THE ART OF
SOAP MAKING

Make 15 Sweetly scented Bars of Almond-Oatmeal Soap

READ ALL INSTRUCTIONS CAREFULLY BEFORE YOU BEGIN

KIT INCLUDES

WOODEN MOLD W/TOP
16 oz. PURE COCONUT OIL
16 oz PURE PALM OIL,
13 1/2 oz. PURE OLIVE OIL
I oz. BITTER ALMOND OIL
1/8 CUP ROLLED OATS
INSTRUCTIONS

All bowls, pans, and other ,utensils used for making your soap, should be kept for this purpose only. They don't have to be new to start with, but do not use them, for cooking or serving food

When making small batches of soap. a longer stirring time is required for this batch, you will need to stir your soap quick and forceful or about 1 hour. Sometimes it may take a bit longer. You may want to have someone on hand to relieve you during this time. You can use an electric. free-standing mixer if you do, you will use this instead of the 8 quart pail & wire whisk

YOU WILL NEED:

INGREDIENTS:

17 oz. Distilled water
6 1/2 oz. of Lye
1/4 tsp. cinnamon (optional)

EQUIPMENT:

2 or 3 quart glass bowl
8 quart enamel or stainless steel pot
wire whisk
glass measuring cup (must have ounces marked)
Heavy-duty waxed freezerpaper.
Masking tape
Rubber gloves
Safety goggles
Sharp thin paring knife
***Scale* measuring in ounces (optional)**

SAFETY TIPS!

LYE IS A VERY CAUSTIC SUBSTANCE. IT WILL.BURN YOUR SKIN IN THE PRESENCE OF JUST A SLIGHT BIT OF, MOISTURE, LYE IS CORROSIVE TO ALL TISSUES AND IT WILL EVEN BURN THROUGH WOOD LIE IN SOLUTION CAN BLIND YOU IF SPLASHED IN YOUR EYES. IT IS VERY IMPORTANT TO WEAR SOME TYPE. OF EYE PROTECTION. IF SWALLOWED. IT CAN CAUSE. SERIOUS INTERNAL INJURY WHEN MAKING YOUR SOAP. MAKE SURE THERE ARE NO CHILDREN OR PETS AROUND YOUR WORK AREA. ALWAYS WEAR YOUR RUBBER GLOVES AND EVE. PROTECTION (GOGGLES). YOU CAN PURCHASE LYE IN YOUR lOCAl. GROCERY STORE. IT WOULD BE FOUND IN DRAIN CEANERS.

GETTING STARTED

1) Remove all items from your wooden box. This box is your soap mold. Line the box with heavy duty freezer paper. Have the waxed side facing up. Make sure paper is flat on sides and bottom. Make square corners and fasten to mold with masking tape.

2) Take the package of rolled oats and place it in your food processor. Blend till very fine. Put the ground oats in a small container and set aside. This will be added to your soap just before you pour it into the mold. (If you want to add a little more texture to your soap, you can add 1/4 to 1/2 tsp. of ground cinnamon to the ground oats)

3) Measure out 6 teaspoons of your bitter almond oil. Put this in a small cup, cover and set aside. This will be added to your soap the same time you add your oats.

4) Put on your rubber gloves and eye protection. Measure out the lye and set it aside.

5) Using your glass measuring cup, measure out 17 ounces of distilled water into a glass bowl. Very carefully, add the 6 1/2 ounces of lye to the water. Stir very briskly as you add the lye to the water. Do not hold your head directly over the bowl, as the fumes may be strong. Make sure you have adequate ventilation in the room. Make sure all of the lye is dissolved thoroughly. Your lye solution will heat up to over 200° F. Set the bowl aside where it will be out of the way. Let it cool down. Your lye solution must cool down to between 95 & 100° F. Use a thermometer to get an accurate reading.

MIXING YOUR OILS

6) [NOTE: Olive oil, Coconut oil, & Palm oil are all pre-measured. Coconut & Palm oil are both solid at cool temperatures and must be liquified before removing from the bottles] Pour the olive oil into your 8 quart pan or large glass bowl. When the lye solution has cooled to between 95 & 100°F, take both of your remaining bottles of coconut & palm oils and heat them, one at a time, in your microwave for about 30 seconds on medium setting. Remove the caps from the bottles before heating. If you do not have a microwave oven, you can heat the bottles in a pan filled with hot water. Repeat the heating at 30 second intervals until both of the oils are liquid. **DO NOT USE HIGH HEAT OR YOU WILL MELT THE PLASTIC BOTTLES!** Pour both of these oils into the olive oil and mix well. The temperature of the oils should be 95-100°F. If it is warmer, let it cool to this temperature.

IT IS IMPORTANT TO KEEP YOUR OILS AND YOUR LYE MIXTURE AT THE SPECIFIED TEMPERATURES THIS WILL INSURE THE PROPER REACTION OF THE ALKALINE SOLUTION (LYE) WITH THE ACID (OILS). THIS PROCESS IS CALLED SAPONIFICATION.

7) If the temperature of the lye solution has dropped below 95° F, you must heat it up by setting the bowl into another container of hot water. Your oils can be heated briefly on a very low setting in your microwave. Both your lye and your oils must be at a temperature of 95°-100°F.

PUTTING IT ALL TOGETHER

8) Making sure you have gloves and eye protection on, you can slowly drizzle the lye solution into the oils stirring constantly. Stir continuously and briskly with your wire whisk throughout the entire soap making process (saponification). Scrape sides and continue to stir very briskly for 30 - 90 minutes. Keep your mixture in constant motion. If you are using a free-standing electric mixer, set it at the lowest speed until the mixture thickens, then you can increase the speed until the mixture traces. Defined in Step 9.

9) When a small amount of soap drizzled across the top of your solution leaves a faint line before it settles back into the solution, you can stop stirring. Do not wait until the soap remains on top, or it will harden to quickly before pouring it into your mold. At this point, add your essential oil and the oatmeal mixture. Mix thoroughly. Make sure your essential oil is mixed in well.

10) Quickly pour your soap into your prepared mold. The mixture should be smooth and even with no lumps. Puddles or oily patches means a poorly mixed solution. As you are pouring, if you notice a change in texture, stop pouring. If you have a watery mix towards the bottom of your pan, it means your stirring process was not quite finished. Do not add this unsaponified portion to your soap mold. It will ruin your whole batch.

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CURING YOUR SOAP

11) Place the wooden top on your mold. Place the entire wooden mold on top of a blanket and wrap over the top of mold. **DO NOT DISTURB** your mold for 18 - 24 hours. This insulation period is critical in completing the saponification of your soap. The soap will heat up during this time. After the insulation period is over, lift the soap from the mold by grabbing the sides of the the freezer paper. Mark straight lines on the soap using a ruler. Divide it 3 across the smaller side and 5 across the longer side. Now cut the soap all the way through with a thin sharp knife. After your soap is cut into bars, carefully peel away the paper. Lay your bars of soap on a piece of plain brown paper (grocery bag), or any plain paper. Do not use paper with ink or printing, as your soap will pick up the ink. If you notice a white powdery film on the surface of your soap bars, take your knife and slice or scrape off this layer. Now you can set your soap bars in a dry, well ventilated room, and allow them to cure for 3 - 4 weeks. Keep your soap in a single layer, and turn the bars over once during the curing period. It is important to let your soap cure before you use it. It will become harder, dryer, and milder. If you use your soap to soon, it will be very harsh on your skin. Be patient and you will be rewarded.

12) You have just made 15 bars of wonderful soap. Your homemade soap makes wonderful gifts. Be creative in your packaging. Take squares of material and wrap your bars, then tie with a piece of ribbon. Place your bars in a basket with a sponge or bath mitt. If you enjoyed your soap making experience, you can try other variations.

Cutting Your Soap