

Four Recipes for Cold Process Soap: Beginner to Intermediate

For all recipes you must follow basic soap making safety precautions: do not leave any portion of this recipe unattended at any time, work in a well-ventilated area, and wear gloves and eye protection

All recipes are for a 10 inch mold and contain 32 ounces of oil. You can recalculate these by entering the amounts into a lye calculator and selecting "resize" if you have different sized molds.

Coconut Oil Cleaning Soap

This soap is not for skin. Use as a cleaning bar to rub on laundry or upholstery stains, use as a hard bar for washing dishes, or rub on a wet cloth to clean counters. It is very effective on carpets.

32 ounces of coconut oil

8-12 ounces of water

5.89 ounces of lye (this is 0% superfat)

1. Melt the coconut oil to 140 degrees over your stovetop. Combine the lye and water and set aside in a safe place. Allow both components to cool to 100-120 degrees. They should be within 10 degrees of each other.
2. Combine the lye water and the coconut oil using a stick blender. They will come to trace VERY quickly. Pour into a mold immediately. This bar will set up as a hard bar, so it is easiest to use individual bar molds.
3. Allow to saponify for 12-24 hours. If you are using a loaf mold, cut after 12 hours, or as soon as soap is cool and hard to the touch. Otherwise it will become very hard and difficult to cut. Cure for two weeks before using.

Basic Body Bar with Lots of Lather

This recipe is a good recipe for the bath and shower. It is a relatively hard, cleansing bar with lots of lather.

10 ounces coconut oil

10 ounces palm oil

10 ounces olive oil

2 ounces castor oil

8 to 12 ounces of water

4.63 ounces of lye (this is 5% superfat)

Color and fragrance optional

1. Fully melt the palm oil and mix together. (A microwave works well for this). If you skip this step and the oil is partially melted, you will get only a softer part of the oil in your recipe and your bar will be too soft.
2. Combine all the oils and heat to 140 degrees over your stovetop, then remove from heat. Combine the lye and water and set aside in a safe place. Allow both components to cool to 100-120 degrees. They should be within 10 degrees of each other.
3. Combine the lye water and the melted oil blend using a stick blender. They will come to trace in a few minutes. Add any desired color or fragrance, then pour into a mold immediately.
4. Allow to saponify for 12-24 hours. If you are using a loaf mold, cut into individual bars. Cure for two weeks before using.

Gentle Baby Soap with Lavender

This recipe is perfect for babies and young children. It is very gentle on the skin with a soft lather. It is not tear free, so will sting eyes like any true soap. It does require a long cure time as it has a high percentage of olive oil. Give it 2-4 months before using.

1 ounce castor oil

2 ounces cocoa butter

4 ounces coconut oil

25 ounces olive oil

8-12 ounces of water

4.21 ounces of lye (7% superfat)

1 tablespoon of lavender essential oil

1. Measure out the lye and water separately, then combine by adding the lye to the water. Set aside in a safe place to cool.
2. Melt the oils and butters and heat to 140 degrees, then remove from heat and allow to cool.
3. Once ingredients have cooled to 100-120 degrees, combine with a stick blender. This recipe will take a few minutes to come to trace due to the high amount of olive oil. Once thin trace is reached, add the lavender oil a bit at a time and stir by hand with a whisk. The oil will accelerate trace, so you will need to pour into your mold right away.
4. Allow to cure in a turned off oven for 18-24 hours, then slice into bars. Cure for 2-4 months before using for best lather and longest lasting bar.

The Best Shower Soap

This my favorite recipe that I keep in my shower at all times. It has a lot of castor oil for high lather, and a lot of extra nourishing oils for soft skin. To avoid a soft, short-lived bar, add sodium lactate to increase firmness. To mimic highly scented body washes, add the highest recommended amount of fragrance.

2 ounces mango butter

2 ounces sweet almond oil

2.5 ounces avocado oil

2.5 ounces castor oil

7 ounces palm oil

7 ounces olive oil

8 ounces coconut oil

8 to 12 ounces of water

4.56 ounces of lye (5% superfat)

.64 ounces of sodium lactate

3 tablespoons of fragrance oil, optional (or highest recommended fragrance oil amount, typically 1 tablespoon per pound of oils)

1. Combine the lye and water, and set aside. Melt and heat the oils and set aside.
2. When the components have cooled, **add the sodium lactate to the cooled lye water**. Then proceed as normal, combining the lye water and oils with your stick blender.
3. At thin trace, add the fragrance oil 1 tablespoon at a time, mixing in with a hand whisk.
4. Pour into a mold and allow to cure for 12-24 hours before slicing. Cure two weeks further before using.

