

# Homemade Soap

TBA club member, Rose Nichols, supplied the following soap recipe from a presentation at TBA's monthly membership meeting.

## Ingredients (by weight):

Ingredients	1-lb.Batch	2-lb.Batch	4-lb.Batch	8-lb.Batch
<b>Lye solution</b>				
Lye	2.4 oz.	4.8 oz.	9.6 oz.	1lb. 3oz.
Distilled Water	6 oz.	12 oz.	1lb. 8 oz.	3 lb.
<b>Oil blend *</b>				
Olive Oil	9 oz.	1lb. 2 oz.	2 lb. 4oz.	4lb. 8 oz.
Coconut Oil	4 oz.	8 oz.	1 lb.	2 lb.
Palm Oil	3 oz.	6 oz.	12 oz.	1lb. 8 oz.
<b>Superfat</b>				
Castor Oil	1 Tbsp.	2 Tbsp.	4 Tbsp.	8 Tbsp.
<b>Fragrance**</b> by <i>fluid</i> ounce	1 oz.	2 oz.	4 oz.	8 oz.

\*One ounce of **melted** beeswax may be added to the oils of a 4-lb.batch immediately prior to adding the lye solution.

\*\*Fragrance oils may vary in strength; refer to manufacturers Material Safety Data Sheets for suggested amounts.

## Basic Soapmaking Instructions:

*Always wear protective goggles, gloves and other safety clothing when handling sodium hydroxide or potassium hydroxide (lye). Lye is a dangerous substance and can cause serious burns if it comes in contact with your skin. Vinegar should be close at hand as it neutralizes lye. Use glass or stainless steel utensils when working with lye. Lye will eat right through aluminum, Teflon, copper and tin. Wood stirrers will eventually splinter. Keep children and pets restricted from the soapmaking area and ensure that lye water is not left unattended where it may be drunk. Lye is a serious chemical that must be respected.*

- Weight all ingredients before beginning and set each ingredient aside in its own container. Fragrance should be covered to prevent evaporation.
- Line soap box with Reynolds Wrap Release non-stick aluminum foil. Take care to smooth out wrinkles as they will show in the finished soap bars.
- Combine oils in crock pot and cover; heat on high setting until melted. If using solid color, add it now.
- While oils are melting, put on the safety goggles and neoprene gloves. Combine solid lye and distilled water in a glass pitcher, stirring well with a wire whisk *until lye is completely dissolved*. Set aside and allow to cool (100° to 125 ° F). This is best done in the sink with your head averted from the fumes.

- When oils are completely melted, add the the cooled lye solution while stirring with a wire whisk. Be careful not to splash while combining the mixtures. Immediately begin to rinse the items that have come in contact with the lye under running water.
- Stir with a stick blender until the mixture traces. Tracing looks like a slightly thickened custard. It will support a drop or your stir marks for several seconds. Once tracing occurs...
- Stop stirring and cover. The mixture will begin to bubble around the edges and oil will float on the top.
- The mixture will begin to turn onto itself until it meets in the middle. Keep the lid on, removing it only to stir down the mixture when it starts getting close to the top. When the mixture meets in the middle, stir to move the mixture from the sides into the center of the crock pot.
- After stirring, the mixture will take on the appearance of applesauce. Cover and continue to watch until the self-turning process takes place a second time. Keep an eye on the crock pot because the mixture has a tendency to keep rising. You will continue to stir down when necessary replacing the lid each time until the second self-turning occurs.
- The bubbles will become smaller and the mixture will begin to gel around the edges. Continue to stir as the mixture rises, gently moving the mixture from the edges to the center. Continue to stir gently, being careful not to incorporate too much air, until all the white bubbles disappear and the mixture relaxes into a gel.
- It is now soap. To make sure that the lye is no longer active, cool a small amount of the mixture and touch it to your tongue. If there is no sizzle, then it's a success. If it burns, continue heating and stirring.
- Add your fragrance (and color if using liquid color).
- Stir until the soap is a uniform color and consistency. Work quickly so that it does not cool off too rapidly. Your finished soap should have the consistency of Vaseline.
- Fill mold by tapping after each 3 or 4 spoons to flatten out soap and eliminate air bubbles. Also encourage the soap into the corners of your mold with the spoon.
- Cover soap with a piece of waxed paper and flatten with a block of wood.
- Cover mold with folded towel and allow to cool for 24 hours.
- Scrape remains of soap out of crock pot. These slivers can be molded into balls with a little water. These are great for samples.
- When soap is cool, unmold and cut into bars.
- Allow soap bars to dry and cure for 1 to 2 weeks before labeling as shrinkage will occur. A nursery flat works well to allow air circulation around all sides of the soap bars and they can be stacked several high.

Disclaimer: Every effort has been made to ensure that the information contained here is accurate. However due to differing conditions, tools and individual skills TBA cannot guarantee the information is applicable in your situation. TBA is not responsible for any injuries, losses or other damages that may result from the use of the information available here.