

# Soap, Lotion & More

(Natural Ingredients)



The background is a light beige color with various illustrations. At the top left, there's a honeycomb with honey dripping down. In the center, there's a coconut cut in half. To the right, there's a small jar with a lid. At the bottom left, there's a jar of honey with a ribbon around it. At the bottom center, there's a whisk. At the bottom right, there's a glass bottle with a dropper and a tube of lip balm. There are also some green leaves scattered throughout.

## 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 unique gift articles.

Sheetal brings her dedication and passion for healthy living, to incorporate our ancient herbs and their benefit to daily life turn into 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. My experiment I use product that are mostly vegetarian friendly.

In this book we will try to cover body product that we use daily like Bar soap, body lotion, Hair oil, Hair gel, Lip balm, Body scrub.

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The background features a collage of natural ingredients: a honeycomb dripping with honey, a sliced coconut, a block of shea butter, a glass jar with a lid, a whisk, and various green leaves and herbs. The overall aesthetic is warm and natural.

## Lotion, lip balm and hair products

### 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. **Jojoba 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.

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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

Batch size: 100 ml

### 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

### Cool Down Phase:

- 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 of Sandalwood, carrot oil and hibiscus oil

### Method:

#### 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:

Some heat protection and shine for hair

## Hair growth Toner

Batch size: 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

### Oil Phase:

### Cool Down Phase:

Broad-spectrum preservative 0.6 g (typically 0.6%)

vitamin E oil : 0.2 g

Optional: essential oil (rosemary or sandalwood) 0.2 g

### Method:

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.

Benefits: : 2-3 times a week before shower keep for 1/2 h minimum before hair wash, Wash as regular method will promote hair growth. 4-6 months will help.

## Hair growth oil

Batch size: variable

### Oil Phase:

Olive oils, coconut oil, mustard oil, castor oil

Avocado, 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

Course 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.

### Cool Down Phase:

vitamin e

### Method:

Ones 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

### Benefits:

Promote hair growth

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

# Hair Pomade

Batch size: 250 grams

## Water Phase:

- Distilled Water 200 ml
- xanthan gum ½ tsp, mixed with Glycerin (Use up to 3-5%.) 6 to 10 ml Dissolved in it
- Aloe Vera gel 1 tablespoon,
- Panthenol (Vitamin B5) 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

## Cool Down 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)

## Method:

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 up to 70-75c and everything melted in oil. Now mix both liquids and mix with electric hand mixer.

Cooldown phase: in that cool mixture until 40-45c. 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.

## Benefits:

DIY hair Forming lotion with medium hold and minimal shine

## Vitamin C glow serum for face

**Batch size: suitable for dropper bottles**

### 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
- BTMS-25 (emulsifier, conditioning): 10 g -2%

### Cool Down 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

### Method:

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.

### Benefits:

- 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

### Batch size:

#### 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

#### Cool Down Phase:

3 g germall plus

2 g Optiphen plus

4 g vitamin e

2 g milk protein

4 g essential oil/ fragrance

#### Method:

Warm up in water bath reach both phase up to 70-75c for few minutes. then remove from bath and mix together. Add oil phase to water phase slowly. 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. Mix again after adding from cooldown phase. Fill in wide mouth jar after proper consistency.

#### Benefits:

Hydrating lotion suitable for face and body. Repair skin.

# Saffron Blossom Luxe

Batch size: 500 grams

## 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

## Method:

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.

## Benefits:

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.

## Botanical Face /body oil blend

### Batch size:

### Infusion:

bay leaves, cloves, camphor, saffron

### Oil Phase:

Almond oil 50%, Rosehip oil 10%, Sunflower seed oil 10%, Grape seed oil 10%, Argon oil 5%, Jojoba oil 5%, castor oil 5%, some amount of Saffron oil, Castor oil, Turmeric oil, olive oil, coconut oil, Sandalwood essential oil, Rose essential oil, Sea buckthorn oil, Pomegranate oil, Vitamin e

### Method:

Infuse herbs in olive oil in hot water bath for 8-10 h or in a glass bottle put in a sunlight for few weeks. After pass through cheese cloth add delicate oils warm little then add vitamin E and Sandalwood essential oil, Rose essential oil, Sea buckthorn oil, Pomegranate oil mix well.

### Benefits:

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

**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/body). 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."

## Lip balm (summer)

For a 3 oz (about 85 grams) batch

### Ingredients

beeswax, candelilla wax, Cocoa butter, Shea butter, oil blend (almond, castor, olive oil, avocado, and few other) vitamin E, lemon essential oil, oil blend (almond, castor, olive oil, avocado, and few other) vitamin E, lemon essential oil

### Method:

- 17 grams beeswax for protective firmness,
- 8.5 grams candelilla wax to add extra firmness and sheen,
- 25.5 grams shea or cocoa butter for deep moisturizing
- 34 grams sweet almond to soften and nourish, (cloves, bay leaves infused oil mixed with castor oil ) sweet almond oil, castor oil, avocado oil, olive oil, grape seed oil, sunflower oil

Mix everything above in one heatproof container and warm in water bath until melt( about 70c)

Mix below ingredients, stir nicely • 8.5 grams candelilla wax to add extra firmness and sheen,

- 25.5 grams shea or cocoa butter for deep moisturizing
- 0.5 grams vitamin E oil as an antioxidant, and
- 0.5 grams essential oils (optional) for fragrance and added benefits.

Fill empty tube or tin containers.



## Coffee sugar scrub

ingredients and method:

oil mixture:

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%.

Base:

1/2 cup brown sugar

1/2 cup coffee

2 ts oats

1 ts cinnamon

1/2 ts turmeric

Mix everything base and oil mixture then add coffee essential oil 15 drops optional.

Keep in airtight containers try not to incorporate water for long shelf life.

**How to use:** In the shower or tub, use a small handful as a scrub and then rinse off the scrub,

Once or twice a week gives maximum benefit.

**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 Materials:

8 oz (224 gm) Himalayan Pink salt

(Replace few tsp. 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 tsp. 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 tsp. 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.

**Shelf life:** 3-6 months for optimal conditions

A watercolor illustration featuring various soapmaking ingredients and tools. At the top left, a honeycomb pattern drips with golden honey. In the center, a coconut is sliced open, showing its white interior. To the right, a bar of soap with a dark, textured top layer sits on a wooden surface. The background is a light, textured beige with scattered green leaves and small brown spots. In the bottom left, a glass jar with a yellow substance is tied with a string. In the bottom right, a glass dropper bottle and a small tube of cream are shown. A whisk is also visible in the bottom center.

## Advantage of making soaps @ home

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.



Curious about soap?

Let's jump in...

## You can make soap few known ways

### Melt and pour (need about 1-2 hours to make)

in this method you make soap from soap base available in market. You can buy different types for soap base. 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 tsp. additive per lb. of soap. You can add 1 tsp. of oil of your choice per lb. for added benefit. Stay away to use fresh food in soap it will decrease shelf life for soap. After cooling down to 140 f you add some additives like.... essential oils/ fragrance and many more will learn later.

Mix well and pour in mold.

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

This soap is ready to use as next day. You can use within year.

### cold process soap (need 2-4 hours to make it)

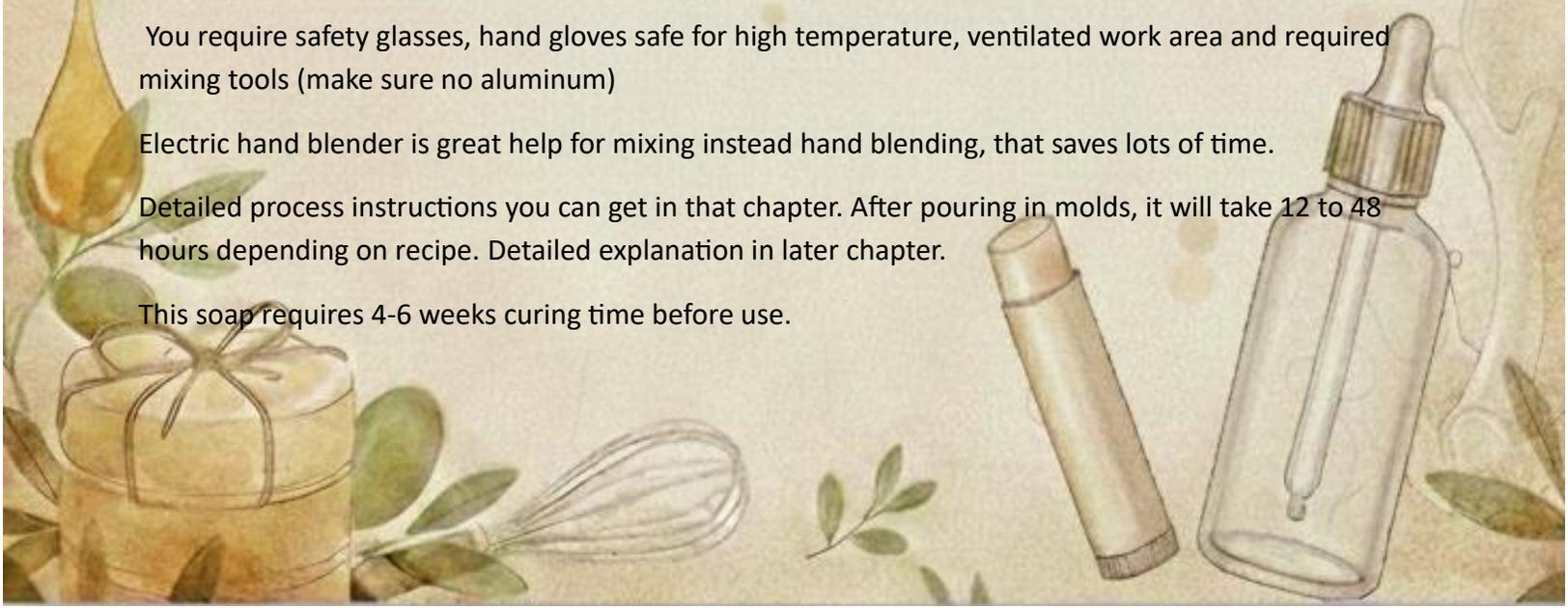
In this soap making process requires NaOH (sodium hydroxide) called lye.

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. Detailed explanation in later chapter.

This soap requires 4-6 weeks curing time before use.



The background features a light beige, textured surface with various botanical and kitchen-related illustrations. At the top left, a honeycomb pattern is shown with golden honey dripping down. Next to it is a coconut, sliced horizontally to reveal its white interior. To the right, a bar of soap is depicted with a dark, marbled top layer and a lighter bottom layer. In the bottom left corner, there is a glass jar filled with a yellow substance, tied with a string. A whisk is positioned near the bottom center, and a glass dropper bottle with a silver cap is in the bottom right. Green leaves and branches are scattered throughout the scene, adding a natural feel.

## Benefits

It's beginner friendly and less time required. you can incorporated beneficials herbs and use pure oils that that fit to your personal need.

You can make lots of interesting swirling /design with different color and make it interesting

## Hot process soap (3-4 hours to make)

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

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

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

After cook you can add super fat (delicate oils) that makes some more mild and save delicate oil properties @their best. Detailed explanation in later chapter.

## Benefits

After cook that makes a gentle soap.

You add fragrance after cook so it will stay longer and use less fragrance.

Hot process Soap is great for sensitive skin. Technically you can use soap as next day but 4 weeks curing time helps hard bar soap.

Only drawback is not getting fancy swirl or complicated designs.



# This is some basic material and process in details to make soaps from Hot or Cold process method

*For making soap you need lye, water and oil that's basic requirement*

You have more control and you can use fresh ingredients for this method. We can explain these methods divided in few steps to make is more understandable.

## 1. Making lye solution

- You need to use lye calculator for amount of lye for type of oil and amount you are using lye calculators available online.
- For lye you always need to add in water/liquid never other way. Otherwise with chemical reaction make explosion with high heat and harmful chemical vapor.
- Need eye protection glass and high heat resist gloves for safety.
- Full clothing is helpful for protecting skin again any accident.
- Keep vinegar handy for accidental misshape.

## 2. Super fat:

Adding some extra oil in soap batter called super fat. (lye use specific amount of oil during chemical reaction to turn them in to soap) so addition to that extra amount of oil called super fat.

## 3. Additives

Anything you add into soap batter that not required for making soap but that gives you soap a beneficials property and make it luxurious. Examples..... Sugar, Honey, Milk, Clay, Oats, colorant and few other ingredients to make soap more luxurious

## 4. Oils

Soft oils

Hard oil/butters/palm oil

Castor oil





## Required materials for making soap

### *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

Spatula

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 double boiler method for cooking hot process soap

Good accurate scale

Temperature gun

Additives



## Know your oils

For most balance soap making you need only few oils.

### Choosing right type of oil is important...

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.

**COCONUT OIL** for the skin is 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.

**WALNUT 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.

Here's what to consider when choosing right oil :

### 1 Fatty Acid Profile

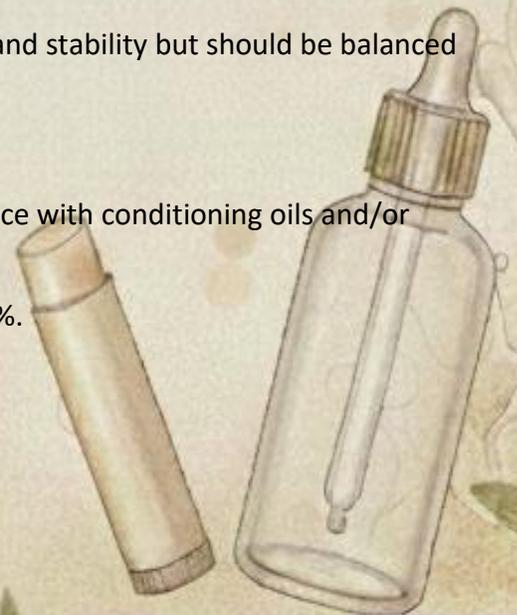
- **Lauric & Myristic Acids:** Provide big, bubbly lather and high cleansing, but can be drying if used in excess (e.g., coconut oil, palm kernel oil).
- **Palmitic & Stearic Acids:** Contribute to hardness and longevity of the bar (e.g., palm oil, tallow, cocoa butter, shea butter).
- **Oleic Acid:** 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. -20 to 30% usage recommended.
- **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. -30 to 50% usage is recommended.
- **Brittle Oils:** Like cocoa butter and palm kernel oil, add hardness and stability but should be balanced with softer oils. - maximum 15% of use recommended.

### 3. Lather and Cleansing

- **Coconut oil and similar:** Great for lather but can be drying; balance with conditioning oils and/or higher super fat.
- **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. Super fat Level

- Adjusting super fat (extra oils left unsaponified) can counteract drying effects of cleansing oils and improve conditioning. -5 to 7 % recommended.

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

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

#### 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.

#### 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.

#### Curing

- **CURING:** After de molding sops need to cut if in a loft mold, Each bar needs aged for a minimum of four to 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

### 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. If you need to deal with hard water, you can add citric acid 10 gram per lb. in distilled water before adding lye, it needs to dissolve completely. When you use citric acid, you need to adjust lye measurement. 10-gram citric acid use 6-gram lye. So, if you want same super fat level you need to adjust lye amount. You need to work in ventilated area.

#### 3. Warm Oils

Warm oil mixture and cool to 92–112°F (33–44°C). High percentage of brittle oil required mixed @ higher temperature to avoid false trace.

#### 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-Like sugar(dissolve in warm water), sodium lactate, clay and any other.

#### 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

Follow same step as cold process until step 5, mixture @ thin trace and add additives.

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

Check ph. Add super fat for that recipe.

If you choose you can add 5-8% super fat after cooking

If you want you can add sodium lactate 1 tbs. per lb,

**6. Add Essential Oils** / fragrance with pinch of cornstarch that helps fragrance stay longer. - 3% recommended

**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.

This gives nice bubbly soap.

## Additives- Color

There is a different method to color your soap.

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

As my personal preference I like to use natural colorant/ herb 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. Detailed in later chapter in the book.

## Additives- Milks

*Goat milk* is often considered the gentlest 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. 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.

*Cow milk* is also very gentle and adds extra nutrients.



*coconut milk* - richer, creamier lather and a smoother bar. Coconut milk is a great dairy-free alternative with a creamy, fluffy lather.

*Coconut cream*: Full-fat milks like coconut cream are ideal for longer-lasting soap bars primarily because of their higher fat content. coconut cream add both structure and conditioning to soap, resulting in bars that are harder, last longer, and offer a more luxurious experience.

## Additives- fragrance

### Fragrance

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

for cold process (CP) soap making is 0.5 to 1 ounce per pound of oils, 3 to 5 % usage rate.

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

Look for Specially formulated for CP soap,

- HP soap allows you to add fragrance after the cook, which helps scents stay longer to cold process. This means even a 2–4% rate can be effective
- 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.

## 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.

### 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. - gives black color



• **Usage Rates Matter:**

How to use:

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

Coloring soap with natural ingredients

## Natural Colorants:

### Black

**Activated Charcoal** – adds black to grey or bluish color, depending on concentration. Some coarse brands add an element of exfoliation as well. Great for acne.

### Brown

Cinnamon – while cinnamon oil burns the skin, cinnamon powder adds a nice light brown color. Some people are sensitive to it though.

Beet Root Powder – grey to brown color. It does not keep its beautiful pink color. A lot of colors are changed in coming in contact with lye.

Cocoa powder – light to dark brown, depending on concentration

Cloves – dark brown

Coffee – use instant coffee to produce dark brown specs. It is exfoliating, but will not smell like coffee.

### Green

**Spirulina** – This is a blue-green algae used as a supplement by people. You can buy the capsules and break them open to add to your soap. It makes a pretty green color.

**Chlorophyll** – also adds a green color.

**Alfalfa** – dried and ground.





**Burdock Leaf** – infuse in oil.

**Comfrey Leaf** – can be infused in oil or added at trace.

**Dandelion Leaf** – Yes, right out of your yard! Dry, grind to powder and add at trace.

### Purple

**Alkanet Powder** – Some, including myself, believe alkanet powder to do wonders for acne and other skin issues. So it's definitely a good option. It will make everything from a deep purple to a bluish purple. It needs to be steeped in oil before adding at trace.

**Black Walnut Hull** – This is good to mix with the entire batch, giving it dark purple specs that are good at exfoliating as well.

**Red Sandalwood Powder** – make a purple red color, depending on the pH level of the soap.

### Hibiscus Powder

### Yellow

**Calendula Powder** – calendula has a lot of great medicinal purposes, makes a pretty yellow, and can also be added as a flower instead of powder. The flower will give your soap yellow spots and streaks.

**Saffron Powder** – water infusion

**Turmeric** - water or direct to soap mixture

**Annatto** – infuse in oil

**Ginger** – muted yellow

### Blue

**Indigo Powder** – creates a deep blue.

**Woad Powder** – creates a lighter blue.

### Red

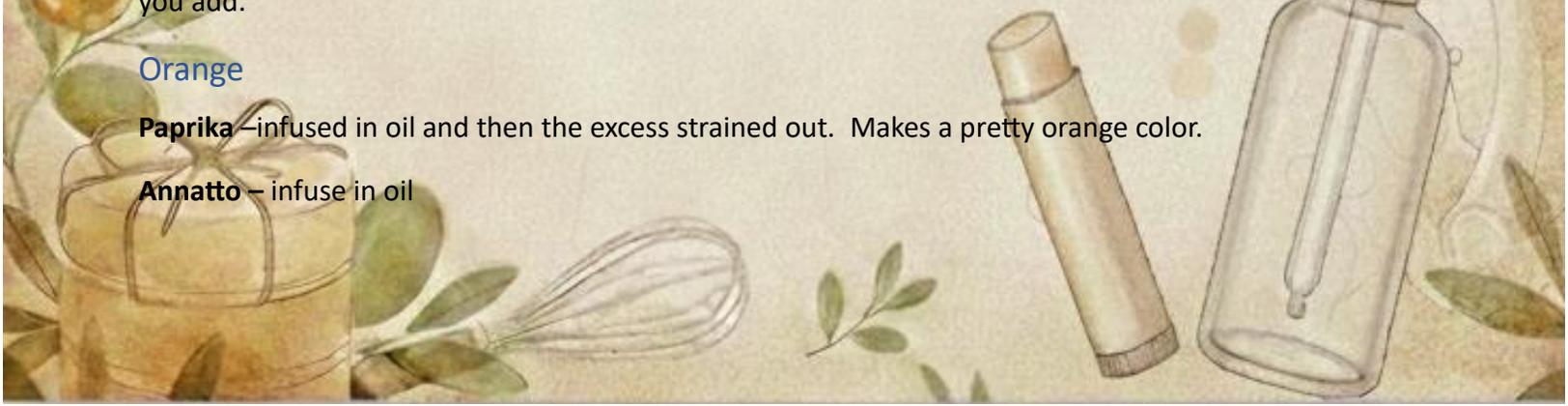
**Moroccan Red Clay** – This makes a beautiful orange/red color and also draws out impurities of the skin.

**Madder Root Powder** – add at trace, can be vibrant red or more muted pink depending on how much you add.

### Orange

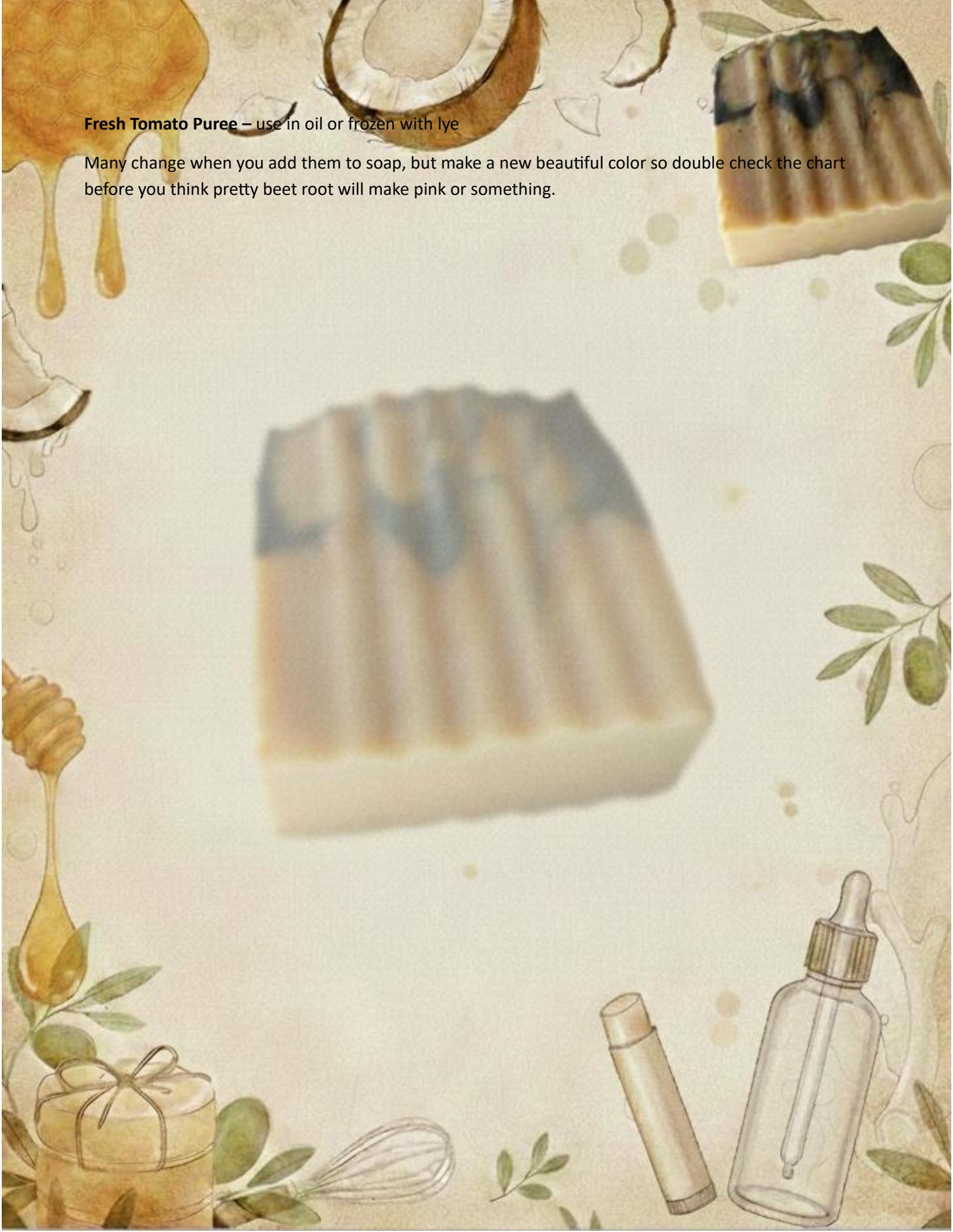
**Paprika** – infused in oil and then the excess strained out. Makes a pretty orange color.

**Annatto** – infuse in oil



**Fresh Tomato Puree** – use in oil or frozen with lye

Many change when you add them to soap, but make a new beautiful color so double check the chart before you think pretty beet root will make pink or something.





## For perfect soap basics

Your Blueprint for Incredible Soap

that truly elevate your soap making.

- **Alternative Liquids** like **milks**: coconut milk/ butter milk/ *goat milk* for a creamy, conditioning base. Replace full or partial liquid
- **Citric Acid** to fight soap scum and improve shelf life — find *citric acid*. 10 grams per 2-3 lb batch and add 6 grams of lye
- **Sodium Lactate** for a harder, longer-lasting, professional-feeling bar — get *sodium lactate*. 1 tbs per lb.
- **Castor Oil** for an insane, stable, bubbly lather — use *castor oil*.-5% minimum to 10%maximum
- **Flaxseed Gel** for that final touch of silky, luxurious slip — make it with *organic flaxseeds*.- 1-2 tbs per lb
- **Sugar/ honey**: bubbly lather (1 tsp. in water per lb.)
- **Clay**: gives luxurious slip. kaolin clay, rose clay (1 tsp. per lb.)
- **Oatmeal**: Colloidal oatmeal (1–2 tbsp per pound, at trace): Adds soothing creaminess and a velvety texture, perfect for a spa-like feel.

You now have the tools to totally transform your soap.

## Castile soap

### Batch 1000 grm batch

#### Lye Solution

- Lye (sodium hydroxide) – approx. 135-140 g
- distilled water – 200 g (frozen goat milk)
- 2 tsp. salt in water before adding lye

#### Oil Bland

- Olive Oil (extra virgin) – 750 g (75%)
- Castor Oil – 50 g (5%)
- Coconut Oil – 150 g (15%)
- Coconut Cream – 50 g (added fat and creaminess)

- Additives: Optional Add-ins
- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% or mentioned in recipe
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.
- Buttermilk powder: 1 tsp. per lb

#### Super-fat 8%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid oils
2. Prepare the lye solution using NaOH and liquid in the specified ratio. If using full milk as liquid replacement then freeze milk into ice cubes before use with lye and while making lye solution add lye slowly for avoiding scorching milk and unpleasant smell and color. For vegan you can use vegan milk instead of goat milk. Or choose distilled water for all milk portions. Not adding any fragrance.
3. Add lye solution to the oils once both are at the correct temperature. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

### Benefits:

- Gentle, mild and Moisturizing
- Rich in Lactic Acid
- Great for most skin type, suitable for sensitive skin
- Creamy, bubbly, creamy lather and Nourishing

# Rose sandalwood hot processed bar soap

## Batch

### Lye Solution

- NaOH :7.6 oz
- Distilled Water 14.5 oz
- In 2 oz water add 2 tsp. sugar, 2 tsp. salt, 1 tsp. citric acid in a water before adding lye

### Oil Bland

- 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: Optional Add-ins

- Essential oils 3-5% or mentioned in recipe- 1.6 oz(.5 oz turmeric oil,.5 oz sandalwood, .5 oz saffron oil, few drops cloves oil, few drops camphor oil drops, .2 oz rose oil
- Rose Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.
- Buttermilk: 1 tsp. per lb
- Sandalwood powder 1tbs
- Rice flour

### Super-fat 5%

## Instructions

1. Combine the listed oils. Melt hard oils, then add liquid oils
2. Prepare the lye solution using NaOH and liquid in the specified ratio. If using full milk as liquid replacement then freeze milk into ice cubes before use with lye and while making lye solution add lye slowly for avoiding scorching milk and unpleasant smell and color.
3. Add lye solution to the oils once both are at the correct temperature. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

**Benefits:**

- Gentle, mild and Moisturizing
- Rich in Lactic Acid
- Great for most skin type
- Creamy, bubbly and Nourishing



Oil mixture started cooking

Final stage- super fat added  
Mold felling



## Hot Process Balanced Soap Recipe

Batch 800g (makes 8–10 bars)

### Lye Solution

- Distilled water: 289g (10.19 oz)
- Sodium hydroxide (lye): 112g (3.94 oz)

### Oil Blend

- Coconut oil (refined): 200g (25%)
- Olive oil: 480g (60%)
- Mango butter (main batch): 40g (5%)
- Castor oil: 40g (5%)

### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% or mentioned in recipe-20–24g
- Clay: 1 tsp. per lb.
- Turmeric, vitamin E 2 ts
- Colloidal oats: 1 tsp. per lb.
- Buttermilk : 1 tsp. per lbs.-after cook

### Super-fat

- Mango butter (for super fat): 40g (5%) – added after cook for extra mildness

- Color options: Spirulina (green), turmeric (yellow), or activated charcoal (black) — add @trace.

## Instructions

1. Combine the listed oils. Melt hard oils, then add liquid oils
2. Prepare the lye solution using NaOH and liquid in the specified ratio. If using full milk as liquid replacement then freeze milk into ice cubes before use with lye and while making lye solution add lye slowly for avoiding scorching milk and unpleasant smell and color.
3. Add lye solution to the oils once both are at the correct temperature. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
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 super fat and extras: Turn off heat, then stir in mango butter (for super fat), 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 4-6 weeks for best texture.

## Benefits:

Gentle and Moisturizing, Oats soothes irritation and provides mild exfoliation.

Rich in Lactic Acid

Great for most skin type

Creamy, bubbly and Nourishing

Turmeric: Brightens and evens the complexion.

Vitamin E: Antioxidant protection and extended shelf life.



## 100% Olive Oil(Castile) Milk Soap

Batch: 50 oz (oil weight)

### Lye Solution

- Sodium hydroxide (lye) – 6.1 oz
- Distilled water – 7 oz(Citric acid)
- Frozen Goat milk – part of milk blend (8 oz total combined with cow milk and coconut milk)

### Oil Blend

- Olive oil (extra virgin and regular) – 50 oz

### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb.
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.
- Activated charcoal 2 tsp.
- Sodium lactate 2 tsp. in lye water
- fragrance oil – 0.5 oz

### Super-fat: 10%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid oils
2. Prepare the lye solution using NaOH and liquid in the specified ratio. If using full milk as liquid replacement then freeze milk into ice cubes before use with lye and while making lye solution add lye slowly for avoiding scorching milk and unpleasant smell and color.
3. Add lye solution to the oils once both are at the correct temperature. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 months before using it. You will get hard bar soap ready to use.

- Benefits:
- Gentle and Moisturizing, very mild, no cleaning value but milk helps
- Rich in Lactic Acid, mild exfoliating with charcoal benefit
- Great for sensitive skin type and dry skin
- Suitable for babies if you don't use charcoal
- Clay and oats provide gentle exfoliation and skin softness.
- mixed milks increase creaminess and moisturization

# Soap

## Batch

### Lye Solution

### Oil Blend

### Additives: Optional Add-ins

### Super-fat

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% or mentioned in recipe
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.
- Buttermilk powder: 1 tsp. per lb

## Instructions

1. Combine the listed oils. Melt hard oils, then add liquid oils
2. Prepare the lye solution using NaOH and liquid in the specified ratio. If using full milk as liquid replacement then freeze milk into ice cubes before use with lye and while making lye solution add lye slowly for avoiding scorching milk and unpleasant smell and color.
3. Add lye solution to the oils once both are at the correct temperature. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

## Benefits:

- Gentle and Moisturizing
- Rich in Lactic Acid
- Great for most skin type
- Creamy, bubbly and Nourishing

## 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
- Distilled water 5 oz  
Remaining 4 oz coconut milk added in oil mixture addition to milk fat

### 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 (coconut oil): 3.60 oz (12%)
- Avocado Oil: 3.00 oz (10%)
- Castor Oil: 1.80 oz (6%)

### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% or mentioned in recipe (Fragrance: 1.50 oz (5%))
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.
- Buttermilk powder: 1 tsp. per lb.
- Turmeric : 1 tsp.

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

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid 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. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

### Benefits:

- Gentle and Moisturizing
- Rich in Lactic Acid
- Great for most skin type
- Creamy, bubbly and Nourishing

## Soap with olive oil and sunflower oil (Vegan)

Batch Weight: 23.41 oz

### Lye solution

- NaOH (Lye): 2.26 oz (97% purity)
- Water (Liquid): 6 oz

### 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%)

### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% or mentioned in recipe (Fragrance: .64 oz (4%))
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.

### Super-Fat: 5%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid 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. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

### Benefits:

- Gentle and Moisturizing
- Great for most skin type
- Creamy, bubbly and Nourishing

## Mild cold process soap (vegan)

### Lye Solution

- lye: 2.25 oz (sodium hydroxide )
- Distilled water 4.49 oz

### Oil Blend

- 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

### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% or mentioned in recipe (0.64 oz of fragrance oil)
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.

### Super-fat 5%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid 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. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

### Benefits:

- Gentle and Moisturizing
- Great for most skin type even sensitive skin
- Creamy, bubbly and Nourishing feel Luxurious

### Variations:

- You can choose activated charcoal instead of other clay to make charcoal soap
- You can choose espresso liquid frozen in ice cube instead of distilled water to make coffee bar soap

## Sunflower oil (High oleic) Bar Soap

Batch: 49.60 oz

### Lye Solution

- NaOH (Lye): 4.48 oz
  - Liquid (Water/Other): 10 oz
- Distilled water 5 oz  
Coconut cream 5 oz in oil  
Citric acid: 2 tsp in water before adding lye

### Oil Bland: no olive oil

- 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 (Coconut cream): 3.20 oz (10%)

### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% or mentioned in recipe (0.96 oz)
- Kaolin Clay: 1 tsp. per lb.
- Sodium lactate: 2 tsp
- Colloidal oats: 1 tsp. per lb.
- Buttermilk powder: 1 tsp. per lb.
- Turmeric, saffron, sandalwood powder

### Super-fat 5%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid oils
2. Prepare the lye solution using NaOH and liquid in the specified ratio. If using full milk as liquid replacement then freeze milk into ice cubes before use with lye and while making lye solution add lye slowly for avoiding scorching milk and unpleasant smell and color.
3. Add lye solution to the oils once both are at the correct temperature. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.



Benefits:

- Gentle and Moisturizing
- Rich in Lactic Acid
- Great for most skin type
- Creamy, bubbly and Nourishing and conditioning bar
- conditioning, cleansing, and lathering
- gentle, aromatic soap keeping fragrance for longer time.

## Lavender Shea Soap

Batch 49.8 oz

### Lye Solution

- Water: 12.2 oz
- Lye (NaOH): 4.6 oz

### Oil Blend

- 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%)

Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% Fragrance (Lavender / rose EO): 1.0 oz
- Clay: 1 tsp. per lb.

Super-fat 5%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid 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. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

### Benefits:

- Gentle and Moisturizing, Creamy, bubbly and Nourishing
- Great for most skin type

## Triple butter milk soap

Batch 83.89 ounces

### Lye Solution

- NaOH (lye): 7.75 ounces
- Liquid: 8 ounces water, 10 oz milk or combination

### Oil Blend

- 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)

### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% -1.62 ounces
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.
- Buttermilk powder: 1 tsp. per lb

### Super-fat 5%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid oils
2. Prepare the lye solution using NaOH and liquid in the specified ratio. If using full milk as liquid replacement then freeze milk into ice cubes before use with lye and while making lye solution add lye slowly for avoiding scorching milk and unpleasant smell and color.
3. Add lye solution to the oils once both are at the correct temperature. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.



Benefits:

- Gentle, nice creamy, bubbly, mild, conditioning and Moisturizing soap
- Rich in Lactic Acid
- Great for most skin type
- Creamy, bubbly and Nourishing

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

## Sea Salt spa bar

### Batch 2 lb batch

#### Lye Solution

- Sodium Hydroxide (lye): 0.265 lbs. (120.05 grams)
- Water: 0.585 lbs. (265.56 grams) Sugar and citric acid added to water before adding lye replace half the water with milk, rice, coconut, or buttermilk

#### Oil Blend

- 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)

#### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% - 4% of oil weight
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb
- Sea salt 20%

#### Super-fat 15%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid 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. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, add sea salt then add fragrance if you choose.
5. Pour into individual mold and cure as needed. Unmold after 8-10 h. cure 4-6 weeks

### Benefits:

- Great for occasional use or summer
- Creamy, bubbly, spa like feeling and Nourishing



## Grocery shop Soap (no olive oil)

### Batch

#### Lye Solution

Naoh 4.09oz  
Liquid 10 oz ( 5 oz water with lye+ 5 oz coconut cream in oil

#### Oil Bland

- 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

#### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5% or mentioned in recipe
- Activated charcoal: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.

#### Super-fat 5%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid oils
2. Prepare the lye solution using NaOH and liquid in the specified ratio. If using full milk as liquid replacement then freeze milk into ice cubes before use with lye and while making lye solution add lye slowly for avoiding scorching milk and unpleasant smell and color.
3. Add lye solution to the oils once both are at the correct temperature. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

### Benefits:

- makes very moisturizing bubbly cleansing bars.



## Coconut bliss (cold process soap)

Batch 32 oz oil

### Lye Solution

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

sodium hydroxides 3.31 oz

### Oil Blend

Coconut oil 80% as 25.60 oz

coconut milk 20% as 6.40 oz

### Additives: Optional Add-ins

- Honey/ Sugar: 1 tsp. per lb. (Dissolve in little warm water)
- Essential oils 3-5%
- Clay: 1 tsp. per lb.
- Colloidal oats: 1 tsp. per lb.

### Super-fat 25%

### Instructions

1. Combine the listed oils. Melt hard oils, then add liquid 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. (below 100 f)
4. Mix lye solution into oil slowly until light trace happens, then add Additives mix well, then add fragrance if you choose.
5. Pour into mold and cure as needed. Unmold after 24- 48 h.
6. Cure 4-6 weeks before using it. You will get bar soap ready to use.

### Benefits:

- Nice bubbly hard soap

