards, a brochure and catalogs to advertise your soap. Send updated catalogs and newsletters to existing customers for repeat business.

Soapmaking Supply Resources

United States

<http://www.brambleberry.com/>
<http://www.wholesalesuppliesplus.com/>
<http://www.soap-making-resource.com/>
<http://www.soapequipment.com/>
<http://www.oregontrailsoaps.com/>

Canada

<http://www.saffireblue.ca/shop/>
<http://www.cranberrylane.com/>
<http://www.sudsandscents.com/>
<http://thesoapgoat.com/>
<http://www.canwax.com/>

UK

<http://www.gracefruit.com/>
<http://www.thesoapkitchen.co.uk/>
<http://www.soapbasics.co.uk/>
<http://www.justasoap.co.uk/catalog/index.php>
<http://www.soaposh.co.uk/>

Australia

<http://www.aussiesoapsupplies.com.au/>
<http://www.simplynaturalsoapmakingsupplies.com.au/epages/auau9075.sf>
http://www.southernskiessoapsupplies.com.au/melt-pour-soap-making-kit-australia/cat_9.html
<http://www.southernskiessoapsupplies.com.au/>
<http://www.aquasapone.com.au/>

Conclusion

Soap making can be anything from a fun past time to a full-blown business. Whatever level you choose, have fun, be safe and use your creativity to make fantastic soaps.

Thank You!

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Glossary

Alkali – In terms of soap making, this is either lye (sodium hydroxide) or caustic potash (potassium hydroxide)

Base Oil – The oil or oils that make up the largest proportion of the soap.

Cure – The time after cutting soap, four to six weeks in cold process soap, when the soap becomes milder and harder.

Fragrance Oil – an oil added to soap specifically for its scent.

Saponification – The chemical process that converts lye and oils into soap.

Tongue Zap Test – a test to see if soap has finished saponifying. You touch your tongue and if it feels like you've touched your tongue to a 9 volt battery, it's not done saponifying.

Trace – Trace is when the oils in the soap have mixed with the lye and you are now making soap. You can tell you've hit trace when the soap is as thick as cake batter.