

About Author

Sheetal Dalal is the creative talent behind ArtisticPiece, a boutique art studio in New Jersey known for handmade canvas paintings, custom glass artwork and gift articles.

Sheetal brings her dedication and passion for healthy living to soap making, lotion, facial oils, body scrub, hair oil and different products exploring with Indian ancient herbs.

She has explored various soap making methods as a hobby during COVID lockdown and wants to share her experience of using clean natural ingredients focusing on getting better gaining health using herbs.

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Disclaimer

Please use this as guide. We don't take any responsibility of your experiments. As always, use common sense and have fun. The material presented here is solely based on my personal experiments and experience out of them. We are NOT an expert and don't claim professional knowledge of the subject.

Curious about soap?

Let's jump in...

Basic soap understanding

You need

Soft oil

Hard oil / Butter

Castor oil

Milk if you choose

Distilled Water

Lye (sodium hydroxide)

Salt or sodium lactate in some recipes

Natural coloring- optional

Sugar/honey

Some clay

Mold

This is some basic material to make soaps.

Lye needs to add in water with precautions for making soap.

To make lye solution.

When lye solution added to required oil and blend it together with hand blender thin trace happens. Then you can add few remaining additives and fragrance then blend until thick trace happens. Some terms you need to understand before we dive in.

Super fat: extra oil in soap better called super fat.(lye use specific amount of oil during chemical reaction to turn them in to soap)

Some additives or milks need to add In oil before adding lye solution.

If you decide to cook this batch then follow hot process soap making method. Fragrance and super fat needs to add after cook.

If you decide to do cold process then pour in to mold wait for desired hours and process further.

After pouring in to mold wait for 12-24 hour until it get firm. Cut it about 4-6 oz bar. If you choose single mold then you can use it you have different kind of choices available.

You can make soap few ways

1. Melt and pour (1 hour)

in this method you make soap from soap base. You can buy different types for soap base in market. This method does not involve high risk chemicals. You can try making with kids under supervision. It's learning with fun project for kids.

Method:

You cut base in a small piece melt in a microwave or double boiler around 170 f maximum. You can add 1 ts additive per lb of soap. You can add 1 ts of oil of your choice per lb for added benefit. Stay away to use fresh food in soap it will decrease self life for soap and goes bad.

After reaching 140 f you add essential oils/ fragrance. Mix well and pour in mold.

You can remove soap from mold after 1-3 h.

This soap is ready to use as next day.

Self life is 1-2 y depending on base.

2. cold process soap (2-4 hours)

In this soap making process requires NaOH (sodium hydroxide) called lye. You require safety glasses, hand gloves safe for high temperature, ventilated work area and required mixing tools (make sure no aluminum)

Electric hand blender is great help for mixing instead hand blending, that saves lots of time.

Detailed process instructions you can get in that chapter. After pouring in molds it will take 12 to 48 hours depending on recipe. This soap requires 4-6 weeks curing time before use.

Benefit

You can make lots of interesting swirling

3. Hot process soap (3-4 hours)

in this soap making process you need to cook soap @ high temperature. You can do 2 different methods to achieve that.

1. Mix @ high temperature in very big mixing bowl (volcano method)

2. Mix lye water and oil @ low (100f or below) temperature and cook for about 45 minutes @ low temperature.

After hot process cook soap base would be semi transparent and you can add super fat (delicate oils) after cook that makes a gentle soap. You add fragrance after cook so it will stay longer and use less fragrance. Soap is great for sensitive skin. Technically you can use soap as next day but 4 weeks curing time makes little hard bar soap.

Only drawback is not getting fancy swirl or complicated designs.

Why you need to learn making soaps

Step into the gentle art of soapmaking - crafted to nurture both body and spirit.

Pure Soap, Pure Care

You know what goes inside and possibly locally available materials. Clean products without filters, no preservative, SLS free, and if you have availability to organic materials you get benefits from it.

Blended oils, butters, and milks create a creamy, hydrating lather that cleanses with tenderness. Ideal for all skin types, especially sensitive skin.

Gently Fragranced

Only the lightest touch of natural essential oils and subtle fragrance is used, for freshness that never overwhelms. A gentle harmony of essential oils, each bar offers a soothing aroma designed for moments of calm and comfort.

Nature's Colors, Nature's Benefits

Colors are drawn from turmeric, saffron, coffee, charcoal, tea, and clays. Each adds its own unique touch and benefit, letting you choose a soap that suits your skin and your mood. We can utilize Our ancient lost herbs if recipes allow to get that benefit.

Handcrafted Tradition

Hot process/ Cold-processed by hand in the USA, every batch honors classic techniques and sustainable practices. Always cruelty-free, always made with care for us and our loved one.

Required materials

Basic materials for hot or cold process soap making:

Lye or sodium hydroxide NaOH

Distilled Water

Various Fat or oil

Few containers safe for working with lye

Hand blender

Stainer

Spectula

Hand gloves

Eye safety glasses

Mask

Silicon soap mold or container lined with freezer paper and taped

Soap cutter or knife

Slow Cooker or some stainless steel or glass container for cooking hot process soap

Good accurate scale

Temperature gun

Know your oils

COCONUT OIL for the skin are varied, but the heavy hitters are it moisturizes dry skin, including in people with conditions such as eczema. It's great at reducing inflammation, which may result from UVB rays. It promotes wound healing and also for its antibacterial, antifungal, and antiviral properties.

OLIVE OIL is rich in vitamin E, another powerful antioxidant that moisturizes the skin, treats hyperpigmentation, soothes inflammation, and prevents UV damage, which may facilitate premature aging.

CASTOR OIL contains antioxidants that fighting acne, moisturizing, reduces puffiness it can even soothe a sunburn and is great for your overall skin health.

WLNUT OIL can be applied to skin to help with hydration and fighting free radical damage that can cause signs of aging. Some people apply walnut oil to their faces to help reduce the appearance of fine lines and wrinkles. Walnuts are rich in unsaturated fatty acids, including the omega-3 ALA and the omega-6 LA, both of which are essential for healthy skin.

RICE BRAN OIL improves circulation, evens out skin tone, encourages moisture retention, and soothes irritation.

Grape seed oil is rich in omega-6 fatty acids and vitamin E. The antioxidant and anti-inflammatory properties of vitamin E and omega-6 fatty acids can help protect against free radical damage to slow aging, help prevent certain chronic conditions, and improve skin health.

AVOCADO OIL helps to produce more skin collagen - reduce some wrinkles and moisturize the skin and

SWEET ALMOND OIL keeps your skin cells healthy and helps your skin look smooth, soft, and free of fine lines. The fatty acids help your skin retain moisture and can heal irritated skin. Plus, the vitamin A can help reduce acne,eczema and promotes wound healing

PALM OIL contains vitamin E, tocopherol, has long been used to treat many skin ailments and is found in many anti-aging products. It provides deep moisturizing.

SHEA BUTTER is not only great for your skin, but it adds additional hardness to the bar. It relieves dry skin, eases irritation, it contains anti-inflammatory substances, which ease swelling and redness in skin, prevents cell damage, improves eczema, provides sun protection, and doesn't cause allergic reactions. Increases soap's gentleness by deeply conditioning and adding a creamy, stable lather, making it especially suitable for very dry or sensitive skin.

MANGO BUTTER is high in antioxidants and polyphenolic chemicals, which may help keep skin nourished and hydrated while also improving skin suppleness. The butter is used to promote skin repair, moisturize dry areas or nourish hair strands. Mango butter imparts gentleness with lightweight, non-greasy hydration and a soothing feel, ideal for those who want a mild bar without heaviness.

COCOA BUTTER is high in fatty acids, which is why it's often touted for its ability to hydrate and nourish the skin and improve elasticity. The fat in cocoa butter forms a protective barrier over skin to hold in moisture. Cocoa butter is also rich in natural plant compounds called phytochemicals. These substances may improve blood flow to the skin and slow skin aging by protecting against damage from the sun's harmful UV rays.

All butters can be used together or separately to tailor the gentleness and skin feel of your soap to specific needs. Typical usage rates are up to 15% of the total oils.

When selecting oils for soap formulation, several key factors influence the final qualities of your soap, including hardness, lather, conditioning, cleansing, shelf life, and even scent retention.

Here's what to consider:

1 Fatty Acid Profile

- **Lauric & Myristic Acids:** Provide big, bubbly lather and high cleansing, but can be drying if used in excess (e.g., coconut oil, palm kernel oil).
- **Palmitic & Stearic Acids:** Contribute to hardness and longevity of the bar (e.g., palm oil, tallow, cocoa butter, shea butter).
- **Oleic Acid:** Adds mildness, conditioning, and a longer shelf life (e.g., olive oil, high oleic sunflower oil, avocado oil).
- **Linoleic & Linolenic Acids:** Offer extra conditioning and mildness, but can lead to a softer bar and shorter shelf life, with increased risk of rancidity (Dreaded Orange Spots, DOS) if used in high amounts (e.g., sunflower, safflower, hemp seed oils).

2. Oil Properties and Soap Qualities

- **Hard Oils (solid at room temp):** Such as coconut oil, palm oil, butters, provide a hard, long-lasting bar. Too much can make soap brittle or drying.

- **Soft Oils (liquid at room temp):** Such as olive, sunflower, and sweet almond oil, add conditioning and mildness but can make soap softer and slower to unmold.
- **Brittle Oils:** Like cocoa butter and palm kernel oil, add hardness and stability but should be balanced with softer oils.

3. Lather and Cleansing

- **Coconut oil and similar:** Great for lather but can be drying; balance with conditioning oils and/or higher superfat.
- **Castor oil:** Boosts lather and conditioning, typically used at 5–10%.

4. Shelf Life and Stability

- Oils high in unsaturated fatty acids (linoleic/linolenic) have shorter shelf lives and are more prone to rancidity (DOS). Use these at lower percentages or select high-oleic versions for better stability.

5. Superfat Level

- Adjusting superfat (extra oils left unsaponified) can counteract drying effects of cleansing oils and improve conditioning.

6. Specialty Needs

- **Sensitive skin:** Favor high olive oil content (60%+), avoid high coconut oil, and use gentle, nourishing oils.
- **Palm-free:** Use alternatives like shea/mango/cocoa butters, high-oleic sunflower, or avocado oil.

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Practical Considerations

- Availability & Cost: Choose oils that are accessible and affordable for your needs.
- Scent: Some oils (e.g., neem, unrefined butters) have strong odors that may affect the final soap scent.
- Temperature: Recipes high in hard/brittle oils require higher mixing temps (100–110°F) to avoid false trace.

Superfatting

The oil left after saponification called super fat.

Use a superfat of 5–7% for extra mildness and skin conditioning.

For high olive oil soaps, use a 4–5% superfat for best balance of mildness and bar quality.

- Higher superfat (above 7%) is not typically recommended for high-olive oil recipes due to risk of softness and reduced shelf life.

For hot process soap super fat can be added after cooking . In hp generally delicate oil will be used in super fattening.

For cold process soap super fat can be added with oils only as it takes 24-48 hours to take full saponification.

Curing

- **CURING:** After de molding sops cut if need to be then Each bar needs aged for a minimum of six weeks in a cool, dark, and dehumidified space to ensure a long-lasting, high-quality product. Before packaging, every soap batch needs to check for pH.
- Ideal ph is below 10 (8-9)

Method for cold process soap

Safety involves

Instructions

1. Safety First

Wear gloves, goggles, and long sleeves. Work in a well-ventilated area.

2. Prepare Lye Solution

Slowly add lye to frozen goat milk (never the reverse)/ distilled water , stirring carefully. Keep temperature controlled to avoid scorching.

3. Warm Oils

Warm oil mixture and cool to 92–112°F (33–44°C).

4. Mix Lye Solution and Oils

Slowly combine lye solution and oils. Blend with a stick blender until thin trace.

5. Incorporate Additives

(add any additives if you choose to incorporate....Stir in citric acid, sugar, sodium lactate, kaolin clay, rose clay, and thoroughly.

6. Add Essential Oils / fragrance with pinch of cornstarch

Add essential oils at thin trace.

7. Pour into Molds

Pour soap mixture into molds, Tap molds gently to remove air bubbles. Spray rubbing alcohol for less soda ashes.

8. Cure Soap

Cover and insulate molds for 24–48 hours. For milk soap no need to insulate. Unmold and cure bars for 4–6 weeks in a cool, dry place.

You can make fancy attractive designs in this method. Make it pleasant looking.

Notes

- Frozen milk helps maintain color and controls lye reaction heat.
- Steep water discount creates a harder bar faster.
- Always follow strict safety precautions when handling lye.

Method for hot processed soap

Safety involves

Instructions

1. Safety First

Wear gloves, goggles, and long sleeves. Work in a well-ventilated area.

2. Prepare Lye Solution

Slowly add lye to frozen milk (never the reverse)/ distilled water , stirring carefully. Keep temperature controlled to avoid scorching.

3. Warm Oils

Warm oil mixture and cool to 92–112°F (33–44°C). Dry milk powder , clay or few additives you can add and blend in oil.

4. Mix Lye Solution and Oils

Slowly combine lye solution and oils. Blend with a stick blender until thin trace.

Slow cook this soap mixture in slow cooker or stove top about 45- 50 minutes until it gets to get phase. Semi transparent dough achieved,

Check ph. Add super fat for that recipe.

5-8% super fat added after cooking

5. Incorporate Additives

(add any additives if you choose to incorporate....Stir in citric acid, sugar, sodium lactate,

6. Add Essential Oils / fragrance with pinch of cornstarch

7. Pour into Molds This method gives rustic look and mild soap.

Pour soap mixture into molds,(loaf molds are suitable) Tap molds gently to remove air bubbles.

Spray rubbing alcohol for less soda ashes.

8. Cure Soap

Cover and insulate molds for 24–48 hours. For milk soap no need to insulate. De mold and cure bars for 4–6 weeks in a cool, dry place. It's ready to use next day but for hard bar full 4-6 weeks curing required

This method makes gentle soap , rustic look and requires less fragrance % for total recipe

Additives- sugar / honey

Any kind of Sugar /Honey

Stay within 0.5–5% of oil weight in sugar, with 1–3% being most common for safety and effectiveness.

- Always dissolve sugar before adding lye to avoid scorching and ensure even distribution.
- Monitor for overheating: If using higher amounts, keep your soap cool and watch for signs of overheating or rapid trace.
- Consider all sugar sources: Include sugars from milk, honey, or fruit in your total calculation.

By following these guidelines, you can safely enhance your soap's lather without risking overheating or other issues.

Additives- Color

There is a different method to color your soap.

You can color your soap with mica that's skin safe.

As my personal preference I like to use natural ingredients to color my soap that gives added benefit to skin- like different types of clays , saffron, turmeric, hibiscus powder , beetroot powder, dried herbs, teas, coffee, activated charcoal.

You can use herb infused oil or tea with lye instead of water.

Additives- Milks

GOAT MILK, COCONUT MILK and OATMILK In soap lactic acid, contains fatty acids that help repair the skin barrier, probiotics to encourage the growth of normal skin flora, and vitamin A to help gently exfoliate. Those fatty acids also contribute to noticeably softer skin.

Goat milk is often considered the most gentle for sensitive skin.

BUTTERMILK :The lactic acid in buttermilk is good for our skin. Buttermilk keeps our skin glowing and is an excellent skin cleanser and toner. It also helps to remove tan, acne spots and blemishes. It moisturizes and brightens our skin, thus delaying ageing.

Cow milk is also very gentle and adds extra nutrients.

Coconut milk is a great dairy-free alternative with a creamy, fluffy lather.

Other plant-based milks (almond, oat, soy, rice) can be used for gentle, mild soaps

Full-fat milks like **coconut cream** are ideal for longer-lasting soap bars primarily because of their higher fat content. Fats play a crucial role in soap making:

Increased Hardness and Longevity: Fats contribute to the hardness of soap, which means bars made with high-fat milks like coconut cream are less likely to soften and disintegrate quickly when exposed to water. This results in a more durable bar that lasts longer in use.

Enhanced Moisturizing Properties: The extra fat provides additional skin conditioning, making the soap more moisturizing and luxurious. This is especially important for preventing the soap from drying out the skin, which can be a concern with high-coconut oil soaps that might otherwise be overly cleansing. The higher fat content in coconut cream (typically 19–22%) compared to regular coconut milk (about 9–15%) leads to a richer, creamier lather and a smoother bar.

Stability: Bars with higher fat content, especially when balanced with the right blend of oils and butters, tend to be more stable and less prone to rancidity, provided proper curing and storage are maintained.

In summary, full-fat milks like coconut cream add both structure and conditioning to soap, resulting in bars that are harder, last longer, and offer a more luxurious experience. The higher fat content in coconut cream, especially from its saturated fatty acids, provides structural integrity and oxidative stability to soap, resulting in longer-lasting, more shelf-stable bars and extend its shelf life

Additives- fragrance

Fragrance

You can choose to make soap without fragrance for sensitive skin.

The typical fragrance oil usage rate for cold process (CP) soap making is 0.5 to 1 ounce per pound of oils, which translates to approximately 3% to 6% of your total oils by weight. Most soap makers find that 0.7 ounces per pound of oils (about 4%–5%) provides a strong, lasting scent without exceeding safety guidelines

Do not use exceeding the supplier's or IFRA's recommended maximum for each fragrance

Look for Specially formulated for CP soap,

Retention in HP Soap:

- HP soap allows you to add fragrance after the cook, which helps scents stay more vibrant and true compared to cold process. This means even a 2–4% rate can be effective, but 5–6% is often used for maximum longevity, especially with fragrance oils designed for soap making.

Tips for Choosing Perfume Oils for CP Soap

- Check for CP Compatibility: Always ensure the fragrance oil is labeled as suitable for cold process soap making, as some scents can accelerate trace or cause discoloration.
- Test in Small Batches: Fragrance performance can vary based on your recipe, so test new scents in small batches first.

My favorite Scent Types: Floral (lavender, rose), fruity (citrus, peach), and earthy (sandalwood, cedarwood) scents are consistently popular and perform well in CP soap

Most Long-Lasting Fragrance Types and Notes

- Base Notes: Scents with strong base notes (e.g., sandalwood, patchouli, cedarwood, amber, vanilla) are widely recognized for their staying power in CP soap.
- Blends: Combining lighter top notes (like citrus or florals) with anchoring base notes (such as vanilla, amber, or sandalwood) can significantly improve scent longevity.

Top-Rated Fragrance Oils and Essential Oils for Longevity

From Reputable Brands and Soap Maker Consensus:

- Patchouli: Universally praised as a base note with excellent longevity.
- Sandalwood: Another classic base note that lasts well in soap.
- Cedarwood: Woody and masculine, with strong staying power.
- Amber: Used as a base note or in blends for its fixative properties.
- Vanilla: Works well as a fixative and extends the life of lighter fragrances.

- Lavender: Noted for its ability to last, especially when blended with other long-lasting oils.
- Peppermint: Surprisingly persistent for a top note, especially when blended.
- Ylang Ylang: A floral base note with good longevity.
- Lemongrass: A mid-note with notable staying power, especially when blended.
- Rosemary: Herbal and woody, sticks well in soap.

Popular Long-Lasting Fragrance Oil Blends (Recommended by Soap Makers and Suppliers)

- Lavender + Chamomile
- Rosemary + Mint
- Patchouli + Amber
- Sandalwood + Vanilla
- Cedarwood + Vetiver
- Lemongrass + Lavender
- Patchouli + Ylang Ylang + Cinnamon (all base notes, highly recommended for longevity)

Commercial Fragrance Oil Blends Noted for Longevity

From Makesy and other fragrance suppliers, the following blends are highlighted for their long-lasting scent in CP soap:

- Orchid & Black Amber
- Driftwood & Juniper
- Santal & Black Cardamom
- Flowering Clove & Sandalwood
- Frankincense & Myrrh
- White Sandalwood & Smoke
- Leather & Brandy
- Birch Bark & Ripe Fig Sapling

Tips to Maximize Fragrance Longevity

- Use kaolin clay as a scent anchor to help lock in lighter fragrances.
- Always blend top notes with middle and base notes for a more persistent scent.
- Store fragrance oils in cool, dark places to maintain their potency.

Additives- Clay/ flour/charcoal

KAOLIN CLAY absorbs sebum and prevents pore clogging. It's used to draw out impurities and toxins from the pores. It then helps to clear the skin of excess oil, dirt, and pollution without causing any redness or irritation.

COLLOIDAL OATS binds to your skin and locks in moisture, giving your skin a chance to rehydrate. It also softens your skin and soothes itching. Its anti-inflammatory properties make it great for people who have dry skin, because it helps balance your skin's natural pH levels.

Rose clay use for its unique properties and gives natural red pink shades to soap

Dead Sea marine clay absorb impurities and help with light green color naturally.

Additives

Clays/ starch/flours/ charcoal/ botanical

kaolin clay enhances fragrance longevity in CP soap by absorbing and anchoring scent molecules, helping them survive saponification and curing, and making the fragrance last longer in the finished bar.

For that need to mix together before mixing with soap mixture

While other ingredients like colloidal oatmeal, fine clays, starches, and botanicals can help anchor fragrance in CP soap, none have been proven to outperform kaolin clay significantly. The best results often come from combining these additives with high-quality, long-lasting fragrance oils and using proper usage rates

Alternative Scent Anchors to Kaolin Clay

1. Other Fine Clays

- Examples: Bentonite, Moroccan red clay, French green clay.
- Effectiveness: Like kaolin, these clays are highly absorbent and can anchor fragrance oils, but they may impart color or texture to your soap. Their performance is similar to kaolin, and the choice often depends on desired appearance and skin feel.

2. Colloidal Oatmeal

- Effectiveness: Colloidal oatmeal is praised for its absorbency and ability to help retain fragrance in soap. It also adds skin-soothing properties and a creamy texture. Many soapmakers find it beneficial for scent longevity, sometimes in combination with kaolin clay.

3. Soft Botanicals

- Examples: Calendula petals, dried herbs.
- Effectiveness: These can absorb and hold onto fragrance oils, helping to anchor scent during cure. Their impact is generally subtle and works best when combined with other fixatives.

4. Starches and Flours

- Examples: Arrowroot powder, cornstarch.
- Effectiveness: These ingredients have absorptive properties and can act as neutral fixatives. They are sometimes used as alternatives for those sensitive to clay, but their scent-anchoring effect is not consistently stronger than kaolin clay.

5. Charcoal

- Effectiveness: Activated charcoal can absorb fragrance oils and may help anchor scent, though it will darken your soap. Its effectiveness is similar to clays and starches.

Are Any of These Better Than Kaolin Clay?

- Scientific Testing: Controlled tests and anecdotal reports suggest that while these alternatives can help, none are dramatically more effective than kaolin clay at anchoring scent in CP soap. In fact, some soapmakers report little to no difference in scent longevity between bars with and without clay.

- **Usage Rates Matter:**

The most significant factor for scent longevity is using fragrance oils at the recommended rates and selecting high-quality, long-lasting fragrance or essential oils.

How to use:

- Disperse the clay in about 1 tablespoon of distilled water per teaspoon of clay before adding it to your soap batter.

Summary of typical usage rates:

- 1 teaspoon per pound of oils ($\approx 0.5\%$ by weight)
- Up to 2 teaspoons per pound for stronger effect
- Disperse in water at a 1:3 clay-to-water ratio before adding to soap batter

Saffron helps as natural coloring and unique properties helps skin. Gives yellow color,

Turmeric is natural colorant and other properties beneficial for skin

Sea Salt helps skin cleanse without chemicals and maintains low ph

Castile soap vegan

For vegan you can use vegan milk instead of goat milk. Or choose distilled water for all milk portions. Not adding any fragrance.

Ingredients for roughly 1 kg batch:

- Olive Oil (extra virgin) – 750 g (75%)
- Castor Oil – 50 g (5%)
- Coconut Oil – 150 g (15%)
- distilled water – 400 g

2 ts salt in water

Honey 1 ts optional (after tracing you can add honey with little warm water)

- Coconut Cream – 50 g (added fat and creaminess)
- Lye (sodium hydroxide) – approx. 135-140 g

Steps:

1. Distilled water freezes into small cubes to avoid overheating. or take as normal room temperature.
2. Slowly add lye to water to dissolve, stirring carefully and cooling as needed.
3. Warm oils (olive, castor, coconut) and coconut cream to about 38-40°C.
4. Slowly combine lye-water mixture with oils, and mix with stick blender until trace (thickened).
5. Pour into mold; you can remove from mold after 12 to 48 h. Keep mold in warm place for getting into gel phase. Remove from mold and if needed cut it into proper size.

cure for 4-6 weeks in dry, open non humid areas with good air circulation until fully hardened.

6. Package when ready.

This recipe creates a nourishing, gentle bar with creamy lather suitable for sensitive skin, leveraging olive oil's mildness, coconut cream's extra hydration.

Rose sandalwood hot processed bar soap

(mild soap)

Ingredients:

NaOH 7.6 oz

Water 14.5 oz

In 2 oz water add 2 ts sugar, 2 ts salt, 1 ts citric acid,

Fragrance- 1.6 oz

Oils

Olive oil 40% 21.60oz

Sunflower oil high olic- 14.58 oz

Coconut oil 22%. 11.88 oz

Castor oil 6% 3.24 oz

Mango seed butter 5% 2.70 oz

Additives:

Honey , yogurt 2 ts, rose clay 2ts, 1 ts sandalwood powder 1 ts, rice flour 1 ts ,2 ts

Processe

Combine lye and water with all precautions (add lye to water not other way)

Heat oil in slow cooker until reached 120 degrees f, lye water cooldown around 130 degrees f

Mix clay, oat, any milk if recipe calls

Mix with hand blender so there's not any lumps

Mix lye water to oil mixture

Bland with hand blender

Start cooking it goes through different stages volcano, gel, mashed potatoes

Check ph (range 8-9ph acceptable

Add yogurt clay mixture

Cooldown until 120 degrees F Mix then add fragrance and mix together nicely

Now you can add in the mold

You can cut soap next day or two.

Honey , yogurt 2 ts, rose clay 2ts, 1 ts sandalwood powder 1 ts, rice flour 1 ts ,2 ts water added after cook

5% super fat added (mango butter) added after that

After cooldown around 120 f fragrance can be added

Fragrance combination

.5 oz turmeric oil,.5 oz sandalwood, .5 oz saffron oil, few drops cloves oil, few drops camphor oil drops, .2 oz rose oil

Lye water



Oil mixture started cooking



Final stage- super fat added



Mold felling



Vegan Hot Process Mild Soap Recipe

Batch Size: ~800g (makes 8–10 bars)

Ingredients

- Coconut oil (refined): 200g (25%)
- Olive oil: 480g (60%)
- Mango butter (main batch): 40g (5%)
- Castor oil: 40g (5%)
- Mango butter (for superfat): 40g (5%) – added after cook for extra mildness
- Distilled water: 289g (10.19 oz)
- Sodium hydroxide (lye): 112g (3.94 oz)
- Essential oil (optional): 20–24g (about 6 tsp; e.g., grapefruit, lavender, or custom blend)

Optional Add-Ins

- Luxury boost: 1 tbsp finely ground oats or a splash of plant-based milk (oat or rice) added after the cook.
- Color options: Spirulina (green), turmeric (yellow), or activated charcoal (black) — add at trace.

Directions

1. Safety first: Wear gloves, goggles, and work in a well-ventilated space.
2. Prepare the lye solution: Slowly add sodium hydroxide to distilled water (never the reverse). Stir until dissolved. Cool to about 40–45°C (104–113°F).
3. Melt the oils and butters: Combine coconut oil, olive oil, mango butter (main batch), and castor oil. Heat gently until melted.
4. Combine lye and oils: Pour the cooled lye solution into the oils. Stick blend until you reach a thick trace.
5. Cook the soap: Place mixture in a slow cooker on low. Stir occasionally for about 30–60 minutes until it resembles mashed potatoes and passes ph test.
6. Add superfat and extras: Turn off heat, then stir in mango butter (for superfat), essential oils, and any optional add-ins (oats, milk, colorants).
7. Mold and cure: Spoon the soap into molds, tap to remove air bubbles. Let set for 24 hours. Unmold, cut, and let cure for 1–2 weeks for best texture.

- Honey: Natural humectant that locks in moisture.
- Oats: Soothes irritation and provides mild exfoliation.
- Aloe vera: Calms and hydrates dry skin.

- Papaya: Offers natural enzymes to rejuvenate skin tone.
- Turmeric: Brightens and evens the complexion.
- Vitamin E: Antioxidant protection and extended shelf life.

Cold process soap

cold process soap (2-4 hours)

In this soap making process requires NaOH (sodium hydroxide) called lye. You require safety glasses, hand gloves safe for high temperature, ventilated work area and required mixing tools (make sure no aluminum)

Electric hand blender is great help for mixing instead hand blending, that saves lots of time.

Detailed process instructions you can get in that chapter. After pouring in molds it will take 12 to 48 hours depending on recipe. This soap requires 4-6 weeks curing time before use.

Benefit

You can make lots of interesting swirling

5% to 8% super fat is added from beginning of the process



Castile Olive Oil Milk Soap with Activated Charcoal

Batch Size: Approximately 50 oz (oil weight)

Ingredients

- Olive oil (extra virgin and regular) – 50 oz
 - Sodium hydroxide (lye) – 6.1 oz
- super fat - 10%
- Distilled water – 7 oz
 - Goat milk – part of milk blend (8 oz total combined with cow milk and coconut milk)
 - Activated charcoal – for natural black color
 - Titanium dioxide – for white contrast or swirl
 - Citric acid – ½ teaspoon
 - Sugar – 2 teaspoons total (1 teaspoon in lye water, 1 teaspoon dissolved in water to added later)
 - Salt – 1 teaspoon in lye water, 1 teaspoon added later
- Added to oil clay and milk powder
- Kaolin clay – 1 teaspoon
 - Buttermilk powder – 1 teaspoon
 - Colloidal oats – 1 teaspoon
- Added after trace
- Man fragrance oil – 0.5 oz (added at thin trace)

Additives Summary

- Clay and oats provide gentle exfoliation and skin softness.
- Buttermilk and mixed milks increase creaminess and moisturization.
- Activated charcoal and titanium dioxide create a striking two-tone aesthetic.
- Salt and sugar help increase hardness and lather.
- Citric acid helps prevent soap scum.

Instructions

1. Prepare the lye solution:

In a heat-safe container, dissolve 1 teaspoon of salt and 1 teaspoon of sugar into 7 ounces of distilled water. Slowly add 6.1 ounces of lye to the water (never the reverse). Stir until dissolved. Allow to cool to 92–112°F (33–44°C).

2. Heat the oils:

Gently warm 50 ounces of olive oil (extra virgin and regular combined). Add a mixture of 8 ounces total of goat milk, cow milk, and coconut milk. Stir well to combine.

3. Combine lye and oils:

Pour the cooled lye mixture into the oil-and-milk mixture. Blend with a stick blender until it reaches a thin trace.

4. Add color and fragrance:

At thin trace, add activated charcoal and titanium dioxide. Mix gently for desired swirl or contrast. Then stir in ½ teaspoon citric acid, 2 teaspoons sugar, 1 teaspoon salt, 1 teaspoon kaolin clay, 1 teaspoon buttermilk powder, and 1 teaspoon colloidal oats. Finally, add 0.5 ounces of man fragrance oil.

5. Blend and pour:

Mix well to ensure even distribution of all additives. Pour the soap batter into the mold. Tap lightly to remove air bubbles. Insulate lightly if room temperature is cool.

6. Curing:

Unmold and cut after 24–48 hours. Allow the bars to cure for at least 12 weeks. Full cure improves hardness, mildness, and lather quality.

Notes

- Ensure all milks are well-chilled or frozen before use to prevent scorching if you plan to using with lye.
- The ideal mixing temperature is between 92–112°F.

Turmeric milk soap

Batch

- Total Batch Weight: 44.35 oz

Lye Solution

- Sodium Hydroxide (NaOH): 4.28 oz
- Liquid (e.g., water): 8.57 oz
- Water to Lye Ratio: 2 : 1
- NaOH Purity: 97%

Oils

- Sunflower Oil, high oleic: 8.70 oz (29%)
- Grapeseed Oil: 6.90 oz (23%)
- Coconut Oil, 76 deg: 6.00 oz (20%)
- Milk Fat (any bovine): 3.60 oz (12%)
- Avocado Oil: 3.00 oz (10%)
- Castor Oil: 1.80 oz (6%)

Additives

- Fragrance: 1.50 oz (5%)

Settings

- Super-fat: 5% (1.5 ounce oil of your choice)

Instructions Summary

1. Combine the listed oils.
2. Prepare the lye solution using NaOH and liquid in the specified ratio.
3. Add lye solution to the oils once both are at the correct temperature.
4. Mix until trace, then add fragrance.
5. Pour into mold and cure as needed.

Soap with olive oil and sunflower oil

Batch Weight: 23.41 oz

Ingredients:

- NaOH (Lye): 2.26 oz (97% purity)
- Water (Liquid): 6 oz
- Fragrance: 0.64 oz
- Super-Fat: 5%
- Fragrance: 4%
- Water to Lye Ratio: 2:1 to 3.5:1

Oils:

- Olive Oil: 8.00 oz (50%)
- Sunflower Oil, high oleic: 3.36 oz (21%)
- Coconut Oil (76 deg): 3.20 oz (20%)
- Castor Oil: 1.44 oz (9%)

This recipe is designed for a moisturizing and gentle bar with added fragrance. The super-fat ensures extra oils for skin softness, while the oil blend provides a balance between cleansing and conditioning.

This could be a base for so many different soaps. You can choose different additives to your soap that suitable to your needs.

Mild (vegan) luxuries cold process soap

Measure all oils:

- 7.68 oz olive oil
- 3.04 oz coconut oil
- 2.24 oz sunflower oil
- 1.60 oz avocado oil
- 1.44 oz castor oil

Add these to your soap pot. Warm gently until melted and fully mixed.

Prepare the lye solution:

- Put on your gloves and goggles.
- **lye:** 2.25 oz sodium hydroxide (lye)

Distilled water 4.49 oz water separately.

- Slowly add the lye to the water (never the other way). Stir gently and allow to cool in a safe spot.

Wait until both oils and lye mixture are about body temperature (100–120°F).

Additives

1 ts sugar/ honey dissolves in little water ,

1 ts salt, 2 ts Klein clay, 1 ts oats

And sugar solution and other additives add in oil and blend before mixing with lye.

Combine oil and lye:

- Pour lye solution into the oils slowly.
- Use a stick blender to mix until it thickens to "trace" (the texture of thin pudding)

Blend in the fragrance:

- Add 0.64 oz of fragrance oil. Mix gently.

Pour into the mold:

- Quickly pour the mixture into your soap mold and smooth the top. Spray with rubbing alcohol.

Curing

Allow the soap to sit undisturbed for at least 24 hours. Possibly under blanket for insulation.

Check in between temperature if it rises more than 110 f then remove insulation.

Remove the soap from the mold, slice into bars, check ph.

Let them dry in a cool, airy place for 3–4 weeks before using or packing.

High oleic Sunflower oil -No olive oil conditioning bar

Total Batch Weight: 49.60 oz

Main Ingredients

- NaOH (Lye): 4.48 oz
- Liquid (Water/Other): 12.16 oz

Distilled water 10 oz

Coconut cream 2 oz in oil

- Fragrance: 0.96 oz

Settings

- Super-Fat: 5%
- Fragrance Use Rate: 3%
- Liquid as % of Oils: 38%
- NaOH Purity: 97%

Oils Used

- Sunflower Oil, high oleic: 9.60 oz (30%)
- Grapeseed Oil: 7.68 oz (24%)
- Coconut Oil, 76 deg: 5.12 oz (16%)
- Avocado Oil: 3.20 oz (10%)
- Castor Oil: 3.20 oz (10%)
- Milk Fat, any bovine: 3.20 oz (10%)

(Coconut cream)

Additives

- Citric acid: 2 tsp in water before adding lye
- Sodium lactate: 2 tsp
- Kaolin clay: 1 tsp
- choice of clay: 1 tsp
- Cornstarch: 1 pinch

Optional

Turmeric, saffron, sandalwood powder

This recipe is well-balanced with a blend of conditioning, cleansing, and lathering oils, and uses a moderate liquid percentage for most soap making processes. The super-fat and fragrance settings are also typical for gentle, aromatic soap.

Lavender Shea Soap

Very hard bar with creamy, bubbly and high conditioning cleaning bar

Total Batch Weight: 49.8 oz

Total Oil Weight: 32.0 oz

Fragrance (Lavender / rose EO): 1.0 oz

Basic Ingredients

- Castor Oil: 4.0 oz (13%)
- Avocado Oil: 8.0 oz (25%)
- Coconut Oil (76 deg): 8.0 oz (31%)
- Shea Butter: 10.0 oz (31%)
- Water: 12.2 oz
- Lye (NaOH): 4.6 oz

Additives

- rose/ Leander Essential Oil: 1.0 oz

You can use same precautions while making soap that mentions in other recipes.

You can add additional additives as in limit mentioned in guide

Triple butter milk soap

It's nice creamy , bubbly , mild conditioning soap

Total Batch Weight: 83.89 ounces,

- NaOH (lye): 7.75 ounces
- Liquid: 8 ounces water , 10 oz milk or combination
- Fragrance: 1.62 ounces
- which is the weight of all ingredients combined.[amazonaws]
- Super-Fat: 5%
- Fragrance Percentage: 3% of the total oils are fragrance.

Oils

- Olive Oil: 53% of oils, or 28.62 ounces
- Shea Butter: 10% (5.40 ounces)
- Cocoa + mango Butter: 10% (5.40 ounces)
- Coconut Oil: 10% (5.40 ounces)
- Milk Fat (from any kind of): 10% (5.40 ounces)
- Castor Oil: 7% (3.78 ounces)

This is a basic recipe you can use for adding any additives that suitable your needs.

You can choose any milk or substitute for milk replacing 1/2 water amounts either in form of ice cubes or milk in oil method

Sea Salt spa bar

2 lb batch

Oils:

- Coconut Oil (76°F): 80% (1.6 lbs / 725.75 grams)
- Shea Butter: 10% (0.2 lbs / 90.72 grams)
- Castor Oil: 10% (0.2 lbs / 90.72 grams)

Lye and Water:

- Sodium Hydroxide (lye): 0.265 lbs (120.05 grams)
- Water: 0.585 lbs (265.56 grams)
- Water is approximately 30% of oil weight

Super fat Level: 15%

Other Additions:

- Fragrance: optional, up to 4.075% of total oil weight
- Sugar and citric acid: replace half the water with milk, rice, coconut, or buttermilk powder
- Colloidal oats: 1%
- Salt: 18%
- Lavender and sea salt for decoration—add after molding

Method Highlights:

- Combine lye with water and cool
- Melt oils, blend together, and mix with cooled lye
- Add fragrance and dry ingredients at trace
- Stir well, pour into molds, decorate tops as desired

Individual bar molds are suitable for this method. If you choose to put in loft mold de-mold in few hours after cut it then let it cure.

Tips:

- Always wear gloves and safety gear when handling lye
- Ensure all measurements are precise for safe soap
- Allow soap to cure 4-6 weeks before use for best results



Activated charcoal soap bar(cold process soap)

Super fat 5%

Naoh 4.09oz

Liquid 10 oz (5 oz water with lye+ 5 oz coconut cream in oil

Fragrance 1oz

Coconut oil 34% as 10.88 oz

Castor oil 9% as 2.88 oz

Crisco new 20% as 6.40 oz

Sunflower oil high oleic 34% as 11.84 oz

Additive

Activated charcoal 2 ts

Titanium white

This makes very moisturizing bubbly cleansing bars.



Coconut bliss (cold process soap)

Coconut oil 80% as 25.60 oz

coconut milk 20% as 6.40 oz

distilled water 12.16 (you can replace half amount with aloe Vera juice)

sodium hydroxides 3.31 oz

sugar 2 ts in lye water

salt 3 ts in lye water

dried cornflower for decoration

Super fat- 25%

Fragrance: 3 to 5%

This produce nice bubbly hard soap.



Goat Milk Castile Soap

with sandalwood and Rose essential oil

A luxurious, creamy Castile soap enriched with goat milk, clays, and essential oils for gentle cleansing and nourishing skin benefits.

Ingredients

Base Oils

- Olive oil: 50 oz

Lye Solution

- Lye (sodium hydroxide): 6.1 oz

super-fat: 10%

- Distilled water: 10 oz
- Frozen goat milk: used 8 oz

Additives

- Citric acid: 2 tsp
- Sugar: 2 tsp dissolved in little water
- Sodium lactate: 2 tsp
- Kaolin clay: 1 tsp
- Rose clay: 1 tsp
- Cornstarch: 1 pinch

Essential Oils and Fragrance (add at thin trace)

- Tea tree essential oil: 1.6–2 oz
- Facial oil blend: 0.5 oz
- Rose essential oil: 0.2 oz
- Sandalwood essential oil: 0.2 oz

Instructions

1. Safety First

Wear gloves, goggles, and long sleeves. Work in a well-ventilated area.

2. Prepare Lye Solution

Slowly add lye to frozen goat milk (never the reverse), stirring carefully. Add extra water as specified. Keep temperature controlled to avoid scorching.

3. Warm Oils

Warm olive oil and cool to 92–112°F (33–44°C).

4. Mix Lye Solution and Oils

Slowly combine lye solution and oils. Blend with a stick blender until thin trace.

5. Incorporate Additives

Stir in citric acid, sugar, sodium lactate, kaolin clay, rose clay, and cornstarch thoroughly.

6. Add Essential Oils

Add tea tree, facial oil blend, rose, and sandalwood essential oils at thin trace.

7. Pour into Molds

Pour soap mixture into molds, filling almost two standard molds. Tap molds gently to remove air bubbles.

8. Cure Soap

Cover and insulate molds for 24–48 hours. Unmold and cure bars for 4–6 weeks in a cool, dry place.

Notes

- Frozen goat milk helps maintain color and controls lye reaction heat.
- Steep water discount creates a harder bar faster.
- Always follow strict safety precautions when handling lye.

Disclaimer

We do not claim any medical or therapeutic benefits, as our products have not been tested on human subjects. Our goal is to revive the use of ancient Indian herbs cherished by our ancestors and reintroduce their timeless wisdom to modern generations. Through these traditional practices, we hope to inspire a cleaner, healthier, and more natural way of living rooted in our rich cultural heritage.

Know your ingredients for hair and skin care

1. **Aragon Oil** - Rich in omega fatty acids and Vitamin E, it conditions hair & reduces breakage, and manages frizz. It's beneficial for skin without excess greasy
2. **(Vitamin B5, B3, C,E)** - Helps to repair and regenerate cells & strengthening
3. **Aloe Vera** - Hydrates and soothes skin and scalp, reducing irritation.
4. **Tea Tree Oil** - Has antifungal and antibacterial properties, helps moisturize and restore the scalp.
5. **Peppermint Oil** - Stimulates the scalp to encourage hair growth.
6. **Honey** - Moisturizes hair and skin , locks in hydration, smoothing effects
7. **Coconut Oil** - Provides intense moisture and shine.
8. **Jobba Oil** - Moisturizes without clogging pores, similar to natural body oils.
9. **Shea Butter** - Moisturizes and protects the skin making protective barrier
10. **Green Tea Extract** - Contains antioxidants that protect skin/hair follicles from damage.
11. **Vitamins and minerals** such as Vitamin C, vitamin E, vitamin B5, vitamin B3, also contribute to hair and skin health,
12. **Hibiscus** - Conditions and Moisturizes Hair: The mucilage and emollient properties lock in moisture, reducing dryness, frizz, and split ends, leaving hair smooth, shiny, and manageable.
13. **Bay leaves** : Overall, bay leaves provide natural antioxidant, antimicrobial, and anti-inflammatory effects that are beneficial for maintaining healthy hair and skin.
14. **Clove** : cloves benefit hair by promoting growth, reducing loss, and improving scalp health, while benefiting skin through antimicrobial, anti-inflammatory, and antioxidant properties that improve skin clarity and reduce irritation.
15. **Saffron** :saffron enhances skin tone, supports skin repair, protects against environmental damage, and promotes youthful, glowing skin.
16. **Turmeric** : Turmeric reduces inflammation, acne, and scars, brightens skin, protects from environmental damage, and supports healthy, youthful skin.
17. **Colloidal oat** : Moisturizes, soothes, protects, reduces irritation
18. **Almond oil** : Almond oil is widely used in beauty routines as a hydrating, protective, and restorative agent for skin and hair. For best results, it can be applied directly or incorporated into treatments like skin care or hair care products.

Hair serum for heat protection and shine for hair

100 ml Hair Serum Formula

Water phase

- Distilled Water: 64 ml
- Aloe Vera Juice/ gel : 10 ml
- Glycerin: 2 ml
- Panthenol (Pro-Vitamin B5): 2 ml =1.2 grams

Oil phase

- PEG-12 Dimethicone: 8 ml
- Argan Oil + Jojoba Oil): 5 ml
- BTMS-25 : 4 ml or 3 grams

Heat both phases separate in water bath until 70-75c until everything melts

Mix oil blend slowly in to water phase and mix with electric hand blender until everything blend smooth. Wait until mixture temperature goes below 40c then add below stuff and blend it again

- Vitamin E Oil: 1 ml
- Preservative (e.g., liquid Germall Plus 1 ml Optiphen Plus .5 ml): 1 ml
- Fragrance or Essential Oils: few drops

Sandalwood , carrot oil and hibiscus oil

Preparation Steps

1. Prepare Water Phase:

Mix distilled water, aloe vera juice, glycerin, panthenol until fully dissolved. Slight warming

2. Prepare Oil Phase:

In a separate container, combine PEG-12 dimethicone, argan oil, vitamin E oil, and BTMS-25.

3. Heat Both Phases:

Heat both water and oil phases to 65–70°C to melt BTMS-25 and facilitate emulsification.

4. Combine and Emulsify:

Slowly add the water phase into the oil phase while stirring continuously. Use a stick blender or high-shear mixer to emulsify for 5–10 minutes until uniform and creamy.

5. Cool Down:

Stir gently while cooling to below 40°C.

6. Add Preservative and Fragrance:

Add preservative and fragrance; mix well.

7. Package:

Pour into a clean pump or dropper bottle.

Benefits

- Conditioning and smooth & shiny hair with some level of heat protection.

Hair growth Toner

Ingredients for 100 ml

Water phase

- Distilled water(infused with herbs): 85 g

Infusion

Fenugreek seeds, onion seeds (black seed), sweet neem, bay leaves, cloves

Course grind And soaked in distilled water for 8 hours.

-rose water : 10 g

- Glycerin (humectant): 3 g

- Aloe vera gel : 2 g

- Broad-spectrum preservative (e.g., Phenoxyethanol with Ethylhexylglycerin or a natural EOCERT-approved preservative): 0.6 g (typically 0.6% w/w for 100 ml)

- Optional: vitamin E oil : 0.2 g

- Optional: essential oil (rosemary or sandalwood) 0.2 g

Step-by-step directions

1. Sanitize all tools and containers to prevent contamination.
2. In a sterilized mixing container, add distilled water (85 g).
3. Add the botanical hydrosol/floral water (10 g).
4. Add glycerin (3 g) and aloe vera juice (2 g). Stir well.
5. Add vitamin E oil and essential oils if used, stir gently.
6. Add the broad-spectrum preservative (0.6 g) according to manufacturer's directions. Mix thoroughly but gently.
7. Measure pH if possible (ideal toner pH is 4-5.5) and adjust with citric acid or sodium bicarbonate if needed.
8. Pour the toner into a sterilized spray or pump bottle.
9. Label with formulation date and store in a cool, dark place.

Shelf life: 6 months to 8 months, look for change in color or Oder

How to use: 2-3 times a week before shower keep for 1/2 h minimum for benefit. Wash as regular method.

Hair growth oil

Oil mixture

Olive oils, coconut oil, mustard oil, castor oil

Avocado, vitamin e, sunflower seed oil , rosemary oil

You can choose from your favorite and availability. If you are allergic to any just avoid it.

Infusion

Fenugreek seeds, onion seeds (black seed), sweet neem, bay leaves, cloves

Coarsely grind and add into olive oil

In water bath slowly cook for 6-7 h , or keep in glass container and leave it in sunlight for about 3-4 weeks.

Once you get infused oil you can mix with other delicate oils warm it for mixing properly. After cooling add vitamin E and any fragrance oil/ rosemary oil for added benefit if you want

You can leave it overnight but 1/2 h to 1 h is good. After applying to hair comb it and if possible wrap with hot towel for good absorption.

Hair Pomade

Here is a DIY hair Forming lotion with medium hold and minimal shine

Material list

Distilled Water, xanthan gum, Glycerin, Aloe Vera gel, Panthenol, Choice of oil, emulsify wax nf, BYMS 25, Silicone, milk protein/keratine, Vitamin E, Optiphen and GurmaPlus preservatives
Total 250 grams

Ingredients:

Water phase

- 1 cup distilled water(200 ml)(if you want you can use infused with herbs- bay leaves, cloves)
- 1/2 teaspoon xanthan gum (for medium hold gel consistency) mixed with Glycerin (Use up to 3-5%.) 6 to 10 mlDissolved in it
- 1 tablespoon aloe vera gel (adds moisture and shine)
 - Panthenol (Vitamin B5) at lower concentration (~1%)

Oil phase

- 10 grams teaspoon olive oil or Grape seed oil (optional for conditioning and shine)
- / emulsify wax nf (20-25% weight of oil)2 grams
 - btms 25 : 1 gram
 - Silicone 1 grams - adding shine

Cooldown phase

- Vitamin e 1/2 ts
- Hydrolyzed Proteins (e.g., hydrolyzed wheat, silk, or keratin):** Add 0.5% to 2%. -3-5 ml
- 0.5% Optiphen preservative (1.5 ml)
- 0.5% GurmaPlus preservative (1.5 ml)
- 5–10 drops essential oil (optional for fragrance, e.g., rosemary, lavender)
- emulsifier in addition to xanthan gum for a stable mixture of water and oil phases.

Instructions:

1. In a clean mixing bowl, whisk xanthan gum into glycerin and after fully mixed mix with the distilled water until fully hydrated and thickened (5–10 minutes). Use a blender for quicker mixing if desired.

2. Add aloe vera gel

Heat in double boiler in water bath

Mix oil , btms 25 and emulsifier (silicone optional); stir well.

Heat in water bath

Heat both liquid upto 70-75c and everything melted in oil.

Now mix both liquids and mix with electric hand mixer.

Cooldown phase:

cool mixture until 40-45c .

Then add milk protein and vitamin E.

Mix again.

3. Then Add Optiphen and GurmaPlus preservatives, mixing thoroughly. These preservatives help protect against bacteria, yeast, and mold and extend shelf life.

Pour the mixture into a clean jar or squeeze bottle.

vitamin C toner for face

VitCToner

500 ml:

Ingredients:

Distilled water

infused with rice, orange peel, clove, cinnamons , saffron, hibiscus

Aloe Vera gel, glycerin, vitamin C, vitamin E , squiline oil, sea buckthorn oil, argon oil, carrot oil, sandalwood oil, Germall Plus

Ingredients need for making toner:

- **Vitamin C powder** (L-ascorbic acid): 1 teaspoon (about 5g)/ optional
- **Distilled water**: approximately 400 ml

Infused with orange peel, cloves, cinnamon, saffron, hibiscus tea(1)

- **Aloe vera gel**: 5 ml (optional, for soothing and slight thickening)

. **rose water 40 ml**

- **Glycerin**: 5 ml (optional, for hydration)
- Broad-spectrum preservative (e.g., **Liquid Germall Plus**: according to recommended dosage for 500 ml (usually around 0.5-1% of total volume) 2.6 to 5 ml
- Optional: witch hazel, rosewater, or essential oils for toning and fragrance

Instructions:

1. Dissolve the vitamin C powder completely in the distilled water with gentle stirring.
2. Add aloe vera gel and glycerin if using, mix well.
3. Add your chosen preservative according to its recommended usage rate, stir thoroughly.
4. Optionally add witch hazel, rosewater, or a few drops of essential oils.
5. Pour the mixture into a clean, dark glass bottle to protect from light degradation.
6. Shake well before each use. Store in a cool, dark place or refrigerate to extend shelf life.

Notes:

- The pH of the toner should be between 3 and 4 for vitamin C stability.

This toner provides hydration, calming and soothing effects, antioxidant protection, brightening, and improved skin texture and tone. This combination is especially beneficial for sensitive, dull, or uneven skin while helping to maintain a healthy and resilient skin barrier. The toner can be both refreshing and restorative, promoting overall skin vitality.

Directions

Shake well before each use

Use on clean necked face Apply after cleansing and before moisturizer for best results.

Vitamin C glow serum for face

suitable for dropper bottles

Ingredients:

water phase

- Distilled water: 450 ml (infused with orange peel, clove, cinnamon, saffron)
- Aloe vera gel (optional, for soothing): 10 ml

Oil phase

- Jojoba oil or rosehip oil: 15 ml (for light oil phase)
- BTMS-25 (emulsifier, conditioning): 10 g (2% of total)

Cooldown phase

- Vitamin C powder (L-ascorbic acid): 5 g (about 1 teaspoon) 10 ml distilled water
- B5 in water (Vitamin B5 (Panthenol): 6-10 g (about 2% of formula) water soluble : 10grams
- Vitamin E (2-3 drops)

- Glycerin (optional, for hydration): 5 ml

- Broad-spectrum preservative (e.g.,

Liquid Germall Plus): 2.5 ml (0.5% of total)

Test pH Keep between 3 & 4 for vitamin C stability

Instructions:

1. Heat the distilled water and aloe vera gel lightly (not boiling) in a double boiler.
2. In a separate heat-safe container, combine BTMS-25 and the oil (jojoba or rosehip), gently heat until melted and uniform.
3. Slowly add the warm water phase into the oil/emulsifier phase while stirring continuously to create an emulsion.
4. Dissolve the vitamin C powder & vitamin B5 in a small amount of cool distilled water separately, then add this to the emulsion, mixing well.
5. Add glycerin and preservative, stirring thoroughly.
6. Pour the finished toner into a clean, dark glass bottle.
7. Allow the toner to cool completely before sealing. Store in a cool, dark place.

Notes:

- BTMS-25 provides conditioning and emulsification but will add some creaminess to this toner, making it more lotion-like.
- The preservative level at 0.5% Liquid Germall Plus helps keep the product safe.
- Keep pH around 3-4 for vitamin C stability. Adjust if necessary.

Oat body cream

Filled up One big wide mouth jar 6 ounces and 1 small jar filled 2.5-3 ounces

Water phase

240 g rose water + distilled water

12 g glycerin

4 g colloidal oats

5 g b5

Oil phase

60 g shea, coco and mango butter

60 g mixed oil

30 g emulsifying wax bf

4 g btms 25

Warm up in water bath up to 70-75c

For few minutes then remove from bath and mix together. Blend with electric mixers for 2-5 minutes until emulsion happens.

Occasionally stir and let it cool down below 40 c then add from cool down phase.

Cool down phase

3 g germall plus

2 g Optiphen plus

4 g vitamin e

2 g milk protein

4 g essential oil/ fragrance

Saffron Blossom Luxe

ultra-hydrating, luxurious emulsified body lotion with soothing colloidal oat flour, calming aloe vera gel, and skin-nourishing panthenol (Vitamin B5). This lotion melts effortlessly on contact, leaving skin velvety soft without a greasy feel.

This lotion combines deep hydration and soothing botanicals in a light, whipped texture suitable for all skin types year-round, providing moisture, protection, and a luxurious feel without greasiness.

Ingredients (500 g total)

Water Phase:

- Distilled Water – 200g(saffron and hibiscus tea, bay leaves, cloves infused)
- Aloe Vera Gel – 60 g
- Glycerin – 25 g
- Colloidal Oat Flour – 5 g

Oil Phase:

Oil mixture: 120g

- (• Shea Butter – 40 g
- Cocoa Butter – 20 g
- Sweet Almond Oil – 60 g)
- Emulsifying Wax (e.g., Olivem 1000) – 25 g (5%) total or use combination

(Emulsifying wax nf 2% 10 g

Btms 25 2% 10 g

Silicone 1% 5 g)

Cool Down Phase:

- Panthenol (Vitamin B5) – 10 g in some water fully dissolved (10 grams water)
- Vitamin E Oil – 5 g
- Preservative (e.g., Geogard/Optiphen) – 5 g
- Essential Oils (optional) – 2.5 g

Instructions

1. Prepare Water Phase: In a heat-safe container, combine distilled water, aloe vera gel, glycerin, and colloidal oat flour. Heat gently to 70–75°C while stirring to dissolve fully.

2. Prepare Oil Phase: In a separate container, melt shea butter, cocoa butter, sweet almond oil, and emulsifying wax to 70–75°C until fully liquid.
3. Combine Phases: Slowly pour the hot oil phase into the hot water phase while blending with an immersion blender. Continue blending until emulsified and creamy.
4. Cool Down: When temperature cools below 45°C, add vitamin E, panthenol, preservative, and essential oils. Blend again for a smooth, fluffy texture.
5. Package & Store: Transfer to clean containers, seal tightly, and store in a cool, dry place away from direct sunlight.

Botanical Face /body oil blend

Application after bath helps you to improve skin health.

This oil blend is versatile and mainly suited for dry, sensitive, combination, and aging skin due to its hydrating, soothing, antioxidant, and skin barrier-supporting ingredients. It's manageable for oily and acne-prone skin as well if you use in a small quantity . Face oil blend can rejuvenate tired, dull, or uneven skin if used correctly

Ingredient: Almond oil, Rose hip oil, Sunflower seed oil , Grape seed oil , Argon oil , Jojoba oil, Saffron oil, Castor oil, Turmeric oil, olive oil, bay leaves, cloves, camphor, Sandalwood essential oil, Rose essential oil, Sea buckthorn oil, Promogonate oil, Vitamin e and few my own mix oil that helps.

How to use: Face oil blend can rejuvenate tired, dull, or uneven skin when used sparingly (2–3 drops warmed and pressed onto the face). However, patch testing is essential. Not tested on animals. If any discomfort happens please discontinue to use it.

Shelf Life: "Use within 6 to 12 months for best quality." life ranging from about 6 months to 2 years. Store in dark glass bottles in cool and dark places.

Caution: "Avoid contact with eyes. Keep out of reach of children."

Formula

You can make with ts or by weight or drops depending on your need. You can replace or remove any with other if some oil is bothering you.

You can add olive oil / grape seed oil/ sunflower oil infused with bay leaves and few cloves replacing with some almond oil for added benefit.

- **Almond Oil** (50%): Reduces puffiness, improves skin tone, treats dry skin, and helps reverse sun damage while reducing scars and stretch marks.
- **Rose Hip Oil** (10%): Rich in antioxidants, promotes skin regeneration, reduces fine lines, smooths scars, and evens skin tone.
- **Sunflower Seed Oil** (10%): Supports skin barrier, prevents dehydration, softens skin, and provides antioxidant protection.
- **Grape Seed Oil** (5%): Treats acne, softens and firms skin, evens skin tone, and protects from sun damage.

- **Argan Oil** (5%): Moisturizes, protects from sun damage, treats dry skin and inflammatory conditions, and reduces signs of aging.
- **Jojoba Oil** (4%): Controls sebum, promotes collagen synthesis, accelerates wound healing, and soothes sunburn.
- **Saffron Oil** (3%): Hydrates, balances oil production, has antioxidant and anti-inflammatory properties, and lightens dark spots.
- **Castor Oil** (2%): Moisturizes deeply, soothes inflammation, treats acne, smooths skin, and protects from environmental stressors.
- **Turmeric Oil** (1%): Known for anti-inflammatory and antioxidant effects (general known properties).
- **Sandalwood Essential Oil** (3%): Calming and anti-inflammatory properties (general known properties).
- **Rose Essential Oil** (4%): Antioxidant, anti-inflammatory, improves hydration and skin texture.
- **Sea Buckthorn Oil** (2%): Rich in vitamins and antioxidants, supports skin healing and regeneration.
- **Pomegranate Oil** (few drops): Likely added for additional antioxidant or skin-conditioning effects.
- **Vitamin E** (0.5% to 1%): Powerful antioxidant that protects against free radicals, supports skin healing, and improves moisture retention.

Overall Skin Benefits of the Blend

This oil blend is an excellent natural moisturizer that deeply hydrates and nourishes the skin while improving its texture and tone. It can soothe inflammation, reduce redness and irritation, accelerate healing of scars and blemishes, and provide anti-aging benefits by enhancing collagen production and reducing fine lines. Antioxidants in the blend protect skin from environmental damage and UV-related aging. It also helps regulate oil production, making it suitable for balanced skin. Together, these oils create a comprehensive skincare solution for hydration, protection, repair, and rejuvenation.

This blend can be especially beneficial for individuals with dry, sensitive, or aging skin looking for a rich, multifunctional oil to improve overall skin health and appearance.



Coffee sugar scrub

ingredients and method:

1/3 cup oil (almond, argon, jojoba)

2 ts olive oil

1/2 ts vitamins E

Add preservatives: Optiphen 1.0 %

Germall Plus:

- Concentration: Typically effective at 0.1% to 0.5%.

1/2 cup brown sugar

1/2 cup coffee

2 ts oats

1 ts cinnamon

1/2 ts turmeric

Mix everything add coffee essential oil 15 drops

Keep in airtight containers try not to incorporate water for long shelf life 3-6 months for optimal conditions

Salt scrub

This combination of healing, moisturizing, and exfoliating ingredients in salt scrub makes your scrub a holistic skincare treatment that detoxifies, nourishes, and rejuvenates the skin with a luxurious, spa-like feel.

Making Salt Scrub:

8 oz (224 gm) Himalayan Pink salt

(Replace few ts salt with Botanical additives like finely ground lemon peel powder, coffee grounds, or dried herbs for added exfoliation and aromatherapy benefits.)

2 oz (56 gm) Coconut oil

2 oz (60 ml) jojoba oil

2 ts olive oil or grape seed oil

30 drops essential oil (your choice)

(essential oils known for relaxation and skin benefits, such as lavender, ylang-ylang, or rose, which can elevate the sensory experience and add calming, therapeutic effects)

1 ts vitamin E oil

Directions

Mix together in a 16 oz (480 ml) PET plastic wide-mouth jar.

How to use: In the shower or tub, use a small handful as a scrub and then rinse off the salt. Once or twice a week gives maximum benefit.