

Simple Cold Process Soap Recipe and Instructions (Beginner)

Materials Needed

- 1 Gallon Distilled Water*
- 2lb Sodium Hydroxide Lye
- 1lb Olive Oil*
- 1lb Palm Oil
- 1lb Coconut Oil
- 1lb Castor Oil
- 2oz Skin-Safe Fragrance Oil
- Skin-Safe Mica Powder (Optional for Color)
- Rubbing Alcohol*
- Wood & Silicone Loaf Mold
- Goggles or another form of eye protection*
- Nitrile Gloves*
- Stick Emulsifying Blender*
- Digital Scale
- Infrared Thermometer*
- Multiple Heat-Safe Mixing Bowls*
- Heat-Safe Measuring Cup or Pitcher*
- Heat-Safe Spoon or Spatula*
- Sharp Knife* or Soap Cutter

*Not available to purchase at our store

Instructions

PLEASE NOTE: Lye is a harmful chemical when not used properly. Use in a well-ventilated area away from pets and children. Take precautions for using lye. Wear gloves, long sleeves, and protective goggles. Work in a well-ventilated area. Use heat-safe silicone, plastic, or stainless-steel products (NEVER glass or aluminum) when working with lye.

PREPARING BASE OILS:

1. Completely melt the palm and coconut oil in the bottles using a hot water bath.
2. Weigh out 9 oz of melted coconut oil and add it to the mixing bowl.
3. Weigh out 9 oz of melted palm oil and add it to the mixing bowl.

4. Weigh out 13.50 oz of olive oil and add it to the mixing bowl.
5. Weigh out 1.50 oz of castor oil and add it to the mixing bowl.

PREPARING LYE WATER SOLUTION:

1. In a heat-safe cup or bowl, weigh out 4.60 oz of lye.
2. In a different heat-safe cup or pitcher, weigh out 10.90 oz distilled water.
3. Add the lye granules to the container with the distilled water (NEVER ADD WATER TO LYE).
4. Stir until all the lye is dissolved and the mixture turns clear (Make sure not to breathe in fumes)
5. Set the lye water aside to cool in a place it won't be disturbed.

MAKING THE SOAP:

1. Wait until the lye water cools down between 110°F and 130°F and the oils are also between 110°F and 130°F. (If necessary, reheat the container of oils in the microwave until they are the correct temperature.)
2. Add lye water to the melted container of oils. Slowly pulse the stick blender on and off in short bursts, stopping and using it to stir between bursts. Make sure to move the blender all around the bowl to get all parts combined.
3. Once you get to a pudding-like texture (known as medium-trace) and all oils are fully combined, weigh out and add 2 oz of fragrance oil and 1 tablespoon of mica powder (optional). Stick blend until fully mixed in.
4. Once the fragrance (and mica, if used) is fully incorporated, pour the soap batter into the silicone part of the Wood and Silicone Loaf Mold. Use a silicone spatula to scrape out any remaining batter from the container.
5. Tap the mold on the counter a few times to get rid of air bubbles. (Optional: Spray the top of the soap with rubbing alcohol to prevent soda ash)
6. Place the mold in a safe place where it won't be disturbed (away from children, pets, etc.)
7. Allow the soap to harden in the mold for 2-4 days. Remove the soap from the mold. If the soap sticks to the mold or seems very soft, wait another day.
8. Using a sharp knife or a soap cutter, cut the soap to your desired bar size.
9. For best results, allow the soap to cure for 4-6 weeks in a well-ventilated area before use.