

# Cold Process Soap Making Basics from The Cape Coop

## Materials (do NOT share these materials with anything that will touch food):

- \*several heat resistant bowls
- \*spoons & rubber spatula
- \*hand blender
- \*digital kitchen scale
- \*digital thermometer
- \*long rubber gloves
- \*surgical face mask
- \*something to cut your soap
- \*soap mold (you can purchase premade soap molds, or use a silicone baking mold. This recipe will fill a 1.2L loaf mold)
- \*something to insulate soap (I made a simple box out of scrap wood)

## Ingredients:

- 8.5 oz Olive Oil
- 8.25 oz Coconut Oil
- 8.25 oz Palm Kernel Oil
- 9.5 oz water (use room temperature distilled water)
- 3.91 oz lye
- .78 oz fragrance (optional)
- clay, oxide powder or other colorant (optional)

## Directions:

First, clean the kitchen! You will need plenty of clear counter space, and an empty sink

Measure your distilled water, pour into bowl. **Put on your gloves & mask.** Measure your lye. Slowly pour the lye into the water.

Stir the lye water until lye is completely dissolved. **DO NOT LEAN OVER BOWL.** Try to keep your face as far back as possible and keep your mask on. It will start off foggy, but will be clear when dissolved. Set aside and allow to cool

While the lye water is cooling, work on the oils. Measure each of the oils and add to a large bowl (NOT the bowl the lye water is in). You can take you gloves & mask off for this part if you want.

Put the bowl in the microwave for 30 seconds. Stir well. Put in for another 30 seconds. Continue this until oils are completely melted together. They should be nice and clear

Now we need to wait for the oils to cool. The goal is to get both the lye water and the oils to be between **125-135 degrees**. If the oils cool off too much, pop them back in the microwave. You can also briefly microwave the lye if needed, put a paper towel over the top of the bowl to keep fumes in.

While we are waiting for everything to cool, it is time to measure out any additives to your soap. You can add essential oils, fragrance oils, minerals for color, clays, purees....there are so many options! Follow instructions on your additive (most powders should be dissolved in oil before adding). Don't add them yet, just get them measured and ready.

Once your oils & lye water are the proper temperature, it's time to **put your gloves & mask back on.** Carefully & slowly, pour your lye water into your oils. Try to avoid splashing. Using your stick blender, thoroughly blend, being careful as you move your stick blender around that you do not splash any of the mixture out of the bowl.

After you have blended for a few minutes, you will notice it begins to thicken. This is known as a **trace**. If you lift the blender out, the mixture that dribbles off should leave a light trace before sinking in. It will be the consistency of slightly liquidity pudding.

Now is the time to add your fragrance or any additives. Add it in and quickly blend or hand stir. The chemical reaction is going to start to accelerate and it can begin to harden quickly. Some fragrances and additives can make it go even quicker, so don't over blend.

Carefully pour the mixture into your soap mold

Put the lid on your mold and wrap it snugly in a towel.

Tap the mold against your counter a few times to loosen any air bubbles that might be trapped.

After **24 hours** you are ready to unmold! Loosen your mold along all four sides, then flip the mold upside down and gently run your hand along the bottom to completely loosen the soap from the mold. The soap will still be slightly soft.

Cut the soap into bars and allow to harden for **4-6 weeks**. Let it stand on one of the narrower edges to expose more surface area to the air. Mark the date somewhere so you will remember when it's ready to go.

