Soap Making Made Easy

Beginner's Guide To Making Soap
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The Wonderful World of Soap Making

If you're reading this then, you are probably about to start your own journey into the entertaining world of making your own soap.

Everyone has their own reasons for wanting to make their own soap, but for me, it started out as wanting soaps that are pure, natural and soaps that would have the scents that I like. I also wanted to get away from commercial soaps and all the chemicals that are in them and have really good quality soaps.

One day, while attending a craft show, I found a delightful display of homemade soaps. The smells were absolutely wonderful and had such a feeling of freshness and purity that I immediately fell in love with them.

I spent a great deal of time talking with the person who made them and was now selling them. I learned so much about soap and how to make it, that I decided to look into it myself.

I took home my new purchases and didn't think much more about them until one day I used one for a special occasion. This is the point where my life began to change.
I was shocked at how rich and creamy the soap was and how I had tons of lather. This was something I had never experienced before. The smell was heavenly and I could have stayed in the bath forever, just smelling the wonderful fragrance of the soap.

It was at this point that I realized that I could do this myself and it would also help to fulfill the creative side of me.

Within days I was at the local bookstore looking for books that would tell me how to get started on this wonderful journey.

This is where I hit my first road block. There were so many books on soap making and they all seemed to be talking about different types of soap making processes. I couldn't understand why there was not a book that talked about all of them.

Then I found that some books were too far advanced for me and I was a beginner. There were books that were only recipes and I was lost in the terminology. In the end I bought a number of different books with the hope that I would have the full picture of what I was getting into.

As the years passed and I became far more proficient at soap making, I decided to write a book about soap making that would be helpful for beginners.
Soap Making Made Easy
A Beginners Guide To Making Soap

A book that guide them through the process from start to finish, so that they would have a complete understanding of everything that's in involved with soap making.

I've included all the basics of making soap, the different kinds of soaps you can make, from beginner on up and included recipes that are tried and true. You'll learn about different ingredients, essential oils, types of equipment you will need and molds that you can use and so much more.

There's a glossary of terms and tables to help you mix essential oils, as well as some online resources, if you want to order certain products not available where you live. I briefly talk about starting your own business, should you want to go in that direction.

Most of all, I strive to teach you everything you need to know from A-Z in the world of soap making. Enjoy the experience.
Introduction

In today's world more and more people are looking for natural solutions to some of the products they are using, especially when it comes to their bodies.

Just as doctors are promoting a healthier lifestyle by choosing natural foods to put in your body, others are becoming more aware of things they are using on the outside of their bodies.

As people begin to look toward natural products, as an alternative to commercial soaps with all their additives, more and more they are turning to natural homemade soaps and looking for someone to supply them.

Health food stores often have these soaps, but there is also a cottage industry sprouting up to help meet the demand. Others are making it themselves and finding it an amazingly satisfying and creative hobby.

Beside being inexpensive, homemade soap is chemical free, made from pure ingredients and you have the satisfaction of personally knowing what things have gone into your homemade soap.
People who suffer from skin conditions of all varieties are also turning to making their own soaps in an effort to help control conditions such as acne, psoriasis and eczema.

There are basically four different types of methods that are used to make soaps and they each have their own techniques as well as their own level of difficulty.

The melt and pour process of soap making is great for beginners. You are not using lye, but simply a glycerin base.

You add essential oils or fragrances to your mixture, as well as some coloring and basically you're done. This is also a great way to introduce children and teens to the joys of the soap making process. It's easy, not dangerous and they will garner instant satisfaction from the efforts they have put into it.

Cold process soaps involve using lye or sodium hydroxide and water. Added to it are fats and oils, along with a range of different additives, all totally natural. Aloe Vera is popular as are coconut oil, fruits and vegetables as well as any number of natural herbs.
Hot process of soap making simply involves using heat, in order to burn off excess liquid. This is not usually the first choice that beginner soap makers choose to start with, but as the beginner starts to gain more confidence in their soap making abilities, it often becomes one of their favorite methods.
Soap bases are simply something you buy in bulk at a store or an online supplier. They will be used as the base for the soap you are going to be making.

If you are making glycerin soaps, you will start with a chunk of glycerin as the base for your soap and then proceed to add your other ingredients.

Glycerin soap bases can come in clear, white, or vegetable. This soap base is more often used in melt and pour soaps, than in any other kind of soap.

Glycerin is simply a liquid that has no color, is thick, a bit sweet and comes from vegetable and animal fats.

You can actually use it for many things besides making your soap. For instance, it is used in the making of dynamite as well as being used as a lubricant for hydraulic equipment.

You'll find it in cosmetics, ink and lotions. In many food items it's used as an additive and as a substitute for sugar. Even when canning fruits or jellies, you'll be using glycerin.
When it comes to a safe base for soap, glycerin is great.

Lard is another soap base. It’s also known as one of the most popular bases, as it produces a thick creamy lather, has conditioning properties and will make your finished soap product harder.

Many soaps today are made from fats and oils that react with lye (sodium hydroxide). Solid fats like coconut oil, palm oil, tallow (rendered beef fat), or lard (rendered pork fat), are used to form bars of soap that stay hard and resist dissolving in the water left in your soap dish.

Another type of base is soap chips. If you want to make a liquid soap, these are a common base for this type of soap. You can use stored up tiny pieces of soap, or go out and buy a basic bar and shave it using a grater.

Most beginners will be using a recipe and your base will already be determined for you. As you look at different recipes, make sure that you look at the different types of bases being used, so that you are getting the one you will feel most comfortable using as a beginner.
Ingredients

Essential oils are basically essences that are highly concentrated and extracted from numerous different plants. Often you find them used therapeutically, but they are also the most popular way of scenting your soap. There are a number of essential oils available to the soap maker and many soap makers will combine different essential oils, in order to achieve their own special brand or scent.

You do need to consider that not all essential oils are beneficial and therefore you must carefully determine the safety of any oil you choose to use in your soaps.

You must also make sure that the oils you choose will not cause irritation to your skin, as well as being aware that some oils can cause problems in the soap you are making.

Most commonly citrus oils can cause your batch of soap to curdle, so take great care using them.
Essential Oils & Fragrance Oils

Do you know the difference?

Essential oils, also known as aromatherapy oils, are oils that are considered to be volatile. They are usually extracted from plants.

Fruits are partially made of water and therefore have no volatile oils that can be extracted in large quantities. This is one of the reasons why there are no volatile fruit oils.

When it comes to fruit aromas for your soap, you can get fragrance oils. They are usually made from synthetic or natural ingredients in order to have the aroma, or scent, of any particular fruit.

They carry no therapeutic properties that are normally found in essential oils and are man made.
They only type of fruit that will be found in essential oils, are ones that are derived from the citrus family. The reason for this, is that the oil comes from the rind of the fruit and occasionally from the plant leaves.

Most of us have experienced these oils when we have peeled fruit from oranges or lemons and have felt and smelled the essential oils. This is aromatherapy at its most purist level.

**Castile Soap**

A favorite and easy soap to make is castile soap. This is usually made with olive oil and is a very mild and gentle soap. It's wonderful for baby soaps.

If you want natural then Castile soap is the product for you. This type of soap is normally made from only purest vegetable oils and not from any animal fats, or any synthetic substances.

For really pure Castile soap, you should use olive oil, but you can also use oils from coconuts and jojoba. This is also a soap that is highly biodegradable and safe for the planet.
Many people also use this soap for washing their hair and normally find they do not even need to use conditioners after rinsing. So besides using it in the bath or shower, give it a try on your hair as well.

You can also make liquid Castile soap, for those who want to use it as a pet shampoo. Men like to use this soap in place of shaving lather because it is so rich and creamy, which means that it is also great for women who are shaving their legs.

So, when it comes to using this soap, think in terms of the many different uses and remember that it is one of the richest, purest soaps you can make for your family.
Facts About Lye

Lye, although hard to find, can often be found in hardware stores. It is important to make sure that it is 100% sodium hydroxide and that it is sold in a granular form.

*Do not buy Drano.* It contains other ingredients that will have an adverse affect with saponification and will result in irritation of your skin.

Lye can also be ordered online, but you will usually have to fill out a hazardous material form in order to get it shipped to you.

Soap has always been made using lye. In olden times it was made from the rendering of animal fats and adding lye which came from leaching ashes.

Some feel that lye soap is harsh and store bought soap is better. Nothing could be farther from the truth. Basically all soaps are made using lye, including Castile soap, which is used on newborn babies. Once the process of making soap is completed, the lye is rendered safe enough to eat. So don't fear using lye in your soap recipes.
Oils and Fats

Oils and fats are both easy and hard to find. Olive oil, shortening and vegetable oils, are of course easily found in your grocery store. It's a little more difficult to find oils such as avocado and coconut oils, but many specialty grocery stores should have them. For Castor oil you should be able to find large quantities in your local pharmacy. For wheat germ oil and almond oils check out your local health food stores.

Additives

Believe it or not, you will generally find the most common additives that you need right in your own kitchen. Oatmeal for instance is a common staple in most households. Other additives such as herbs can normally be found in your local grocery store, or grow your favorites right in your own back yard for even more savings.

A health food store should be able to provide you with things such as Aloe Vera, vitamins, supplements and vitamin E in capsule form. Try shopping in some of your local ethnic grocery stores for even more unusual substances to add to your soaps. You also should try to buy organic whenever possible. With all the different pesticides used these days, the last thing you want is them leeching into your soaps.
Next we move on to the different types and pieces of equipment you will be using.

Most of these you will already have in your home and you will not need to go out and spend more money buying them.

First you need a food scale that is very accurate. You will measure things such as oils, fragrances, additives, lye and even the amount of water you will be using.

You will be using lye and it is crucial that you have rubber gloves and safety goggles. It is extremely important to protect your eyes and your skin, when working with any kind of lye solution, or even raw caustic soap.

You will need a heat resistant 2-3 quart pitcher that is made of stainless steel or plastic. Most people prefer plastic. It's less expensive and works just as well as stainless steel.

Whatever you choose, make sure it comes with a tight fitting lid, as you will be using it to mix your lye solution.
It is wise to label this pitcher as LYE, in big clear letters, on all sides, as well as top and bottom. You do not want any accidents, where someone mistakes this liquid for something they can drink.

You will need a large plastic spoon or stainless steel spoon for stirring your lye mixture.

If you are starting out with small batches of soap, it is quite possible to simply use a large Pyrex pitcher to mix things in.

If you are only working with 2-3 pounds of soap, you should be fine.

If you are making large batches of soap, it is recommended that you get a stainless steel pot than can hold up to 8-12 quarts. It also must have a firm tight fitting lid for it. This will be known as your soap pot and will be used to melt your oils the blending of your soap.

You will need a 3 quart plastic or glass bowl. This will be used for your liquid oils before you start adding them to your other mixture.
You will need a couple of good cooking thermometers. This will be needed in order to monitor the temperature of your lye solution, as well as your melted oils.

Measuring spoons are used to measure small amounts of ingredients such as essential oils, additives and colors. You will need something from your kitchen that can hold the above items for measurement. Custard cups work very well.

A small whisk to help in blending your fragrances, colors or essential oils into your mixture.

Choose ladles made of plastic or stainless steel. These will help to remove bits of raw soap so that you can blend in the colors.

A stick blender. (Here I have to laugh, as I remember not having a clue what a stick blender was, yet most of the recipes I wanted to use told me to use this.)
This item will help to blend your oils with the mixture of lye so that the saponification process can start. It will help you to do it much faster than if you were stirring by hand. I’ve included a picture of one so that you will understand what a stick blender is. This is a common kitchen utensil.

Something to cut your soap with if your are making a large block. I prefer to use a guitar string as there is less chance of cutting myself and they work really well. I got this idea from a friend who told me the best way to cut a cake is by using dental floss. These items will cut much better and easier than a knife.

Last, but not least, you will need soap molds to pour your soap into. There are a number of different options to choose from that do not cost any money. Yogurt cups are very popular. If you are making a large batch try using a shoe box.

Tupperware containers are also very creative. As long as the container is leak proof you will be fine.

Take a look around your house and you'll be surprised at the number of different options there are available to you, without you having to go out and spend more money.
Choosing the Right Scale

Accuracy

Accuracy is going to be the key to the success or failure of your soap. I cannot stress enough, the importance of making sure the ingredient you are using have the correct weight and measurement.

I encourage you to invest in a good soap making scale. Make sure that is it highly calibrated, to ensure that you get the most accurate measurement possible. There are times that you will be taking a measurement into decimal points so make sure you purchase one that has this capability.

Maximum Weight

In purchasing a scale you need to look for ones that can accommodate the maximum weight you might be using. Beside being concerned that the scales are highly accurate, you will also need a scale than can hold large quantities of ingredients. If you are going to be making large batches, you need to calculate approximately what your ingredients may weigh.
If you were only measuring oils, you could easily get a scale that goes up to 10 pounds, but if you will be using large amounts of other ingredients, you may need a scale that can measure up to 100 pounds. Keep this in mind as you search for a good scale. Measurements can make or break your recipe and they need to be as accurate as possible.

**Digital Read Out Scale**

If you are going to take soap making seriously, you may want to consider investing in a good digital scale.

The more precise your measurements are, the better your chances for success will be. When you look for a scale, closely inspect the digital read out and make sure it is easy to see and read. You will at times, need to gather information quickly and the larger the readout the easier it will be for you to read.
Stable Scales

When considering the scale you want to buy, make sure that it is very strong and steady. You don't want it moving or sliding around the counter that you are working on.

Scales that move around can throw off your measurements. You want to ensure that your scale will be secure. I would also check to make sure that the feet of the scale have the benefit of non-slip materials to ensure maximum stability.

Battery or Electric Powered Scale?

When choosing your scale consider the size of your work space and where you will be putting the scales. You want your electric cord to be long enough to reach to the outlet but you don't want it getting tangled in any of the other equipment you will be using.

You may also want to consider choosing a scale that is battery operated. This will eliminate the problems that cords can introduce to your work space.

When you are working with caustic chemicals you do not want any risk of them spilling, so choose wisely.
**Tare Function**

Using the tare function will help to automatically take out the mass of the vessel that you are using when weighing your ingredients.

It should reset the display to zero even though your container is on the scale. This will allow for a more accurate reading of the ingredient you are using.

The tare button will allow you to record your data much more accurately. Make sure if you are sharing a recipe with someone else, that you tell the person how you made your calculation. It is important to buy a scale that has this function.

**Molds**

Choosing your molds is one of the most fun parts of making soap. There is such a large variety of choices you could probably experiment with different molds forever. Almost anything that can hold a liquid can be used as a mold for your soap.

Cardboard boxes that have been lined with wax paper are great for making large chunks of soap that will later be cut into smaller bars.
Any kind of plastic food container that you purchased at the grocery store, also will work well. Yogurt cups are a favorite of many soap makers.

Glass containers that are heat resistant also work well. Baby food jars are very popular.

Large pans that are made of glass, wood or stainless steel are great for large batches. One word of caution, do not use anything that is made of aluminum. It does not work well with any kind of soap.

Once you have exhausted items from around the house you can look at purchasing soap molds from a manufacturer or local craft stores. These are made specifically for soap products and come in all shapes and sizes.

You can also look into molds that are designed for candles, as long as they are not made of aluminum. This allows you to add even more designs to your collection.

On the other hand, some people like to make their own molds and allow their own creativity to flow, as they design all kinds of special types of molds.

For instance, you can go to a local lumber store and purchase lengths of PVC pipe, that are 2 or 3 inches in length. Be sure to purchase caps for the ends of the pipe.
Test caps are also good for molds. They fit inside the pipe and normally make for a flat bottom so that the pipe can stand on its own.

Plastic fast food containers that you get all the time are perfect as small molds.

You can also build your own soap molds from plywood or pine wood. You simply need a base, sides and end pieces. Put them all together with a glue gun and you're all set.

Another creative thing, if using wood, is to have a design carved into the bottom of wood. This will become your own distinctive marking for your individual soaps.

Consider using silicone soap molds. They come in all shapes and sizes and silicone will stand up to years of use.

There are sites online that will design a mold to look how you want. This can be very useful if you want your soap to have a very unique quality.

If you are thinking of starting your own soap business, this is an excellent idea to consider, not just for your own soaps, but specialty soaps for your customers.
Your Lye Solution

In choosing lye for your soap, make sure that you are purchasing a lye solution that solely sodium hydroxide and water. You do not want lye that is actually liquid drain cleaner as it will contain many other harmful ingredients.

When purchasing lye be aware that you must know the ratio of water to lye that you are considering purchasing. This should be clearly stated on the container you purchase. As an example, your bottle may say that it is a combination of 50% lye and another 50% water, by weight.

Another way to get lye is to purchase it in large quantities of 25-50 pound bags. Consider going in with other soap makers to purchase a large quantity. By purchasing in larger quantities, you will not have to constantly go through the ordering process every time you want to make soap.

Once you determined what type of lye you will be using, you then need a lye calculator to help determine the right amount of lye to use in your recipe.

This is where a lye calculator can come in very handy. I use an online lye calculator and highly recommend the one at this website.
http://www.thesage.com/calcs/lyecalc2.php
If you are using a liquid lye solution you may have to do some extra calculations.

Remember this lye already comes mixed at 50/50 water/lye. If your recipe says to use 5 ounces of lye and 10 ounces of water you would need to measure 10 ounces of the 50/50 solution. This means your solution would be 5 ounces of water and 5 ounces of lye. Now you need to bring up the amount of water so that you get the correct total for your recipe.

Using dry lye is much easier, as you will simply be adding the correct amount of water to it.
In-Depth Look At Lye Calculators and Specific Gravity

Although a little advanced for soap making for beginners, it's valuable to understand lye calculators, as well as understanding what specific gravity is.

If you jump ahead in your soap making learning and start to try your own recipes or substitutions, it's good to have a basic understanding of what is below.

Fats used in making homemade soap have a saponification value. This is a value that is the amount of potassium hydroxide or sodium hydroxide, that is needed to convert one gram of oil or fat into soap. When you know the saponification value, then it's quite simple to calculate how much lye you will need for your recipe.

Most online sites have done considerable research to calculate the saponification averages and ranges that they use in their calculators.
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Since this is one of the most important steps, in your home soap making, I suggest you use two online calculators in order to double check the numbers. As you become more skilled at making soap and want to try your own recipes this will be one of your most valuable tools.

**Specific Gravity**

**Understanding and Using It**

It's not as scary as it sounds. It simply helps with volume vs. weight issues. You'll need to gather water, glass jars or bowls and a few other ingredients we'll discuss later.

Water has a specific gravity of one.

An essential oil can have an approximate specific gravity of .89 Almond oil has an approximate specific gravity of .92

Glycerin has a approximate specific gravity of 1.21

So to define specific gravity it is simply one fluid ounce of a product and the actual weight of that product in ounces.
Water has a specific gravity of 1. This means that one fluid ounce will weigh one ounce.

With the essential almond oil, one fluid ounce of it will weigh 0.92 ounces.

The glycerin has a specific gravity of 1.21. This means that one fluid ounce will weigh 1.21 ounces.

If you purchase a pound of meat the label would say it weighs 16 ounces. But if you buy 16 ounces of milk, the description on the bottle will say "16 Fluid Ounces". This is sold by volume.

Now take your clear glass jar and fill it with water, until it is about 3/4 full.

Add a tiny amount of the product you want to test and if it floats on the top of the water, then the specific gravity will be less than one.

On the other hand, if your product sinks to the bottom, then you will know that the specific gravity is more than one.
If the product disappears into the water and blends in, then this is not a product that you can use for this test and would be suspect in any soap making recipe.

Try different items such as honey, corn syrup or some of your favorite fragrance and watch the differences. Just don't mix any of the ingredients together.

After doing for awhile, it will not look or be nearly as scary as it sounds. It will give you a good foundation for understanding, should you want to venture into making your own soap recipes.

**Thoughts On The Use of Lye**

If you are using liquid lye do not heat it. Your instructions may tell you to have your lye/water solution at roughly 100 degrees, but the temperature of your solution of lye is not nearly as important as the temperature of your oils.

Room temperature should be sufficient for your lye solution. If you are working in a room with a very cool temperature you could put your solution (in its container), into a pot of hot water to bring the temperature up. As long as your solution is somewhere between 85-90 degrees you should be fine.
Caution, caution, caution!! Your lye solution will look identical to water and can cause very serious burns to your skin. It will cause burns much faster than dry lye will.

In liquid form this is a very dangerous chemical and you need to be extremely careful with it. It needs to be stored in a safe place and preferably, a very high place, out of the reach of small hands.

Last, make sure that you weigh everything. Do not use liquid measurements. Follow the above and you should be making perfect batches of soap in no time.
How to Make Bar Soap

The Basics Techniques

Bar soap is the most commonly made shape that soap makers choose. You can make your soap distinctive by choosing different combinations of quality essential oils, adding in some of your favorite fragrances and even coloring your soap with unique swirling patterns.

You can add designs to the soaps, or add any number of flowers or herbs. This is one way in which commercial store soap will never be able to compare with the luxury of homemade soap.

It's one of the main reasons they are becoming so popular, not to mention the fact that, for those who do not want all the commercial chemicals in store bought soap, homemade soap is an ideal solution to having the purest soap possible as well as one that is really good for your skin.
Methods of Making Soap

There are four main methods of soap making. The following are the most commonly used ones when it comes to making your own soap at home.

Melt and Pour Soaps

This is undoubtedly one of the easiest soaps to make, especially for a beginner.

There are many types of bases to choose from, but some of the most popular ones are glycerin, cocoa butter, goat's milk, Aloe Vera and honey.

The best part is that you will not be using lye with this process. This basically guarantees that your first batch will be a great success.

You can choose bases that are already colored, specialty bases like avocado and cucumber, cold cream bases and many others. Or you can choose simple bases such coconut, transparent bases or opaque bases.
Here are some tips if you want to do a bit of experimenting with Melt & Pour soaps.

First be aware that there are no preservatives needed with this type of soap, unless you are using milk, fruit, vegetables or other types of ingredients.

You can also use clays as a natural colorant as well as dry ingredients such as oatmeal, fruit seeds, such as pomegranate seeds or herbs. If you add these kinds of ingredients, it is wise to do it just as the soap is slightly cooling, or they will sink.

Be careful not to overheat the base, as this could make your soap brittle and will ruin the lather effect.

It is also important to package glycerin soaps immediately after removal from their mold in order to avoid any condensation.
Melt and Pour Soap Making For Children

One of the best bases for children to work with is a glycerin base.

They have a low melting point and with supervision it greatly lessens any danger of getting burned during the soap making process.

This soap is very gentle on the skin, has almost no scent and allows the children to be far more creative, by choosing their own scents or fragrances.

As an added bonus you can purchase bases that already have goat's milk, olive oil or coconut oils added to the base.

You can even order them pre-colored but this takes some of the fun out of the process. The more fun a child has making soap the more likely they are to stay interested. For children, it's all about putting their own creative touches to their finished product.
Another area of creativity for children is in choosing their molds. For the most part I recommend plastic molds, as they are probably the safest for children to work with. Your local craft store should be able to provide you with a variety of choices, including trays with unique motifs or individual molds. Plastic molds will last a long time even with repeated use.

Tube molds are great for kids to use and very safe. You can use them for small batches of soap or larger batches. No matter what the size of the mold, you fill it up to where you want.

When using a tube mold it requires a bit of preparation, but it's fast and easy. I normally use a bit of plastic wrap, about 5 layers and fix them to the mold with string or elastics.

Simply pour in a small amount of melted soap, so that it creates a seal for the base. Then just set it aside to harden. When you're ready to use it and pour your soap into it, you will find that it is now leak proof.

There are many different types of containers that you can use for molds. From plastic yogurt cups to foil dinner molds. If you take a good look around your kitchen and house, you'll be surprised at the number of molds you already have available to you right in your own home. Remember, when it comes to teaching soap making for children, it's the creativity that will keep their interest.
When you are ready to release your soap from the mold, simply push it out. If you have problems getting it out, just pop it into the fridge for 15 minutes and then it should come out easily. The cold air will help to shrink the soap a bit and make it easier to remove.

**Cold Process Soaps**

This is one of the most common types of soap to make. It's normally made from scratch using lye and oils.

This is what real soap making is and one of the most satisfying methods to use, when making soap. You are in complete control of what goes into your soap. It allows you to create a true art form and is one of the most unique crafting experiences. This is where your true creative side can come out.

This type of soap making process allows you to add extra fats and oils to the mixture that are very beneficial to the people who use them. The art of doing this is referred to as super fatting.
If you are a beginner, I don't recommend that you try this, until you have a bit more experience. When you are ready you must follow a recipe and follow it exactly, or you will definitely run into problems. That being said, you will find that a lot of recipes are already super fatted.

Below is a very good beginner recipe to try for your first batch of soap.

**Beginner Cold Process Soap Recipe**

4.5 pound Soap Recipe - makes just under 4.5 lbs of soap
16 ounces of Canola Oil
16 ounces of Coconut Oil
16 ounces of Palm Oil
6.9 ounces of Lye (5% super fatted)
15.8 ounces of Water

First make sure you have all your ingredients ready and make sure you are wearing rubber gloves and eye protection. It's also wise to wear something with long sleeves.

Add your lye to your water. Make sure you stir it well until fully mixed and beware of the fumes that come from the mixture.
Now put the mixture aside and allow it to cool until it reaches 110 degrees Fahrenheit.

Make sure you put it in a safe area and one that is well vented. Otherwise put it somewhere outside.

Next take all of your oils, put them together and melt them. Then let them cool off to 110 degrees Fahrenheit. It should be around the same temperature as you lye water solution, + or - 5 degrees Fahrenheit.

Take the melted oil mixture and add the lye/water mixture to it, taking great care not to spill any. Next you need to stir it as vigorously as possible, until you see trace starting to occur. Trace will look like a thin custard.

If you have a stick blender it will speed up the trace process. Stirring by hand can take up to an hour, so I highly recommend investing in a stick blender.

When you have achieved trace, it's time to pour your mixture into your chosen molds.
In approximately four to five days, you should be ready to take them out of their molds and then let them sit for approximately 5-6 weeks, so that they can cure and allow the saponification process to finish.

Your soap should be ready to use.

I must stress again, that you must be as careful as possible when using lye. Keeping yourself aware of the dangers, at all times, will keep you safe.

We will also have a full recipe section at the end of the book, but this should get you off to a good start and get your feet wet.

**Hot Process Soap**

This is a form of soap making from the days of your great-grandmother and great-great grandmother. This is from back in the days when women used to boil their soap in large vats and often over open fires.

In this process you can use a double boiler, a microwave, or even a crock pot. Much is so much easier than the olden days. In this process the soap is cooked until saponification is completed.
One concern with hot process soap is the removal of the soap from molds.

With wooden molds you should have no problems, but molds that are made of plastic will prove to be difficult. It is not unusual for the soap to come out a little sticky and after a few days of being in the open air, it will be fine.
Basic Hot Process Soap Recipe for a Crockpot

Smooth and Soft, Oats and Honey, Castile Soap

Ingredients

32 ounces of olive oil
3 ounces of Castor oil
4.50 ounces of Lye (about 5% super fatting)
12 ounces of Water
3 tablespoons of Honey
3 tablespoons of Oat flower

Preheat your crock pot and then add your oils to it.

While doing this mix your lye with your water, very carefully.

Once this solution is completely blended and dissolved, gently and slowly add it to your oils in the crock pot.

Stir it or stick blend it until you get a thick trace. At this point turn your crock pot up to high and cover it with the crock pot lid. Check on it every 10-15 minutes and stir well each time. Then put the lid back on.
Once the soap has gone through the separation stage and has then gone through the rising up and turning in on itself, (it will look like mashed potatoes or Vaseline) it's time to do a knife test.

A knife test is simply putting a clean dry knife into the mixture. If it comes out looking waxy, then try a tongue test. If it still zaps, add some more olive oil, about one teaspoon and stir it well. Then let it cook for approximately two minutes.

Now add the three tablespoons of honey and stir it into the soap that is cooking. This should produce an immediate change in the color and it will turn a dark color. Also, it should start to sizzle a bit. At this point turn the crock pot to off.

Mix your oat flour with 3 or 4 tablespoons of cold water and get all the lumps out. Make sure there are no lumps whatsoever. Now add this mixture to the soap and stir it very well.

You are now ready to pour the soap into your molds. This should yield approximately one quart, the size of a milk carton and a pint (half quart) carton. The soap should be ready for cutting in about 24 hours. You can substitute goat's milk for the water in the oatmeal mixture.
Rebatching Soap

Rebatching soap is one of the easiest processes of soap making. It is often used to make liquid soap and is basically foolproof.

In the simplest terms it is taking bars of soap, or those leftover tiny chunks of soap, adding some milk or water to them and re-blending them. You can also add goat's milk or even coconut milk. Take your leftover soap, approximately 4 ounces and using a grater start grating it. When it gets too small to grate, use a sharp knife to get it a tiny as possible.

Next you will need distilled water. Approximately one gallon will suffice.

Heat the water to the point where it starts to steam.

Add the grated soap to your distilled water.

Remove the mixture from the heat source and let it sit for approximately 15 minutes.
Blend this mixture with a hand blender and then let it sit overnight.

Check to make sure the mixture is completely blended and if it is not fully blended, use the mixer again until it is completely blended.

Once completed simply put it in liquid hand dispensers and refill as needed.
Using Essential Oils

Of all our senses, the scent one is probably the most enduring. Scents can change our emotions and help us to heal our bodies. Scents can lift you up or calm you down. This is one of the reasons why essential oils are so important in soap making.

Essential oils are normally absorbed very quickly by your skin, or through inhaling the scents. They can be one of the most important aspects of healing. The benefits are endless.

Finding essential oils is the easy part. They are relatively easy to find locally or online. Online you will find there are many soap making suppliers, who have a large variety of essential oils.

Your decision will be whether or not you want to use organic essential oils or non-organic essential oils. For many soap makers, they want to use only organic essential oils.

It should be noted that organic oils are very expensive, but they do have the advantage that they usually create less problems in the soap making process.
You also have the comfort of knowing that your soap is totally organic and if you are going to sell your soap or give it away, it's always nice to be able to say this to people.

On the other hand, fragrances that are synthetic can "sometimes" cause your soap to not set correctly. Then you are faced with a huge loss of cash, due to your batch not turning out correctly.

For those who want to make large batches of soap, or who want to sell them commercially, they can greatly reduce their cost factor when it comes to organic essential oils, as they are buying in bulk.

You will find that online soap suppliers will offer significant discounts for large orders, thus bringing your costs down. If you are limiting your soap to only a few different organic essential oils, then you will save quite a bit of money.

In the beginning of your soap making adventure you will most likely be trying out any number of essential oils and after awhile you will have settled into using probably less than five main ones.

Essential oils are what give your soaps that unique natural smell. There are essential oils that have an aromatherapy effect and some that have unique therapeutic benefits.
The essential oils you choose will determine the benefits that go beyond just cleaning. They add a whole new dimension to soap and a luxury that many love to enjoy.

**Essential Oils - When and Why**

Essential oils are normally added right after your soap reaches trace. It should only take a few drops of your oil in order to have your soap thoroughly scented. Although they are expensive to buy, you're only using a few drops at a time.

**Aromatherapy in Soaps**

The healing properties of aromatherapy have been known for some time. At one time there were aromatherapy clinics all over Europe and they treated all kinds of ailments.

Most often they were used to treat mental disorders. In recent years aromatherapy has made a huge comeback and is very popular in treating any number of ailments, the most popular being stress.
Because of this popularity you will have no problem finding any kind of essential oil that you may want to use in your soap making.

Oils such as sage, tangerine, rose and lavender are well known for helping people to relax.

Peppermint, lemon, jasmine and rosemary are great for making you feel more energetic.

Jasmine, orange, lime and mint are good for making you feel happier and more stimulated.

Eucalyptus, lavender and tea tree oil are good for antiseptic soap.

Oils such as ylang ylang and lavender are great for helping you to sleep.

When it comes to your pets and fleas and ticks rosemary, oregano and tea tree oils are good for helping to repel these pests.
You will find that over time, as you give away your soaps or sell them, you will develop a special relationship with customers who want soaps for a very specific purpose.

One of the most popular is natural soaps for pet owners who want to use them on animals with sensitive skin.

The advantages of essential oils are endless. The hard part comes in deciding which essential oils you choose to use. Smell will be one determining factor, but also healing properties will often be another determining factor.

For instance, the healing properties of essential oils can be found in oils such as tea tree oil. Besides working as an insect repellent, it's good for itchy skin problems.
It's not unusual for soap makers to start experimenting with mixing different essential oils together in order to come up with their own unique scent.

For beginners who want to try this out, it is recommended that they do it on a small batch of soap, before trying it on a much larger batch. This allows you to see if you are going to experience any problems with the blended oils not mixing well with your soap.

You can also look for suppliers that have already taken some oil blends and have tested them in order to eliminate any guess work for their buyers.

**How to do Your Own Blends of Essential Oils**

When you are first starting out, it may be difficult or confusing trying to decide which essential oils you can blend together. I often recommend that you think in cooking terms. You can bake an apple pie with cinnamon and it smells great.
This gives you the idea then that you can blend essential oils of apple and cinnamon together with success. Another successful blend can be apple and cloves.

Other ideas could be a citrus fruit with a spice oil. The combinations are endless and you will do a lot of experimenting. You can also go to a local health food store and try sniff tests with two open bottles placed close together, to help give you some ideas.

For even more ideas, when you're shopping, look at different products that have combined different scents.

When you are ready to start combining, open the essential oils and have a glass jar nearby. Put your essential oil bottles together and try and get a preview of the scent to make sure it's what you want.

Take a clean cotton swab and put a few drops of the first essential oil on it. Repeat with any other essential oils you are going to use.

Squeeze off excess oils into the jar. Make sure you record what essential oils you used to make your unique scent.
Place all your swabs into your glass jar and then leave it for 5-10 minutes. When you return to the jar, keep your head a few feet about it and smell the air. This will give you an idea of the scent in the beginning stage of its development.

Write down your feelings about the scent as well as the way it makes you feel. Does it smell fresh, healthy or maybe invigorating?

One crucial thing to write about, is whether or not one of the essential oils smells overpowering, thus drowning out the other scents.

Now, put the lid back on the jar and store the jar in a cool place with little lighting. Return to it in a few hours and smell your combined scents again. The scents will have continued to mix and will be more mature now. Again make some notes on how you feel about this blend.

Now, put the lid back on the jar again and put it away for at least 2 days. Then repeat the above process, making sure to update your notes. By now the essential oils should be completely mixed and fully matured.

Now it's time to decide if you need to make any changes to your blend of essential oils. Your notes will give you ideas on what adjustments you might want to make.
Keep doing this until you have a blend that you feel totally comfortable with. Then it's time to proceed to use them in a batch of soap, again keeping notes on the final outcome.

**Tips and Tricks For Essential Oils**

1. Make sure you are using very clean cotton swabs or you may end up with contamination. Make sure to put equal amounts of essential oils on each swab to assure you are getting a correct blend.

2. You could use an eye dropper to put oils on your swab. This allows for more accuracy, but you must make sure to use a separate eye dropper for each oil.

3. In order to clear your nose of any scents, simply sniff some ground coffee or even ground beans. Getting rid of all scents from your nose will give you a better assessment of what is in your scent jar.

4. Never, ever, put your nose into the jar in order to smell your scents. The scent should waft into the air above the jar and you will get a better idea of your combination.
5. Always try new things. Once you're ready to move on from typical combinations, have some fun trying out all different kinds of scents. Have your friends over and make an afternoon of it. You'll be surprised at some of the ideas that they will come up with.

6. Always, always keep notes. If you find the perfect scent and didn't keep notes, you'll be sorry. Better safe than sorry.
Coloring Your Soap

After you have added your essential oils to your soap, it's now the time to add your color or colors.

Here you can combine colors for your soap, or simply use one solid color.

I usually add a bit of color at a time, until I achieve the exact shade I want to use.

Make sure you stir it well, so that all the color is blended in, before adding more color to the mix. If you need ideas for colors go to your local paint store and get some of those color swatches. You'll get many ideas from them.

If you want to have your soap turn out with a swirl affect, take about half a cup of your soap mix and put it into a separate container. Now add your color to this mixture.

Hold your container above your pot of soap mixture and slowly pour into it. It's best to pour it into a corner and then take your spatula and start to swirl the mixture throughout the pot. Do not over stir. Over stirring will not give you the desired results.
The Mold Process

Finally your soap is done, it's turned out perfectly and you're ready to start pouring it into your molds.

If you are using more than one mold, try to pour an even amount into each mold. Make sure that you do not fill them to the top.

As the soap cures it will start to slightly increase in volume.

When this is finished, use old towels to wrap your molds. You want to use as many towels as you have available, in order to stop the heat from escaping. You want the heat to dissipate as slowly as possible. Place the bundle in a draft-free area for approximately 24-48 hours. This allows your soap to complete the cooking process.

After the 48 hours has passed it's time to remove your soap from the molds. Gently push the soap out of the mold in order to avoid any breakage. If you are experiencing any difficulties getting the soap out, simply put them in the freezer. This will make them shrink slightly and it should then be easy to get your soap out.
How to Cut and Trim Your Soap

When your soap is completely hardened the next task is to cut it and cure it. The first thing you need to consider is what size bars you would like. Normally a bar will be about three quarters of an inch thick. Any thicker than that and it can become hard to handle in the shower or bath. If you want evenly sized bars, simply measure the block and then cut it evenly.

Some cutters use wire and I have a personal preference to use guitar string wire. It is normally pulled tightly across two pieces of wood. You can also buy cutters that have a pattern and will result in patterned soap, or just simply use a good long knife.

Once this is completed, you then store your soap in a well ventilated area for three to four weeks, to allow it to complete the process and dry. Every few days turn your soaps over so that they will all dry evenly.
Decorating Your Finished Product

One of the nice finishing touches you can do to your soaps is to decorate them, especially if you are selling them or giving them as gifts. It adds a whole new touch of sophistication to your finished product and it's easy to do.

You can decorate your soaps with anything from pictures from magazines, to wonderful dried flowers and herbs. The choices are endless.

For dried flowers, simply melt a small amount of paraffin wax and with a pastry brush, brush it on to your bar of soap. Immediately add your dry flower so that it attaches to the soap.

For adding pictures to your bar of soap, use a decoupage adhesive.

Lightly brush it onto your bar of soap and then quickly apply the picture.
Also consider adding a small about of the adhesive to the picture as well. It's prudent to measure everything beforehand, in order to make sure that your picture will fit. Once the picture is attached, brush the picture with the adhesive and allow it to dry. Keep repeating this until you have three to five coats on top of the picture.

**How to Store Your Soap**

Before you start to wrap and store your soap, make sure that it is completely cured and hard. When you are ready to use your soap, or to decorate it to give away or sell it, I recommend wrapping your soap in saran wrap, with two or three layers. This helps to preserve your soap for months.

I would then store it in a ventilated dry space, such as a drawer or cupboard until ready to use.

Keep in mind that natural soaps have absolutely no preservatives in them and normally they should be used within a year's time. If you are making different batches, make sure you label them with a date, before storing them. This allows you to use the oldest batch first.
Making Transparent Soap

Transparent soap has always been a favorite in my household. It is simply part soap and part solvent.

When you use sodium hydroxide in this soap, it will result in crystals forming in your soap, which is the main reason for the soap becoming an opaque color.

Making it transparent is really quite simple. If you dissolve the soap in enough solvent the crystals will become so small, that you will be able to see through your bar of soap and this is what will make it look transparent.

After putting together your supplies, preheat your oven to about 80 degrees Celsius. You will need to put a clear Pyrex cup into your freezer so that you will be able to later test the transparency of the soap.

Gather together about 5 spoons, your color, a spray bottle of ethanol, a whisk, a large pot, preferable one with a spout, your essential oil or fragrance, saran wrap and a plastic strainer. It's also a good idea to have litmus paper to test your PH levels later on.
This is a long process, so make sure you have set aside at least half a day for making your soap. Measure out all your oils and combine and heat them in a slow cooker.

Make sure you use a cooker that will hold at least 5 liters. You can also choose to use a crock pot, although it will present some challenges when you need to tip it sideways, when using your stick blender to mix the lye solution and your oils.

Make your lye solution using 170 grams of water and NaOH lye and then set it to the side to cool off.

When your oil and your lye solution reach approximately 60 degrees Celsius, put your lye solution into your oil solution and stir it. It's best to do this with a stick blender.

It should reach trace within a couple of minutes. Cover your soap with a tight fitting lid and pop it into an oven heated to 80 degrees Celsius for one and a half hours.

You can choose to leave your soap in the crock pot on warm, check it after and hour to ensure it's getting to the gel stage. This only takes a few hours. Minimize your water loss as much as possible.
Within 1 1/2 hours to 2 hours the soap should be fairly neutral, with a PH of nine to ten.

Your total soap mass will now be in the gel stage. It's now time to do a litmus test by dissolving a bit of the soap in a small amount of water and then use your litmus paper to get an accurate reading. Your soap should now be neutral.

The next step is to mix 85 grams of glycerin with 383 grams of ethanol. Once these have been well mixed, remove them from your heat source and pour this mixture, into your soap mixture, while stirring briskly with your whisk.

Pour very slowly, so that you can identify clumps of soap and break them up while you go. You will need to work very fast, so that you can minimize any loss of ethanol. After this is done, use your stick blender to break up the larger pieces.

Not all of your soap will dissolve right away and don't be surprised to see some pieces floating around in your soap like mixture. The chunks will dissolve when you are in the cooking phase.

One thing to be careful of is the fumes coming from your mixture. Ethanol vapor is very flammable and can accumulate in your room.
Return the lid to your crock pot and cook it at the warm setting for approximately thirty to forty-five minutes. Continue to check occasionally to ensure your temperature is approximately 70-80 degrees Celsius. If your lid is not tight enough, you will have to use something to secure it as tightly as possible, as you do not want any ethanol to escape while it is cooking.

Allow it to cook for thirty-five minutes and then look to see if your soap is completely dissolved.

Expect to see a foamy soap layer on the top and simply spray it with your ethanol, in your spray bottle, to bring it down and then stir it with a spoon. If some of it still floats on top, this is normal and it will be taken care of later in the process.

Now, prepare a sugar syrup. Do this using 113 grams of water and bring it to a boil. Turn the heat completely off and pour 227 grams of sugar into it and stir it until you see that the sugar has completely dissolved. Put the mixture back on the heat and bring it to a boil.

Allow it to simmer for one to two minutes to ensure that all of the sugar got dissolved. Next, put this sugar solution into your soap solution and stir vigorously.
Using a ladle you can now skim off the foam soap from the top of your mixture and place it in a small bowl. Mash this up and add your essential oils or fragrances. Next add a small amount of glycerin and pour it into your mold. This will make a very useful hand soap.

Next, it's time to test the transparency. Take the Pyrex cup from the freezer and pour some of the clear soap liquid into it and gauge the transparency. The soap may at first look transparent but return it to the freezer for seven to ten minutes and then check it for a second time.

If it appears to be milky it will need more solvent. This is perfectly normal. Keep your crock pot mixture at 70 degrees Celsius and continue cooking.

During this time you need to spray some ethanol on the mixture, returning the lid to stop ethanol loss while you do your tests.

Continue to add small amounts of ethanol, as well as dissolved sugar in water, until you get transparency.

Different areas, above and below sea level, may cause you to have to adjust your recipe. You may even have to add a bit more glycerin.
Once you have your transparency pour the soap into a jar so that it can cool off. This is where you will use your strainer to ensure that soap fleck and foam will be completely removed. Cover your jar with saran wrap and put a thermometer into the mixture. When it cools to approximately sixty degrees Celsius, you then add your colors and fragrances.

Now it's time to pour it into your molds. If there is any skin on the top of the soap when it's in the molds, simply spray it with some ethanol, gently mix it and it should instantly dissolve. The same also applies if you have any foam on your soap after pouring it into the molds. This is where a strainer can come in handy.

Now you should put your molds into the freezer. The faster the soap cools, the more transparent it will be. Putting them in the fridge will also work, if you do not have enough room in the freezer. When the soap is hard enough you can remove it from the mold. Take it out of the cool spot and wait five minutes or so, until you pop it out of its mold. Try not to touch the soap as you could end up with fingerprints on it.

Now allow the soap to cure and dry for two weeks. It will become more transparent and harder over this period of time. If a skin forms, polish it up with some ethanol, wrap it in saran wrap and this should keep any humidity out.
Making Liquid Soap

Liquid soap is very popular and used in a number of different areas in the home. It's usually found in the bathroom, kitchen, garage and laundry rooms.

It's extremely useful and handy, especially when used in a pump.

It can be essential in helping to control dirt, grime and many different kinds of germs that we encounter in our everyday lives.

Liquid soap making is probably one of the easiest soaps to make. For the most part you're simply reusing old soaps, that you have stored over time. A simple method of grating and melting these pieces will give you a wonderful soap that is very inexpensive to make.

To make your own liquid soap, take some old soap pieces, or even a full bar of soap and grate it as fine as possible. For tiny pieces that cannot be grated, simply take a knife and chop it as finely as possible.
The next step is to put the grated soap into a blender, along with one cup of boiling water. Put the blender on slow or whip and continuing blending until your mixture begins to look pasty.

Now add about 1 tablespoon of honey and 1 teaspoon of glycerin and stir it until it is completely mixed.

Allow your mixture of soap and water to cook for about twenty minutes and then begin the whipping process again. At this point start adding cold water to the soap mixture, until you reach the point of about six cups of mixture.

Now you are ready to pour it into your container, with no lid and let it stand in place while it continues to cool off.

When completely cooled, you are ready to put your mixture into soap pumps that are refillable and you are all set.

Some people like to make their liquid soap an antibacterial soap. It's very simple to do. You will want to use your favorite antibacterial essential oil. Everyone has their own favorite and there are many to choose from.

Here you will simply add about twenty drops of the essential lavender oil, to about ten drops of your favorite antibacterial essential oil. Combine these with about four ounces of liquid castile soap.
Put into your containers and remember that you will need to shake the container, to ensure that there is no separation before you wash your hands.

**Soap Making Mistakes**

If you want to avoid the disappointment of a ruined batch of soap, not to mention the loss of all the money you put into it, there are a few simple procedures you can follow that will save you time and money.

If you're trying something new, the best thing to do is try out your idea first, before you get involved in making a large batch and risk it being ruined.

Let's look at some of the most frequently made mistakes and see how you can learn to avoid having them happening to you.
Soap Making Mistake # 1

Making a Large Batch Without Testing a New Recipe

If you're using a new recipe for the first time, it's a very prudent to test it with a small batch to avoid having to throw away a large amount of ruined soap, not to mention the cost involved.

Start with about two pounds. This allows you to test your recipe and make sure that the probability of it working is high. You won't be wasting a lot of money, just to see it end up in the garbage. If it works on this size batch, then you're ready for a much larger one and you'll feel fairly confident that it will come out right.
Soap Making Mistake #2

Be Careful Changing The Recipe

If you are a beginner, I suggest you don't try this until you have much more experience.

When you are ready, you should start with small test batches in order to try out your changes. Be very careful in changing oils in a recipe. If you change the oil you will definitely need to change or recalculate how much lye you are putting in.

Different oils can have very different amounts of fatty acids and unsaponifiable material. It is wise to use a lye calculator, of which there are many on the internet, in order to judge whether your recipe will work or not.

Start by only changing one ingredient at a time. This allows you to know that it is this ingredient that is causing the problem instead of having to guess from numerous different materials that you may have used.
Soap Making Mistake #3

Be Careful Adding Things To The Batch

We all love color in our soaps as well as fragrances, but if you start adding too many, you could end up with a ruined batch.

If you start out small, do test batches and add small amounts of your ingredients at a time, you will have a much better chance of success.

If you feel you don't have enough color, or the smell is not strong enough, you can always add more later, but keep it to a small amount at a time. This way you can better gauge what the correct amount will be.
Soap Making Mistake #4

Keep A Record Of New Recipes

As you start to experiment with different additives and you increase the number of different soaps you are creating, it's wise to keep a record of what you did and what you used.

It's simple to do, but few rarely do it and then when trying to recreate the recipe from memory, they find they've made a mistake and probably ruined a large batch at the same time.

If it's a recipe that you really love, then make sure you keep an account of your steps, so that in the future you will be able to recreate it and enjoy it again.
Soap Making Mistake #5

Test, Test, Test

The number one cause of failure is not testing first. The more advanced you get in soap making, the more likely you are to experiment. Many make the mistake of not testing their new recipe first. If you make a change to any of your recipes then you MUST test it.

Testing is a great way of trying out new ideas, fragrances and colors. So test first and then make a large batch and you'll enjoy the satisfaction of having a good finished product.
Soap Making Mistake #6

Have The Patience of Job

Some batches that you make may change in smell from day to day. It may not smell strong the first few days, but after a week it could be a lot stronger than what you expected.

If you are using preservatives it's important to take a few bars from the batch and wrap them and date them. This allows you to check over time how stable they are and how long the scent lasts.

Then you can give them away as gifts, with an expiration date. It will be appreciated. Although this takes time and patience, once you've done it with one recipe, you'll never have to do it again with that one. Make sure to also write it into your recipe book for future reference.
Troubleshooting

Separation and Curdling

Separation and curdling are probably the two most common problems that beginners experience. The soap can come out looking like cottage cheese in some cases.

One of the most common reasons that causes curdling is that your soap mixture, during the cooling stage, cooled off much too quickly. It is also possible that you did not measure your ingredients properly, or maybe you put too many additives or colors that may have had sodium in them, into the mix.

If your mixture cooled off too quickly try reheating it to 110 degrees Fahrenheit/43 degrees Celsius. Do not exceed this temperature. You can reheat it in a crock pot and while doing this you must be continually stirring the mixture as it is melting.

When it is finished re-pour into your molds and be sure to wrap it in many towels, in order to keep it well insulated. If this does not work, then it is most likely that your batch is ruined and the most likely cause is your ingredients.
My Mixture Did Not Thicken

One of the most common reasons for this to happen is usually the oils you used. It is crucial that you use oils that are considered to be soft oils. The higher the percentage of the oil, the more visible the effect of thickening will be.

My Mixture Did Not Trace

If you soap shows signs of un-saponified fatty acids, you can be sure it will not thicken. By adding borax, it may be possible to get the soap to thicken, but this is not for a beginner to try. You can also try reboiling your soap, to remove some of the water from it.

This may work. More often than not, the batch is ruined.
When you are making your own soap, you are blending your heated oils, with your lye and water solution, until it achieves "trace".

Once you have achieved trace you're over the first hurdle.

In order to know if you have reached trace, you can do a test by putting a spoon into your mixture and allowing some of it to dribble back into your mixture. If it looks like a little bump of soap and then a few seconds later it vanishes into your mixture, then you have reached trace.

Don't expect your soap to be thick at this point. It simply needs to look like there is no oil floating in it. It needs to look like everything has been blended together. If your soap has not reached trace after 35-45 minutes, stop stirring it and leave it for ten minutes.

Then stir it for another ten minutes. Repeat this process for at least another forty minutes. If you still do not have trace then the batch is no good and you can get rid of it.
**My Soap Is Too Hard**

In this case you have probably used too much lye. You can try adding some vegetable fat to your mixture. Again make sure of your measurements.

**I Have Grease On Top of My Soap**

The cause of this problem is incomplete saponification, poor distribution of lye, or you may have poured your soap too soon. Make sure that you measure as accurately as possible to avoid this in the future. Make sure that when you pour your mixture, it is thick and creamy looking and always remember to stir and keep on stirring. You can never over stir.

**There is White Stuff All Over My Soap**

It sounds as though you did not use distilled water and that possibly your water is too hard. It's also possible that you used too much lye. In the future, always use distilled water.
**My Soap Is Greasy and Gooey**

There can only be one cause for this and that is that you did not use enough lye in your mixture. Also, always make sure that you use distilled water and measure as accurately as possible.

**My Soap Has Streaks In It**

You probably did not stir it enough, or long enough. Another possibility is not having balanced emulsion. In the future, pour your lye mixture very slowly into the fat solution. Make sure that you stir very thoroughly.
**Dreaded Orange Spots aka DOS**

Sooner or later it will happen to you. They start off looking like little orange or yellow spots on your bars of soap. They can start anywhere on your soap and sometimes it's only one or two spots. The usual culprit is humidity, rancid oil or your super fat percentages were off. Sometimes it's all of them.

What most people want to know is how to prevent it from happening to them. First thing to do is to make your super fat percentage no more than five percent. Make sure that you are using oils that have been properly stored and are as fresh as possible.

Make sure that you always use distilled water. Don't think that just this once tap water will be okay. It won't. If you are using oils such as Canola or sunflower, reduce the amount you use. Last but not least, make sure your soaps cure in a dry spot with no sunlight and that the area is cool.

The good news is, that if it happens to you, your soap is still perfectly fine to use. It may not smell as good as you had hoped, but it's really nothing more than an aesthetic problem.
My Soap Is Full Of Cracks

It's possible that you used too much lye, or that your mixture set too fast. It may also have been too thick when you poured it. It should pour like a thick creamy mixture.

Make sure that you have kept it at room temperature and the next time you use that recipe try using a little less lye.

How to Adjust Your Recipes

The easiest way to make adjustments to your recipes is to take your weights and turn them into percentages. Next you would multiply them according to the total amount that you will make.

Many people use a metric system while others use a USA measurement system. Using percentages takes all the guess work out of recipes. Always make sure that you put your recipe through a reliable lye calculator, in order to get the correct amounts of lye and water. It will also help if you are considering super fatting or discounting water.
Should I Make a Large or Small Batch

If you are using a new recipe, always start with a test batch. You will save yourself a lot of time and money if you do it this way.

If it does not turn out right you will be able to easily detect where thing may have gone wrong and what adjustments you might want to try.

If you are considering adding things to your batch, this is a good way to try them out and make any adjustments you feel it might need. You must be very careful when adding things such as colors, fragrances and essential oils.

If you add too many things you can easily end up with a ruined batch. Test batches will help you to experiment and know what to change.

Less is more when you are adding thing to your mixture. You can always add more ingredients but you can never remove them. When you have a batch that turns out perfectly then you're ready to move on to your large batch.
Tips and Tricks for Soap Making

I like to use stainless steel or enamel pots for my soap making. Be sure to have at least three separate pots. You most likely already have them in your kitchen cupboards.

Always, always weigh your ingredients. Do not rely on volumes. Weighing will give you much more accuracy.

Tare your measuring instruments. In other words, subtract the weight of your containers from the weight of your liquids.

If you are going to use a new recipe, save yourself some heartache and make a small test batch first. You can cut your losses by doing this and save yourself a lot of time and trouble.

With any new recipe, make sure you follow it exactly. You can always play with the recipe later on, when you are sure of it and know what you are doing.

Be careful using individual molds. If your soap starts to harden too quickly you'll be in trouble. Always have a backup plan. Have a loaf mold ready just in case you need to pour your soap more quickly than you thought.
When adding your lye/water mixture to the fats/oil mixture, do it as slowly as possible. If you do it too quickly, it will likely burn your mixture and cause everything to be wasted. I've seen it take up to 20 minutes to add lye/water.

Keep a spray bottle of vinegar close by in case you need to quickly neutralize a spill.

When working with lye, always wear eye protection, long sleeves and gloves. For the few minutes it takes to put them on, you can avoid a number of serious problems.

Freeze your goat's milk if you are going to be using a recipe with this in it. Put the milk into ice cube trays and save them until you're ready to use them. This will help when you are adding lye to your mixture. It will help to prevent scalding.

When you first start to cure your soap give wrap them in insulation. Wrap them up in towels and blankets and put them in an ice chest that's not being used.

To figure out how much soap you will need for a mold, simply fill the mold with water and then into a measuring cup and you'll have the exact amount.
When adding additives to your soap, let it cook and slightly thicken. While stirring, add the ingredients to keep them suspended.

Don't add too many herbs to your soap or it will become abrasive. If you are adding petals from a flower to your soap, make sure to check it after a week, to make sure they have not turned a brownish color or rotted. Any that do should be avoided in the future.

You can use rubbing alcohol on your soap, after you have put it in a mold, in order to remove any bubbles from the surface.

Do not over stir your soap. It can cause an excess of bubbles. Always stir in one circular motion, in one direction a couple of times.

Make sure that your soap has cooled enough before putting it in plastic molds in order to avoid warping.

Never use a mold that is made of tin, china, zinc, aluminum or untempered glass.

If your soap does not easily pop out of the mold, simply put it in the freezer for ten minutes and then try again. The freezer should cause the soap to contract enough so that it will easily pop out.
Don't use food coloring to color your soaps. It can come out on a wash cloth or your skin.

Always add your scents to your soap when it is less than 130 degrees F. If the soap is too hot your scent will burn off.

If you want to make soap-on-a-rope, simply make a U-shape of the rope and let the ends go into the mold before you pour your soap around them.

Create layered colors by pouring in the first color then waiting for it to harden. Then add the next layer. The layers will bond together. Help this along by taking a fork and gently scraping it across each layer before pouring the next color. Swirls in your soap can be achieved very easily. Divide your batch into two. Use different colors. Pour in the main color in your mold. Take your second color (usually a small amount) and drizzle it into your main color. Gently mix the second color into your soap, using a stir stick or spoon, swirling while you go. Make sure to do this at light or medium trace.
Recipes

Chocolate Almond Heaven

16 ounces of palm oil
14 ounces of coconut oil
52 ounces of olive oil
6 ounces of cocoa butter
32 ounces of cold water
12 ounces of lye crystals

At Trace Add:

1 ounce of bitter almond fragrance oil
2-3 teaspoons of cocoa powder that has been blended into 1/4 of your soap at trace. (You have already poured 3/4 of your mixture into a mold).

Temperature should be about 95-100 degrees Fahrenheit.

Now add the bitter almond oil at early trace and pour 3/4 of your mixture into their molds. Mix cocoa powder quickly into your remaining soap with a stick blender. Drizzle on top of white soap in a back & forth motion. Use a butter knife slowly run it back & forth to gently swirl the colors together. You can blend your powder with some of the soap before mixing it into the rest.
Almonds & Peaches Summer Soap

32 ounces of soybean oil
16 ounces of palm oil
16 ounces of olive oil
14 ounces of coconut oil
8.5 ounces of almond oil
28 ounces of cold water
12 ounces of lye crystals

Temperature should be about 90-110 degrees

At light trace you should add:

2 ounces of peach deluxe fragrance oil
1 teaspoon bitter almond fragrance oil
1 Teaspoon paprika – for some color

The soybean oil in this recipe offers emollient qualities and will help to produce a good lather.
First Veggie Suds Soap Recipe

24 ounces of coconut oil
24 ounces of olive oil
20 ounces soybean or Canola oil (Maybe blended?)
16 ounces of palm oil
12 ounces of lye crystals
25 ounces of cold water

Temperatures should be approximately 110 degrees. This veggie soap will make a silky lather and a hard bar.

Second Veggie Suds Soap With Coconut

40 ounces of olive oil
24 ounces of soybean oil
14 ounces of coconut oil
10 ounces of palm oil
12 ounces of lye crystals
26 ounces of cold water

Temperatures should be approximately 110 degrees
Third Veggie Suds Soap

24 ounces of coconut oil
40 ounces of olive oil
18 ounces of palm oil
12 ounces of lye crystals
24 - 28 ounces of cold water

Temperatures should be approximately 110 degrees.
The Luxury Castile Soap Bar

78 ounces of olive oil
6 ounces of coconut oil
6 ounces of palm oil
24 ounces of cold water
12 ounces of lye crystals

Oils should be heated to 140 degrees and the lye solution should cool to 110 degrees.

When it comes to vegetable soaps this is one of my favorites.

The soap will come out very smooth and hard. There should be no oil seepage, or any stickiness to the soap.

If using a stick blender, it will set up very fast after trace, so it is recommended to start pouring at the beginning of trace.

It will produce a very hard bar and will later up nicely as well as being very mild.

Wonderful soap for babies or people with delicate skin.
Soft & Silky Milk Soap

3 pounds of vegetable shortening
17 ounces of dark olive oil
18 ounces of safflower oil
6 cups of milk
12 ounces of pure sodium hydroxide aka lye
1 ounce of Borax
2 tablespoons of honey
1 ounce of any essential oil although this can be optional
3 trays of ice cubes

Melt your vegetable shortening in a pan, then add the olive oil and safflower oil. Slowly raise the temperature until the shortening is completely melted. Take careful not to over heat your oils.

Fill the kitchen sink with water, about ½ way and pour in the ice cubes.

Put cold milk into a saucepan and place the saucepan into the water. This will help to keep the milk cool. This is a necessity so that when the lye is added it does not burn the milk.

Gently stir in your lye and keep stirring, while keeping your ice cube water moving around. The lye will heat up the milk when you are stirring it.
Make sure you work in a well ventilated area to avoid fumes. It should take at least 5 minutes to stir the lye into the milk.

If you do quicker you risk burning the milk. Make sure you are wearing gloves and a long sleeved shirt in case some splashes on you.

Continue stirring for an additional three minutes. Remove your mixture from the cold water. Put it to the side. Your mixture should look yellowish in color. This is normal.

To your oil mixture add the honey and borax. It should still be warm, but no more than approximately 115 degrees.

Next, slowly add the lye/milk mixture to the oil mixture while stirring constantly until completely blended together. Then pour the mixture into a blender until it is two thirds full. With the lid on, whip it for sixty seconds each time. Pour into a clean pan. Repeat until everything is whipped.

Repeat the above a second time and then add your essential oils.

After doing this twice your mixture will be ready to put into molds. At this point it will saponify and will be ready to be cut in approximately 24 hours. This soap will never go rancid and in fact improves with time.
**Fabulous Goat's Milk Soap**

*With a Touch of Lavender*

11.3 oz. of Coconut Oil  
11.7 oz. of Palm Oil  
15.5 oz. of Olive Oil  
3.9 oz. of Almond Oil  
6.1 oz. of Sodium Hydroxide (lye)  
15.5 oz. of Whole Milk

2 1/3 Tablespoons of Essential Oil of Lavender  
1 Tablespoon Almond Oil

![Soap image]

After weighing your oils, combine them in a saucepan, with the exception of, the almond oil and the lavender oil.

Gradually heat them, until they are completely melted and then let the temperature cool to about 110 degrees.

Put milk into saucepan. Fill your sink ½ full and add ice cubes to the water. About 3 trays of cubes will be enough. Put milk mixture in the saucepan in water.
Slowly and gradually add your lye to the milk. You should try to take at least 20 minutes while doing this procedure.

Check the temperature of the milk regularly and make sure that you keep it below 150, or it will burn your milk. When all the lye has been added, it's time to let it cool to 110 degrees.

Next, combine the milk/lye mixture with the oils and make sure that you stir the whole time. Stir your mixture until it starts to gel up. Drizzle some of the mixture back into the pot and watch for trace to occur.

This could take anywhere from 45 minutes to an hour if you are hand stirring. Using a stick blender will speed up the process. Simply stir for 45 seconds and then leave it for a minute and keep repeating until you reach trace.

At this point you can add your oils as well as the extra almond oil.

When cool enough, pour the mixture into your molds and let it rest for twenty four hours. It should then be ready to remove from the molds and be ready to cut into bars.

Store in a cool area for 4-6 weeks, to allow the soap to cure.
Yogurt Herbal Soap

17 ounces of Coconut Oil
25 ounces of Olive Oil
25 ounces of Palm Oil
9 ounces of Palm Kernel Oil
1 ounces of Stearic Acid
13 ounces of Lye
10 ounces of Water
20 ounces of Whole Milk Yogurt
9 ounces of Shea Butter
4 ounces of Castor Oil
4 ounces of Avocado Oil
2 ounces of Kukui Nut Oil
3 Tablespoons of Lavender Flowers
2 Tablespoons of Marshmallow Root

Combine your lye and water, then set aside to cool. In a pan, melt your coconut oil, olive oil, palm oil and palm kernel oil.

Microwave your yogurt in a glass bowl for about one minute, or until it reaches 85 degrees Fahrenheit.
Combine your lye mixture with your oils, when both mixtures are at 90 degrees Fahrenheit.

Because of the small amount of liquid, your oils will saponify fast, so your yogurt needs to be ready for quick use.

Once the oils and lye are mixed IMMEDIATELY add yogurt.

Again using the microwave, combine the avocado, Castor, kukui and Shea butter, with herbs, until the mixture is approx. 85 degrees Fahrenheit and is showing signs of light trace.

Let cool slightly and then pour into your molds.
**Honey Bee Sudsy Soap**

Honey bee sudsy soap is a wonderful soap that turns out a dark brown color and smells really sweet.

12 ounces of vegetable shortening  
4 ounces of your favorite coconut oil  
1 ounce of bees wax  
1 cup water – be sure to use distilled  
2 ounces of lye  
1/8 cup of honey = 1 fluid ounce

Mix into the distilled water. Put it to the side in a safe place to cool. Next melt your vegetable shortening. Using a double boiler, melt your bees wax and coconut oil and keep it warm.

Heat the shortening to 120 degrees F. and lye mixture to 100 degrees F. Then pour your lye mixture into the vegetable shortening mixture and stir continuously until trace appears.

Put oil and bees wax mixture into your soap mixture and stir continually. The bees wax will make it thick. When well mixed stir in honey. Pour into molds, cover with saran wrap and let stand covered for 48 hours. Remove from mold and cut. Age for 3 weeks in open air. **Tip:** Spray measuring cup and spoons with Pam for easy pouring and cleanup.
Deluxe Olive Oil Castile Soap

1 quart of the best olive oil you can find
1 quart of water distilled
3/4 cup of additional water. (This will be used to distill the lye)
6 Ounces of lye

In a large glass or ceramic bowl mix the olive oil and the water.

In a separate glass or ceramic bowl combine your lye with the 3/4 cup of cold water

Add your lye solution to your water and olive oil mixture, stirring it in very slowly. Be sure that you use a wooden spoon and always stir in the same direction. Keep stirring until the mixture thickens and reaches trace.

Once it reaches trace, pour it into your favorite mold and allow it to sit at least 24 hours. Remove from mold and cut.

Wrap in parchment paper and allow it to cure for a minimum of two weeks.

It should then be ready for use. You can substitute coconut oil for part of the oil. I’d recommend no more than 20%. It will make the bars harder and more durable.
Cinnamon In My Coffee Soap

32 oz. of vegetable shortening
11 oz. of cold coffee
4.1 oz. of lye
3 oz. of ground coffee
2 tbs. of ground cinnamon
2 tbs of cinnamon essential oil
0.5 oz. of clove bud essential oil

Note: These measurements are weight and not fluid. Oils and water need to be measured on a scale.

Using 11 ounces of distilled water, brew the coffee with coffee grounds. Put in fridge to cool. Save coffee grounds for use at trace. Put cold coffee into glass bowl. Slowly and carefully add lye to coffee. Gently stir mixture until completely dissolved. The mixture will warm due to the lye. Set mixture to side.

Heat vegetable shortening to 110 degrees F. When lye mixture cools to 110 degrees F. and oil mixture to 110 degrees F., mix the two together. With a stick blender it will take 15-20 minutes to reach trace. After trace, add coffee grounds, cinnamon essential oil and clove bud oil. Stir until mixed. Pour into molds and leave for 48 hours. Remove & cut. Cure 4-5 weeks.
Banana Cream Smoothie Soap

48 oz. of vegetable shortening
9 oz. of olive oil
8 oz. of Canola oil
0.5 gallon of cold milk
9 oz. of lye
0.5 pint of whipping cream
2 oz. of banana fragrance oil
1 fresh banana
2 tsp of citric acid
3 tbsp of granulated sugar

Mix all the oils together and melt over a very low heat. Once your shortening has melted, remove and set off to the side.

Mix together the cream, extract, citric acid and the banana. Put these into a blender and mix until smooth. Pour into a separate bowl and set aside.

Fill your sink half full and put 3 ice cube trays of ice into the water. Set the container of milk into the ice water. Add sugar and mix until it is completely dissolved.

Very slowly add your lye to the mixture and stir continuously. This could take up to 15 minutes. The milk will turn a yellow color. This is normal.
When the two containers of milk/lye mixture and the oil mixture are warm, pour the lye into the oils very slowly while stirring at the same time.

Put your soap mixture into the blender until half full and blend at low speed for about one to two minutes.

Fill the blender half full of soap mixture and blend on low speed for one minute. Your mixture will then look a rich cream color.

Empty the contents into a large container and repeat these instructions until all of the soap mixture has been blended at least once.

With a clean container do the entire blending process one more time and add a few teaspoons of the banana mixture to the soap mixture.

Keep repeating until the soap mixture has gone through the blending process again. Any excess banana mix can simply be stirred into the soap while making sure it is evenly distributed.

Pour your soap into molds and let sit for 24 hours. Then remove from molds and cut. Cure for 4-5 weeks.
Making Soap in a Crock Pot

When making a "Hot Process Soap Recipes" one of the easiest pieces of equipment one can use is a crock pot. It is fast becoming the most popular way to make soap at home as well as one of the easiest.

Make sure you are using a good soap recipe. I often try to use ones that have a higher than normal amount of liquid oils in relation to solids.

Your crock pot should be about a 6 1/2 quart capacity. Any recipe that will yield a 4 pound batch of soap should be fine in a crock pot this size. It should fill the crock pot about half way, which then gives you space in case the mixture bubbles up. There is also little chance it will burn the recipe.

Crock pots can be used for any kind of soap making. Liquid soap is easy to make in a crock pot, as well as hot process and cold process soap. Glycerin or melt and pour soaps are another favorite for crock pots. Below you will find some of my favorite crock pot soap recipes.
Oatmeal Cookie Soap

Almost Good Enough To Eat

36 ounces of olive oil
4 ounces of Castor oil
4 ounces of coconut oil
6 ounces of sunflower oil
2 ounces of cocoa butter
6.67 ounces of lye
10.00 ounces of buttermilk (Freeze into 1 ounce cubes)
6.72 ounces of distilled water

½ cup of finely ground up oatmeal
½ cup of real pure honey
½ teaspoon of cinnamon essential oil
½ teaspoon of clove bud oil
2 teaspoons of vanilla extract

Your oven should be preheated to 200 degrees F.

Note: The oils, lye, buttermilk & water are measured by weight. Using a 5 quart crock pot, put all oils into it and turn the heat to low. Take the buttermilk cubes and combine with distilled water in a medium sized bowl.
Soap Making Made Easy
A Beginners Guide To Making Soap

Fill you sink half full and add three trays of ice cubes to the water.

Pouring very slowly and continually stirring add the lye mixture to the buttermilk/distilled water mixture. The slower you pour the less chance of burning the mixture. The ice water in the sink will help to keep the mixture cool while pouring the lye.

When the oils are completely melted, slowly add the lye solution. Stir continuously until you have reached trace. At this point put your crock pot into the oven and turn the oven off. Every ten minutes check the mixture and stir it slowly. If the mixture is cooling too quickly reheat the oven for 5 minutes and then turn it off again. Don't be surprised if you have to do this a couple of times.

In approximately 45 minutes to one hour you mixture should be completely saponified. You can test it with your tongue. If it stings it's not ready and if it tastes soapy it is ready.

You are now ready to add the oatmeal and honey to the mixture and then follow with the extract and essential oils. Make sure to mix well. Pour the soap into molds and bang or drop them on the counter top to rid the soap of bubbles. Press wax paper into the top of the soap and attempt to smooth out the top. In 24 hours your soap will be done. Removed and slice.
Ingredients:
20 ounces of palm kernel oil
20 ounces of coconut oil
40 ounces of olive oil
30 ounces of buttermilk
11 ounces of lye
3 heaping Tablespoons of bentonite clay

Instructions:
Heat oils to 100 degrees Fahrenheit
Partially freeze the buttermilk
Slowly add the lye to milk, making sure it does not go over 100 degrees Fahrenheit
Combine.
At trace add:
3.5 ounces of lavender essential oil
3 Tablespoons of Castor oil
2 Tablespoons of sweet almond oil
Crock Pot Soap For Kids

Herbal Soap for Grandma

This is a great soap that you and your children can make. They will make great gifts for anyone who likes to work in the garden or loves the smell of herbal soaps.

Things You'll Need

Go to your local health food store and choose some herbs, such as lavender or mint.

- Pam cooking oil spray
- Scented oils
- A dipper
- Wooden spoon
- Soap that has a glycerin base
- A cheese grater or kitchen grater
- Crockpot

Copyright(c)2009 Soap Making Made Easy
To begin:

Using your grater, grate your soap and put it into your crock pot. On a low heat, melt the soap. It should take about twenty minutes to melt. Make sure you do not stir it.

When completely melted let the kids add a few drops of a scented oil, that they have chosen, into the mixture of melted soap.

Then let them add some of the herbs to give it some texture. It will add fragrance that comes from some of the herbs as well as giving it some color to the soap.

Before adding the soap to the molds, spray them with Pam cooking oil for easy removal. They are now ready to be poured into the soap molds.

To make the soap even more decorative have them add a sprig of a flower to the middle of the soap before it sets.

Put the molds into your fridge so that they will set quickly.

Your children will be thrilled with their soap and will feel pride when giving it away.
Microwave Soap For Kids

Making soap with your children is fun and a great bonding experience. In fact, you can make it even more fun by inviting over other mothers with their children and making a day of it.

You get to be around other adults and your children get to learn soap making and how much fun and pride they can take in having the finished product. Learning that they can use them as presents for Grannie or Grandpa, is just an added bonus.

Let's Get Started

Take your base and measure it.

Using a large knife (adult supervision) cut your soap into chunks.

Put your Pyrex container on your scales and zero out the scale.

Now put in the chunks of soap into the Pyrex container and measure the amount that your molds will hold.

It will take about 1 pound of base to fill 4 of your 4-ounce bars. 4 different containers that hold 4 ounces of soap.
Melt your base in your microwave.

Cover your Pyrex container loosely with saran wrap to prevent moisture from escaping.

Now place your container in the microwave and heat your base on high for 30 seconds.

Take the container out of your microwave and stir the mixture with a spoon.

Put saran wrap back on and heat for another 25 seconds and keep repeating this until all the chunks are melted.

It should only take 2-3 minutes before all the chunks are melted. Use caution as the soap will be near 150 degrees F.

Add your fragrances if you are using any. Use a ramekin on the scale to measure the amount of your fragrance oil. Remember zero out the scale.

Start with 1/4 or 1/3 ounces of fragrance oil for every pound of soap. Some scents may be stronger than others.

Using a whisk, slowly stir to mix in the fragrance. Add fragrance in small amounts, until you have the desired scent.
Keep in mind that some people are allergic to fragrances and you may want to consider natural essential oils.

Now it's time to add some color. Add drops of dye (not food coloring) and slowly stir. Keep adding color until you get the desired strength.

Now carefully pour your soap into your molds, very slowly, in order to prevent bubbles from forming. If you do get bubbles, use a spray of rubbing alcohol. It should remove the bubbles on the top of your soap. Remember to leave room for expansion.

Let your soap cool. This can take several hours, or about one hour if you put the molds into the refrigerator, not the freezer.

Remove the soap from the molds. They should pop out easily from the mold. If they do not then simply tap the molds gently with a spoon.

If the soap is still stuck, turn the mold upside down and put a hot wash cloth over it and try again.

Gently rub out any imperfections with a soft cloth, or you can trim the soap with the small knife, or use a cookie cutter.
Soap Recipes for Pets

If you have a dog with sensitive skin this is a great soap for them. Emu oil is great for skin allergies and many pets these days have sensitive skin. Especially smaller pets.

Any recipe that has a moisturizing base will work. I prefer an olive oil base soap. A basic recipe will do just fine.

Add the follow ingredients for each 4 ounce bar the soap recipe will make.

15 percent Emu Oil
10 drops of Essential Tea Tree Oil
10 drops of Essential Lavender Oil
5 drops of Essential Aloe Vera Oil

The emu oil can penetrate three layers of skin and works in tandem with the other items to penetrate your pet's skin.

Tea tree oil is great for bacteria on the skin, and you will find, that the aloe vera and lavender will help to heal and soothe irritated skin.

This is a great soap for any dog that has skin issues.
Smelly Doggy Soap

Ingredients you will need:

- 7 ounces of water
- 3.3 ounces of full fat buttermilk
- 4.2 ounces of lye
- 5 ounces of coconut oil
- 8 ounces of palm oil
- 8 ounces of olive oil
- 8 ounces of soybean oil
- 2 ounces of neem oil
- 1 ounce of emu oil
- 2 Tablespoons of neem powder
- 2 Tablespoons of powdered rosemary
- .5 ounces of rosemary essential oil

Instructions:

This recipe will make approximately two pounds of soap.

My dogs love to roll in the grossest things they can find, not to mention being out in the rain and coming into the house, with the worst doggy smells you can imagine. This is also a great soap if you pet suffers from dermatitis.
Combine the lye with the water (always lye into water) and set aside in a safe area to cool. Once cooled add the buttermilk.

Set aside 1 oz. of the neem oil and emu oil.

Melt the solid oils in your microwave, then add them to your crock pot, along with the liquid oils.

Next add the lye/water/milk mixture and proceed as usual.

Just before you are ready to pour, combine together the neem, rosemary powders and emu oils. Then add them to your soap mixture.

When ready, simply mix and pour.
The Fruity Doggy

Use this great citrus soap to help remove all the doggy odors that come with owning a pet. You'll never have doggy odors in the house with this soap.

Ingredients

74 oz. of Olive Oil
14 oz. of Coconut Oil
24 oz. of Cold Distilled Water
12 oz. of Lye
0.5 oz. of Sweet Orange Essential Oil
0.5 oz. of Eucalyptus Essential Oil
0.5 oz. of Citronella Essential Oil
1 TBLS. of Ground Orange Peel

Instructions:

Assemble all your ingredients and measure them. All of the above measurements are by weight. These are not liquid measurements. The oils, as well as the water, should be measured using a scale that is accurate to 0.2 ounces.
Mix the olive and coconut oils in a large stainless steel pan then set aside.

Shred the fresh orange peel to the desired consistency.

Mix the citronella, eucalyptus and sweet orange essential oils, with the ground orange peels. Set this aside.

Now put the water into a glass bowl.

Slowly add the lye to the water, stirring slowly as you mix, until the lye has completely dissolved. The mixture will warm and may even become very hot.

When done, set aside with a thermometer in it to monitor the temperature.

As the above mixture cools, begin to heat your oils. The oils should be heated to 95 degrees F. and kept there until your lye mixture hits 95 degrees F.

When the two mixtures are at 95 degrees F. you can then start to combine the two.

Continue to stir the mixtures together until you reach trace.
Stirring by hand will take about 30 to 50 minutes to reach trace. Using a stick blender will take less than 15 minutes to reach trace.

When the mixture reaches trace, add your orange peel and fragrance oil mixture.

Continue to stir for a few more minutes to blend the added ingredients and then pour into your soap molds.

Cover the molds and leave covered for approximately 48 hours. They should then be ready to remove and cut.
Home Business

Starting a Soap Making Business

Although I will only touch on this briefly, it's interesting to note, that with the economic times we live in many people are discovering that their hobbies can be turned into profitable businesses.

Soap making is one of these and also one that is very popular and profitable. More and more people are turning to natural products and soap making fits perfectly into this category.

In recent years demand for quality natural products has soared and there seems to be no end in sight. Anyone who has been making their own soap at home, probably knows full well how much they are enjoyed when given as a gift to friends and family. They often have friends and family coming back and asking for more, and are willing to pay for it.

What most hobbyist don't realize is that this is becoming a huge growth industry with huge potential for the future.
Soap making has no real barriers or hoops that you have to jump through, in order to start your business. Start up costs are minimal and in the beginning it's quite easy to turn your profits back into the business as it starts to grow.

If you really want to do it on a large scale you can expect to see profits of $35k plus a year. As you grow your business, it's easy to turn the hard labor over to employees, while you work at growing the business.

If you are the creative type you will derive much satisfaction as you experiment with new recipes and different molds.

Growing the business is quite easy. You start locally and sell your soaps at craft events, local gift shops and even health stores.

Advertise in your local and surrounding area newspapers. Church bazaars are also a good way to get your name and product out there.

From there all you need to do is use your imagination and you will be selling specialty soaps to local B and B's, motels and even hotels will be interested. Gift stores in hospitals are another area where they will sell well.
Business that do gift baskets for special events and holiday seasons are alway looking for something unique to add to their baskets.

Marketing hand made soaps is easy with brochures where your focus on the positives of handmade soaps. Discuss how your soaps have a superior quality to them compared to store bought soaps. Concentrate on the natural benefits of your soap. Talk about how commercial soaps have many unhealthy ingredients, that are not good for a person's skin.

A big plus can be the benefit of a soap that has no scent to it. Men love this kind of soap. Make sure you give your soaps unique names. It will help to sell them and help people to remember them as well as you.

Make sure to list some of your best sellers on your business cards. People will keep then and remember to call you for more.

The adventurous usually develop a website, where they can sell their soaps, and even move into the area of Ebay and Ebay stores, as another revenue stream.

Hair salons and local spas are another area where your products will be welcomed. Always try to get them to give your business card to their customers and you will soon have people calling you asking for specialized orders.
One of the first things that will help you on the road to success, is finding someone who can make specialized molds for you. You will use these not only in your own products but you will be able to offer them to companies.

If you have a mold maker, then company logos on soaps will be a specialty that people will only be able to get from you.

Your marketing plan should be made up of ways to make you and your soaps as specialized as possible.

Always make sure your product comes with your business card, so that people can easily reach you and avoid the middle man. It's a savings for them and it costs you nothing.

Always maintain a customer mailing list and use it as a way to update your customers on any new products you have, and to promote unique customized orders.

When you have the time, work on developing your own special recipes to make your product even more unique. Being able to sell something that no one else can offer is one of the best promotions for your business.
You can also start to branch out into other areas, such as home made shampoos, lip balms and lotions for dry skin or sensitive skin.

Do not expand your business too quickly. Stick to what works and when the money is steady then it's time to start looking in other directions.

As your business starts to grow it's time to look into insuring your business and possibly moving into your own building and taking it out of the home.

Turning a home hobby into a business is a great way to ride out the current economic times and even have a great part time business for the future.
Glossary of Terminology

Common Soap Making Terminology

**Abrasives** - These are substances that you add to soap that help to scrub away dead skin or exfoliate. Oatmeal, sea salt and finely ground almonds may be used.

**Absolute** - An aromatic alcohol soluble base.

**Additives** - These are things that are added to the soap for different effects such as adding extra oil for super fatting soap, adding color or essential oils.

**Anhydrous** - This is a compound or liquid that has no water properties.

**Antioxidants** - Normally used to help stop deterioration of your soap so that it has a longer shelf life.

**Antiseptics** - These help stop the growth of bacteria in your soap.
**Aromatherapy** - See Essential Oil section for more information. These are used in many ways to impact people emotionally or to give them a feeling of well being.

**Aromatic** - This is the taste or the smell of the finished soap or the art of giving it a fragrant smell. Often referred to when using perfumes in a soap.

**Astringent** - Used in soaps for unclogging pores, helps to cleanse the skin and clean excessive oils from the skin tissue.

**Beeswax** - Wax from a honeycomb. Often used in soaps and lip balms.

**Blenders** - Can be a term referring to the blending of oils, such as blending a citrus oil with peppermint oil. Can also be referring to a stick blender used in mixing your soap.

**Borax** - Sodium borate is a white crystalline mineral often used as a cleanser.

**Castile** - Regional area of Spain that produces olive oil for soaps, also pure olive oil soaps are often referred to as Castile soap.

**Cocoa Butter** - coming from the cocoa bean it is rich in un-saponifiables and has a chocolate scent.
**Coconut Oil** - This is a fat that is semi-solid and retrieved from the meat of coconuts. Helps to add lather and hardness to soap recipes.

**Cold Pressed** - The extraction of oils under mechanical pressure using low temperatures. Normally less than 120 degrees Fahrenheit.

**Cold Process** - A method of making soap without having to use heat.

**CPHP** - Refers to Crock Pot Hot Process. This is a method that uses heat from crock pots during the making of your soap.

**Detergent** - This is a cleaner used in place of natural fats. Often refers to petroleum distillates.


**DOS** - Dreaded Orange Spots. Dark orange spots turning to yellow can occur on the surface of your cold processed soap. Most likely cause is unsaponified oils turning rancid.

**Emollients** - These help to add moisture to the skin. Helps smooth out wrinkles and helps protect the skin. Often used in glycerin based soaps.

**Essential Oils** - See section on essential oils for a complete overall view.
**Exfoliant** - Abrasive material that is added to help remove dead skin. Cinnamon and oatmeal are commonly used.

**Fillers** - These help to bulk up the soap, or can help to extend the shelf life.

**Fixatives** - Helps to stabilize oils, as well as stopping them from evaporating.

**Formula** - Usually expressed in percentages, it is a list of ingredients in a fixed proportion.

**Fragrance Oil** - These are synthetic oils, which give you a natural scent, but are not essential oils. If considering these scents, choose ones that are not natural scents for best results.

**Glycerin** - A triatomic alcohol byproduct that is created during the process of saponification.

**Goat's Milk Soap** - Cold processed soap that is made using fresh or previously frozen goat's milk.

**Hand milling** - This is the act of grating soap, then adding water, while adding other ingredients, in order to improve the quality of the soap.
**Herbs** - Plants that are commonly used in cooking, or for medicinal purposes. Often used in soaps to add additional scents to the finished product and also can be used for decoration.

**Hot Process** - A way to make soap using a heat source to help accelerate the saponification process. Ovens, double boilers or crock pots are commonly used.

**Hydrating** - Referred to in reference to skin, to help restore natural balance to skin tone and conditioning.

**Infusion** - Steeping botanicals in oil or water.

**Irritant** - Additives that may cause inflammation or irritation to the skin. Additives should be chosen carefully in order to avoid unwanted skin reactions.

**Insoluble** - Item that cannot be dissolved in a liquid.

**KOH** - Potassium Hydroxide

**Lanolin** - This is a wool fatty substance, obtained from wool and used in soaps as a moisturizer.
**Soap Making Made Easy**  
*A Beginners Guide To Making Soap*

**Lard** - This is a fat, either solid or semi-solid, that is rendered from a hog.

**Layering** - The act of pouring multiple layers of soap, often using various colors.

**Lye** - Sodium hydroxide. Used in soap making.

**Melt and Pour Soap** - Melting of a base so that oils or fragrances can be added and then poured into molds.

**Melting Point** - The point where a solid becomes liquid, at a defined temperature.

**NaOH** - Sodium Hydroxide

**Natural Soap** - All ingredients are from natural sources. Normally free of petroleum, chemicals or any artificial components.

**OHP** - Oven Hot Process. Soap making where you use an oven for applying heat during the process.

**Olive Oil** - Extracted from fruit of olive tree.

**Potassium Hydroxide** - This is a caustic white solid, normally used in the making of liquid soaps, or soaps that are soft.
**Rebatching** - Liquefying pre-made cold processed soap, while adding essential oils. Also known as hand milling.

**Refined** - A way to remove impurities from a natural or crude base.

**Refrigerant** - An additive that helps to reduce inflammation, or one that helps to relieve pains in the muscles. Menthol is often used in many products as an additive.

**Rendering** - Heating lard to a liquid state in order to extract solids and impurities.

**SAP Value** - Saponification value. This is the amount of potassium hydroxide, in milligrams, that is necessary to saponify 1 gram of oil.

**Saponification** - This is the process that turns your lye, scents, oils etc. into amazing, therapeutically scented, moisturizing bars of soap.

**Seize** - This is when your soap thickens unevenly, or hardens during the soap making process. Commonly caused by adding synthetic fragrances to your mixture.
Soap Making Made Easy
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**Shea Butter** - Often a base ingredient, or used as an emollient for handmade soaps. Often has high content of un-saponifiables. Adds moisturizing properties.

**Sodium Bicarbonate** - Commonly known as baking soda. Helps to soften water.

**Sodium Hydroxide** - Alkaline compound, NaOH, used to make hard soaps or bar soaps.

**Soluble** - Something that has been dissolved in a liquid.

**Solvent Extraction** - A process of separating oils from their base by utilizing a liquid, in which the oil is soluble. Oil is then usually distilled, while the solvent is evaporated, leaving you with only an oil.

**Spice** - Aromatic scents, often harvested from seeds or fruits. Often used in medicinal ways.

**Stimulant** - Something that produces a reaction in human tissue. Peppermint can have an immediate reaction of well being.
**Super fatted** - Adding extra oil or butter, that will remain un-saponified, in the finished soap. Any excess oil can add to the moisturizing properties of the soap.

**Tallow** - Fat from an animal such as a cow or sheep.

**Trace** - The time when your mixture reaches a thickness that is noticeable when the mixture is drizzled back into the mixture. It leaves a pattern before dissolving back into the mixture. See picture in section on Reaching Trace.

**Un-saponifiables** - Parts that do not show any reaction with sodium hydroxide during the process of saponification and are left in their original form. These help to add moisturizing properties to the soap.

**Vegetable Shortening** - Solid fat that comes from vegetable oils.

**Volatile** - Usually evaporates easily, such as an essential oil. Fixatives will stabilize the oil to prevent this from happening.

**Water Soluble** - Something that can be dissolved in water.
Online Suppliers For Soap Making Items

Essential Oils

The Essential Oil ***** 5 Stars
Wide Variety of All Types of Oils
Minimum $50 order
International Shipping Is Available

http://www.essentialoil.com/

Rainbow Meadow **** 4 Stars
Large Selection Of Essential Oils
Will Ship Internationally

http://www.rainbowmeadow.com/
Starrville Soap Supplies  ****  4 stars

Nice selection of essential oils
Only ships to USA

http://www.tylerstarrville.com/

Soap Molds

Creekside Soaps  *****  5 Stars

Good selection of wooden molds in different sizes
Will Ship International

http://creeksidesoaps.com/

Soap Molds N' More  ****  4 Stars

Carries and excellent selection of decorative molds
Does not Ship Internationally

http://www.soapmoldsnmore.com/
Glory Bee Foods  ****  4 Stars

Good Selection of single molds.
Ships only to US and Canada
Check restrictions regarding weight of orders

http://www.glorybeefoods.com/

Soap Stamps

Soap Impressions  *****  5 Stars

Will do custom stamps, alphabet sets and has a variety of readymade stamps.
Will Do Custom Orders
Will Ship Internationally

http://www.soapimpressions.com/
**Milky Way Molds** **** 4 Stars

Great selection of stamps.  
Minimum order is $50  
Ships worldwide

http://www.milkywaymolds.com/CTGY/SS.html

**Fragrances**

**Symphony Scents** **** 4 Stars

This company ships to Canada, PR, AK, HI and the United States.

http://symphonyscents.com/

**Oshun** **** 4 Star

Good variety of fragrances  
Minimum order of $100 Cdn.  
Does not ship internationally

http://www.oshun.ca/
Paw-Made Soap Company  **** 4 Stars
Wide variety of fragrances
Does not ship internationally
No online shopping cart

http://www.pawmade.com/

Sweet Cakes  ***** 5 Star
Excellent variety of fragrances
Will ship internationally

http://www.sweetcakes.com/

Suds And Scents  ***** 5 Stars
Wide variety of bases
Will ship internationally

http://www.sudsandscents.com/
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**Ponte Verda Soap Shoppe** ***** 5 Stars

Good selection of bases
Will ship internationally

http://www.pvsoap.com/

**Soap Crafters Soap Making Supplies** ***** 5 Stars

Excellent variety of bases
Will ship internationally

http://www.soapcrafters.com/

**Soap Making Kits**

**Soap Making Supplies** ***** 5 Stars

Good variety of kits
Will Ship Internationally

http://www.soapbasics.co.uk/
Cierra Soap Making Supplies ***** 5 Stars

Wide variety of soap making kits
Will ship internationally

http://www.cierracandles.com/Soap-Making-Kits-c175/