

SOAP MAKING



71 Handmade soap recipes

Orest Boket

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Soap Making: 71 soap recipes

by Orest Boket

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Tools for soap making

Some of the tools, which will be discussed, will be needed only in the manufacture of soap "from scratch".

For making soap at home are suitable utensils and tools made of glass, plastic and stainless steel.

Pots, bowls and cups for mixing must be large enough so that you can put all the components in them and still have room for the free mixing.

Capacities where there will be an alkaline solution, should be heat resisting. All items that you use for making soap in any case no longer use for food.

The most important tool - exact scales with divisions isn't less 1 gram. The scales should be large enough such that it could accommodate a half-liter of liquid. Fluid will be measured by weight rather than volume, to maintain measurement accuracy.

We would also need goggles, gloves and an apron to protect; hand grater for rubbing soap base or soap residue, a machine for grinding plants.

For the molds can be taken out of the cups of yogurt, disposable tableware, food containers, silicone bakeware. Also on offer are special silicone molds for soap. You can still use plastic or silicone molds for ice. These molds come in handy if you want to create a tiny soap for decoration.

Necessary equipment and tools to make soap:



1. Balance with a big bowl
2. Food Thermometer
3. Spoon made of stainless steel or plastic strainer
4. Measuring spoons of stainless steel
5. The glass pipette for dispensing essential oils and liquid dyes
6. A large bowl for mixing
7. Heatproof bowl or jar with markings and spout



8. Double boiler and pans of stainless steel

You can use the microwave.

9. Sharp knife

We need to cut the soap base and to trim the edge of the finished soap.

10. Moulds for soap

11. Spray oil

12. Mortar and pestle for grinding dry leaves and grass



13. Beaters, graters, spatulas, clips, funnel, sieve

Beater needed for mixing the ingredients. The sieve is used for filtering of a hot basis at its flood in the form that soap was without lumps.

Grater need for rubbing baby soap, grinding of various fillers, such as, for example, lemon peel or orange.

14. Moulds for cookies

15. Goggles, gloves, mask, towels and cloth for wrapping of soap

16. A small spray

Its filled with rubbing alcohol or vodka-drenched and sprayed in the form of a soap base. It improves coupling with a following layer at manufacturing of multilayered soap and removes bubbles from a basis surface.

Oils You Can Use To Make Homemade Soap

Choosing the best oils for your soap creation is oftentimes the main key to a perfect bar of soap.

Oils come in different forms (saturated, unsaturated, superfatting and scenting oils and/or fats) and smells. It's a must for you to be familiar with them, especially if you feel that you are in an experimenting mood and may want to try different oils for different soap outcomes.

Here are just a few of them that you can use:

Almond Oil (Sweet)

A light moisturizing oil that absorbs well, it produces a low lather and is efficient when it comes to soaps – add an ounce per pound of fats to your soap mix at trace (this is the term used for the stage where the soap/lye mixture thickens).

Avocado Oil

Used for superfatting (if you add any oil or substance at this stage, the ingredient stays in its natural form and won't be blended with the mixture), avocado oil is a great moisturizer and its healing properties come to full blast as you include it in your batch. Rich in vitamins A, D and E, you can use it up to 30 % as a base oil. You can use this when you are making baby soap, as this is often used in gentle soaps for people with sensitive skin.

Coconut Oil

This is the oil that does all the magic for your soap – it gives out a bubbly later when your final product is ready for use. Don't use too much of this though, as an excess of this will be too much drying of your skin. It makes a white, very hard bar of soap which lathers even when you use sea water or hard water. Use only 20 to 30% of it in your base oils.

Cottonseed Oil

While this produces a generous, thick and lasting lather, it is recommended that this be used sparingly as it can spoil easily, depending on what season you are in. Should you decide to use this, a maximum usage of 25% of total base oils is recommended.

Evening Primrose Oil

Absorbed quickly, it gives the skin essential fatty acids that are said to stop bacterial growth in its tracks and encourages antibodies so the skin will be better at fighting off infection or inflammation. Not recommended as an additive in soaps that are made for oily skin. It is recommended to use 2 tablespoons per 5 pounds of soap, to be added at trace.

Grapeseed Oil

Another lightweight, moisturizing oil that is easily absorbed by the skin, this is oil that has no greasy after-feel. It doesn't usually have a long shelf life, so it is best recommended to treat it with rosemary oleoresin extract. Use an ounce per pound at trace.

Hazelnut Oil

An excellent moisturizer for both soaps and lotion, but only has a 3 to 4 month-shelf life. It is best that you use not more than 5% of this in your recipe, and it is recommended that you add rosemary oleoresin extract to the batch (but preferably to the oil itself) to prevent the soap from going rancid.

Honey

This is obviously not oil, but can be added to the mix to help retain skin moisture – same way that glycerin works. Recommended usage is at 2 tablespoons per pound of oil to be added at trace.

Jjoba

Used as a superfatting oil, this is very good at conditioning and moisturizing the skin. It has health benefits (especially for people with psoriasis and for people with spots and acne conditions), good for sensitive and oily skin, and is suitable for all skin types. Add only one or two ounces per pound at trace.

Lard

To be used as a base oil, lard will tend to be soft, and may not be at its best when introduced to cold water. This should be combined with vegetable oils. This recommended at 70% the maximum of total oils.

Time, patience and tons of experience will teach you the right oils to use.

Soap Making Methods

Cold Process

This is probably the most commonly used soap making method. This involves making soap from scratch using fats or oils, and lye. It takes more time to create cold process soaps than it is to make soaps through the other methods. This method provides for a certain degree of freedom when designing recipes. The following are the Pros and Cons of cold process soap making:

PROS

- You have control over which ingredients to use in your soap.
- Your soap is made from scratch.
- You can create recipes that serve various purposes, like anti-acne soap or whitening soap, since you are allowed a bit of flexibility in the choice of ingredients.

CONS

- This method requires that you handle lye. You'd have to learn how to create lye solution and how to handle or store it safely.
- May not be so appealing to beginners since this process requires a LOT of utensils and materials to start.

- This method takes time to complete. Especially since you will need to wait for 2-6 weeks before it's safe to use your soap.

- More cleanup to do afterwards.

- Requires exact measurements of lye and fat amounts and computing their ratio, using saponification charts to ensure that the finished product is mild and skin-friendly.

- You need to use EXACT measurements of fat and lye and you also need to compute the right ratio between them. You'll need to learn how to use SAP charts and lye calculators to make sure that your soap is skin-friendly.

Hot Process

This is where the saponification stage in cold process is sped up by boiling lye and fat together at 80 to 100 degrees Celsius. The mixture is stirred as it is "cooked" until it goes through the various stages of saponification. Once ready, excess water is evaporated and the soap is poured into molds.

PROS

- Less cleanup to do afterwards (compared to cold process)

- The soap you make is ready more quickly.

- You use less amount of fragrance than you do with cold process.

CONS

It's difficult to take out of plastic molds. You would have to modify your recipe and method in order to make your soap work well with plastic molds (i.e. use more oils).

- Again, you have to learn how to handle lye safely.

- Really requires attention to detail since you will have to be more careful as you "cook" the soap.

- You will have limited time to add colorants, additives and fragrances, and to pour soap into your molds.

Melt-and-Pour

This comes next to cold process in popularity among soapmakers since it is probably the easiest to make. Note that the term "melt and pour soap making" is in actuality a misnomer, since no actual saponification is observed in this method. In this process, pre-made bars of glycerin soap are melted in either a double broiler or a microwave oven in 30-second bursts. Once melted, colorants and fragrances are added then the soap is then poured into molds.

PROS

- No lye involved.
- Easy and inexpensive, it's a method that's great for soap making beginners.
- You only need a few ingredients to begin.
- No curing necessary. Your soap will be ready to use immediately after it hardens.
- You are given lots of freedom when it comes to aesthetics - in casting your soap and in adding fragrance to it.

CONS

- You have limited control over the ingredients in your soap. Your final soap is only as good as the soap base you buy.
- Some soap base manufacturers add chemicals to the glycerin soap you're using to make it melt better or to increase its lather. Your soap may not be as natural as you think it is.

Rebatching

This method is also called hand milling. It is technically another form of cold process soap making. Rebatching is frequently used by soapmakers as a workaround for adding fragrance or essential oils that cannot withstand the high temperatures involved with cold or hot process soap making. This is also another technique used to salvage "failed soap experiments" or soaps that may have cracked or separated while being saponified. Just like in melt and pour soap making, there is no saponification observed in rebatching. In this

method, solid soap is finely grated and then remelted with liquids (either water or milk) using various techniques. The choice of liquid affects the texture of the melted soap later.

PROS

- Helps you get the most out of fragrance or essential oils since the additives aren't affected by the harsh lye (since rebatching is done post-saponification).

- This method can be used to test out fragrance blends.

- You can use this to save your "failed experiments".

CONS

- Oftentimes, the soap never really remelts completely. Most of the time the soap ends up being a gloppy, chunky, thick and opaque mass of soap that's hard to get into molds.

- It's likely that air bubbles will get trapped in the bars and it will be hard getting a smooth surface for your soap bars.

- You have to exert a whole lot of effort getting your soap mixture to get squished into the molds. Some soapmakers prefer to put on gloves and really force the soap glob to fit in the mold. Others prefer to bang the mold against the solid surface of a table or counter to get rid of any trapped air bubbles.

Whatever method you choose to start with your soap making endeavours, never be complacent about safety. Especially when it comes to handling lye or cooking appliances. If you're new to the soap making craft, it would be better if you started off with melt and pour soap making since it's the easiest and it helps you familiarize with basic soap making jargon, get used to carefully measuring ingredients and learn how to balance additives without having to deal with anything too complex or too involved. Not to mention that it's the most fun among the four.

Soap making recipes

Cold Process Recipes

Lavender Cream Soap Recipe - Cold Process

4 oz. olive oil

2.5 oz. coconut oil

1.5 oz. palm oil

1.12 oz. Lye

2.5 oz. lavender infused water

1 oz. half-n-half

1/4 fl. oz. lavender essential oil

1/4 tsp. freesia fragrance oil

Add the half-n-half to the lye water after it has dissolved. Make as normal. The lavender water should have the flowers removed before using. All ingredients are by weight unless otherwise noted.

Olive Oil Soap Recipe - Cold Process

16 oz. pure olive oil

2 oz. Lye

6 oz. water

Heat oil to 150° and add the lye to the water slowly while stirring with a wooden spoon. Mix lye solution and oils when the oil is at 120-130° and the lye between 90-100°. Mix them together until it comes to a trace. Pour it into a mold and let set 72 hours before unmolding. You can add scents, colors, herbs, etc. at trace.

All Purpose Soap Recipe

24 ounces of Olive Oil (Pomace or other inexpensive olive oil)

24 ounces of Coconut Oil

38 ounces of Lard

12 ounces of Lye

32 ounces of Water

1.6 ounces of Soap Crafters Cold Process Soap Fragrance

Tracing will happen in about 1 hour.

Easy Crisco Soap

3 lbs. Crisco (1 can)

6 oz. Lye

12 oz. water

Melt/heat the Crisco in a enamel pan and place on stove to melt and heat.

Place cold water in a glass bowl and slowly add lye while stirring with a wooden. Stir until water is clear if you can.

When the Crisco and lye are warm to the touch, pour lye into Crisco while stirring. Keep stirring until you get trace.

Trace is when it thickens to the point where you can drop some of the mix back in to itself and it leaves a trail. At this point use any herbs, scent, or coloring and stir and pour mold(s). This recipe fits nicely in an 8x8 inch container, but other containers, such as pringles cans or specialty soap molds work just fine, too.

Put molds in a warm, insulated place, let set 24 hours and then cut. Place on to rack and let cure for 2-3 weeks.

Spiced Milk and Honey

48 ounces shortening

22 ounces coconut oil

16 ounces olive oil

24 oz. cold water

12 oz. lye crystals

Temperatures: around 100 degrees

After incorporating the lye solution with the oils, add:

12 oz. can evaporated milk, warmed (for lighter colored soap with firmer texture, you can use only 6 oz. evaporated milk and increase the water by 2-4 ounces)

1/4 cup honey, dissolved into milk (for a lighter color and less tendency to separate, you can cut this back to 1 T.)

At light trace, mix in:

3/4 oz. cinnamon oil

1/2 oz. clove oil

The essential oils will accelerate trace, so be prepared to quickly pour the soap when it starts to thicken. The milk will turn color as you watch after being added. Maybe if it had been cooler, it wouldn't have gotten quite so dark, but the color goes well with the spices. In the future, I will not insulate a batch like this until it begins to cool after going through the "gel" stage. Rachael had a different method for mixing her milk soap (on the Soaps Using Animal Fats page) and you might prefer to do it that way. Other people have used this method and it has worked fine...not sure what I did, but glad to be able to use the soap in the end. It will take longer to cure than some of the other batches, partly because of the extra water added during remelt and because of the milk content.

Mint Swirl Avocado Oil

37 ounces soybean oil

24 ounces coconut oil

16 ounces olive oil

8 ounces avocado oil

12 ounces lye crystals

24 ounces cold water

Temperatures between 90 and 100 degrees.

Add at light trace:

1 oz. spearmint essential oil (2 T.)

1/2 oz. peppermint essential oil (1 T.)

1/4 oz. eucalyptus essential oil (1/2 T.)

After mixing in the essential oils at light trace and while the soap is thickening, but still rather pourable pour most of the soap into your large mold

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