

Beeswax Olive Oil Soap normal & sensitive skin	
Ingredients	Temperatures & Times
920 g Olive Oil (Pomace) 56 g Beeswax 120 g Lye 360 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 3 weeks Trace Time: 45 Minutes Mould Time: 48 Hours

Shampoo Bar for more information please ask for our shampoo sheet	
Ingredients	Temperatures & Times
352 g Castor Oil 132 g Palm Oil 242 g Coconut Oil 264 g Olive Oil (Pomace) 50 g Jojoba Oil 138 g Lye 375 ml Distilled Water	Oil Temperature: 50°C (120°F) Lye/Water Temp.: 50°C (120°F) Cure Time: 3 weeks (if used in a bar form, 2 days if liquifying) Trace Time: 45 Minutes Mould Time: 48 Hours

Hard Palm Bar normal to dry skin	
Ingredients	Temperatures & Times
400 g Coconut Oil 300 g Vegetable Shortening 200 g Palm Kernel Oil 90 g Avocado Oil 146 g Lye 375 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 3 weeks Trace Time: 50 Minutes Mould Time: 24 Hours

Use and Storage Guidelines

All the preceding recipes are formulated with approximately 6% excess fat. They do not require preservatives as long as you do not add any fresh ingredients. Your bars will last longer if they cure completely and they are allowed to dry between uses. Kept in a cool dry location, your soap should last for several years.

Laundry Soap	
Ingredients	Temperatures & Times
725 g Coconut Oil 225 g Palm Oil 174 g Lye 360 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 3 weeks Trace Time: 30 Minutes Mould Time: 24 Hours



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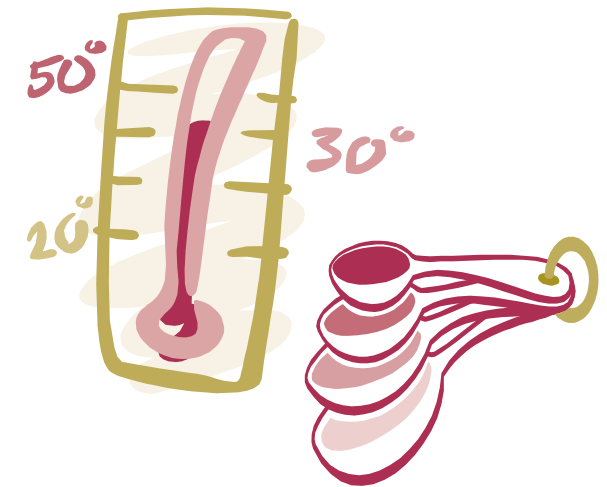
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Soap Formulas



Recipes to make soap from scratch

each formula makes 1.5 kg of soap

Note:
Carefully read all materials before you begin. Neither the author nor the company can be held responsible for damage, injury or otherwise resulting from the use of the formulas, information or materials listed. For external use only.

Ingredients: Source and Function

Avocado Oil: Pressed from dried and fresh avocado. A stable oil with a built in antioxidant system. High in Vitamins A, B, and D, and rich in lecithin. Has a beneficial effect on dry skin and wrinkles.

Beeswax: Excreted by worker bees to construct the honeycomb. Has excellent skin protective qualities and increases hardness of soap.

Castor Oil: Expressed from the Castor Bean. Soothing to the skin, it is used widely in lipsticks, solid perfumes and bath oils. As a soapmaking oil it acts as a humectant.

Coconut Oil: Pressed from the dried meat of the coconut. Adds lather and moisturizing properties.

Cocoa Butter: Expressed from the roasted seeds of the Cocoa plant. Softens and lubricates the skin.

Distilled Water: The collected and condensed steam of boiling water.

Jajoba Oil: A natural liquid from the kernels of the Jajoba desert plant. Has a chemical composition resembling the skin's sebum. Antibacterial characteristics. Excellent for dry skin conditions.

Lye: The solution of Sodium Hydroxide and water. Sodium Hydroxide or Caustic Soda is the strong alkaline base component of soapmaking.

Olive Oil: (Pomice grade) Made from the pressing of the olive fruit and pits. An inferior food grade olive oil but good for soapmaking.

Palm Oil: Extracted from the fruit of the palm tree. This oil is rich and viscous. Soothes and moisturizes dry skin.

Palm Kernel Oil: Extracted from the nut of the palm tree. Used in small proportions it adds hardness to soap and provides lather.

Shea Butter: From the nuts of the Bassia parkii tree in Africa. It is high in unsaponifiables and adds moisturizing properties to soap.

Vegetable Shortening: Hydrogenated Canola Oil. A inexpensive soft oil to balance the hard oils of coconut and palm.



Equipment

- One large stainless steel mixing bowl or pot. The larger the better; this greatly reduces the amount of splatter leaving the bowl or pot during the mixing process.
- One heat-resistant container that holds 4 cups (glass Pyrex works well) to mix Lye and water in.
Note:
Using too large a container may result in rapid heat loss and temperatures not reaching their goal.

- A container to heat oils in. If using the stove, a stainless steel pot will do. If using the microwave, use a microwave-safe container
- Candy or meat thermometer made of glass or stainless steel (having two works best — one for the lye and one for the oil)
- Protective wear: long sleeved shirt, pants, shoes (no bare feet), glasses and rubber gloves. Keep a bottle of vinegar nearby to neutralize lye spills.
- Soap moulds; Plastic, Cardboard, or Wood (use freezer paper to line).
- Measuring spoons, pot holders or oven mitts, and plastic spatulas.
- Digital scale, accurate to at least two grams.

Please consult our Soapmaking Guide or call our store for techniques and instructions on how to make soap. Tracing times listed are hand stirred and are approximate and to be used only as a guide. Stir as quickly as possible without splattering.

Basic Soap Formula oily to normal skin	
Ingredients	Temperatures & Times
598 g Coconut Oil 296 g Vegetable Shortening 30 g Beeswax 58 g Avocado Oil 150 g Lye 368 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 3 weeks Trace Time: 15 Minutes Mould Time: 24 Hours

Olive & Palm sensitive & normal skin	
Ingredients	Temperatures & Times
680 g Olive Oil (Pomace) 302 g Palm Oil 18 g Beeswax 128 g Lye 374 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 4 weeks Trace Time: 25 Minutes Mould Time: 24 Hours

Palm Oil normal to dry skin	
Ingredients	Temperatures & Times
208 g Palm Oil 548 g Coconut Oil 166 g Vegetable Shortening 98 g Cocoa Butter 156 g Lye 380 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 3 weeks Trace Time: 25 Minutes Mould Time: 24 Hours

Cocoa Butter & Palm normal to dry skin	
Ingredients	Temperatures & Times
636 g Coconut Oil 202 g Cocoa Butter 182 g Palm Oil 160 g Lye 380 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 3 weeks Trace Time: 30 Minutes Mould Time: 24 Hours

Exotic Oils of the World dry skin	
Ingredients	Temperatures & Times
166 g Coconut Oil 276 g Palm Oil 330 g Olive Oil (Pomace) 132 g Castor Oil 44 g Jajoba Oil 44 g Shea Butter 130 g Lye 376 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 3 weeks Trace Time: 35 Minutes Mould Time: 48 Hours

Castile (pure olive oil) Soap sensitive skin	
Ingredients	Temperatures & Times
1020 g Olive Oil (Pomace) 130 g Lye 360 ml Distilled Water	Oil Temperature: 55°C (130°F) Lye/Water Temp.: 55°C (130°F) Cure Time: 4 weeks Trace Time: 45 Minutes Mould Time: 48 Hours

Shea Butter Soap normal to dry skin	
Ingredients	Temperatures & Times
376 g Olive Oil (Pomace) 250 g Palm Oil 176 g Coconut Oil 198 g Shea Butter 134 g Lye 360 ml Distilled Water	Oil Temperature: 50°C (120°F) Lye/Water Temp.: 50°C (120°F) Cure Time: 3 weeks Trace Time: 20 Minutes Mould Time: 48 Hours