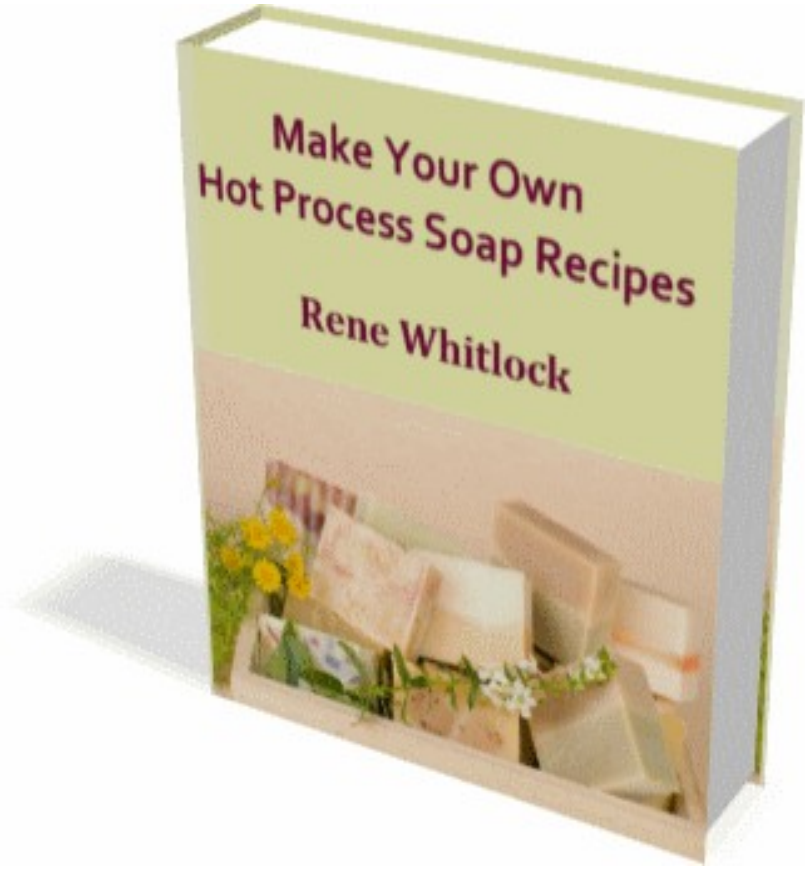
Make Your Own
Hot Process Soap Recipes

By Rene Whitlock



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Hot Process Soap Making

This manual is going to show you step by step how to make your own hot process soap recipe.

You will need:

- The Hot Process Soap Making Ingredients list (in this manual)
- The Soap Worksheet (in this manual)
- The SAP Value List (in this manual)
- Recipe Sheet (in this manual)
- Hot Soap Making - The Complete Guide (ebook/guide on download page)
- Natural Color and Scent - Hints and Tips For Hot Process Soap Making (ebook on download page)
- A calculator

Please become familiar with the hot process soap making methods by making a few batches of soap before you start making your own recipes.

I recommend that you make the batch of soap that is included in the "Hot Soap Making - The Complete Guide" ebook/manual.

Then try a few recipes from the "101 Soap Recipes For Hot Process Soap Making" ebook.

This will give you enough practice to feel confident in making your own recipes.

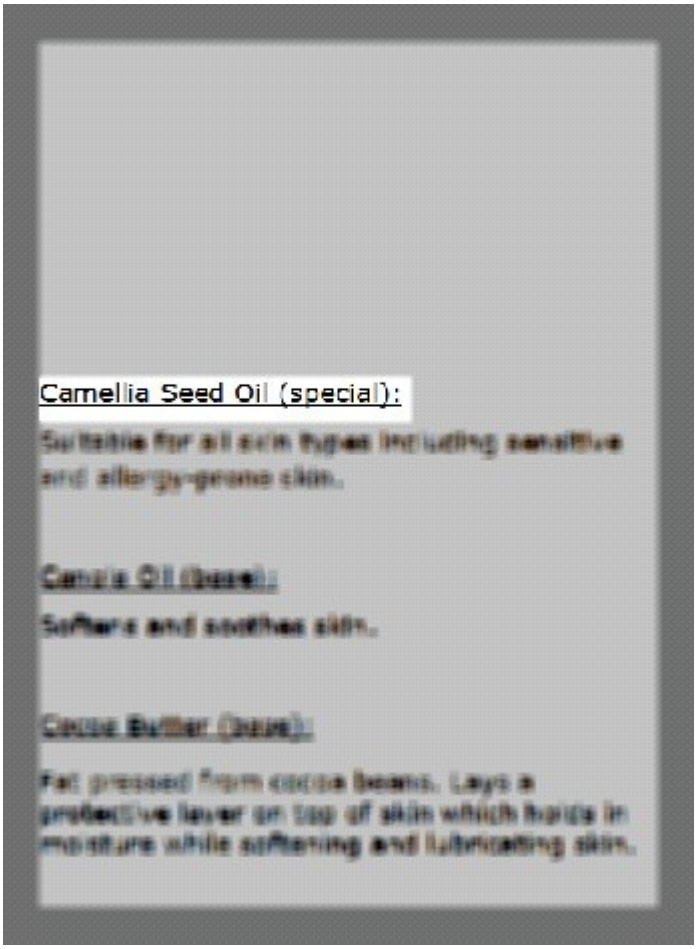
Step 1 - Decide on your Oils

First take a look at the "Hot Process Soap Making Ingredients" in this ebook.

You need to choose your base oils. These are the oils that you will be cooking and turning into soap. These are not the special oils you will be adding after you cook your soap.

Your base oils will have "Base" after their name.

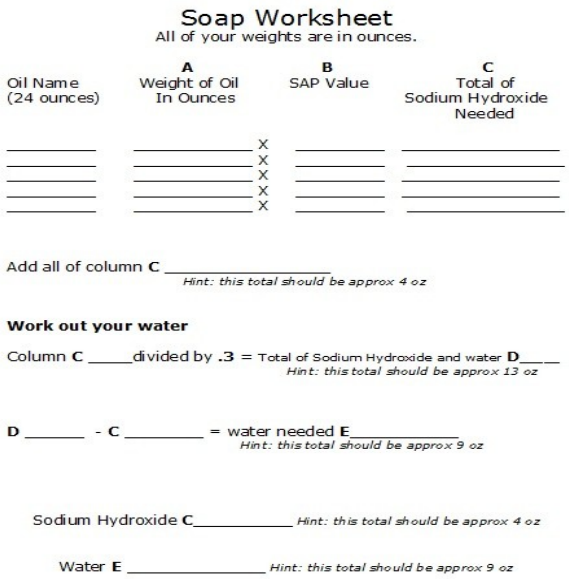
The special oils that you add after cooking will have "special" after the name.



You will be making a 2 pound batch of soap. There is 24 ounces of base oils that go into making a 2 pound batch of soap. There are 2 teaspoons of special oil that goes into your 2 pound batch of soap after it is cooked.

It's time to decide which base oils you are going to be using and how much of each you will use.

Take out your soap worksheet from this guide.



Soap Worksheet

All of your weights are in ounces.

Oil Name (24 ounces)	A Weight of Oil In Ounces		B SAP Value	C Total of Sodium Hydroxide Needed
_____	_____	X	_____	_____
_____	_____	X	_____	_____
_____	_____	X	_____	_____
_____	_____	X	_____	_____
_____	_____	X	_____	_____

Add all of column **C** _____

Hint: this total should be approx 4 oz

Work out your water

Column **C** _____divided by **.3** = Total of Sodium Hydroxide and water **D**_____

Hint: this total should be approx 13 oz

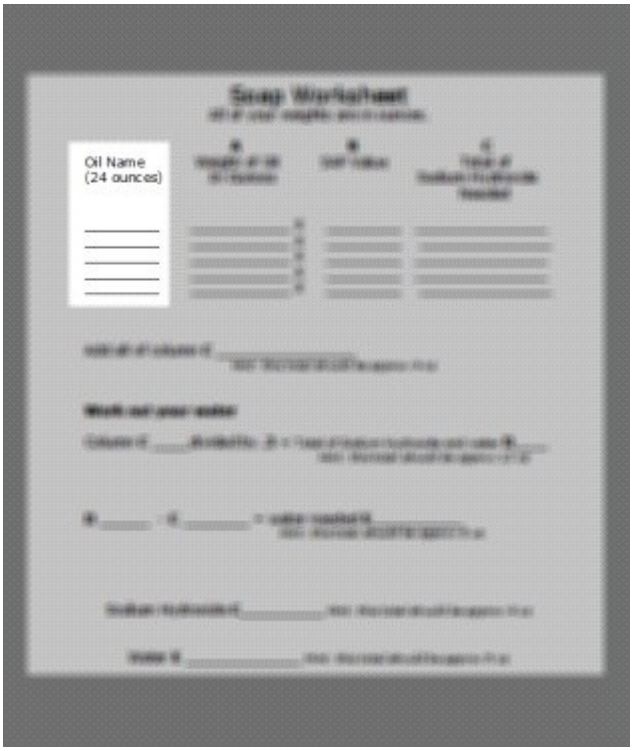
D _____ - **C** _____ = water needed **E**_____

Hint: this total should be approx 9 oz

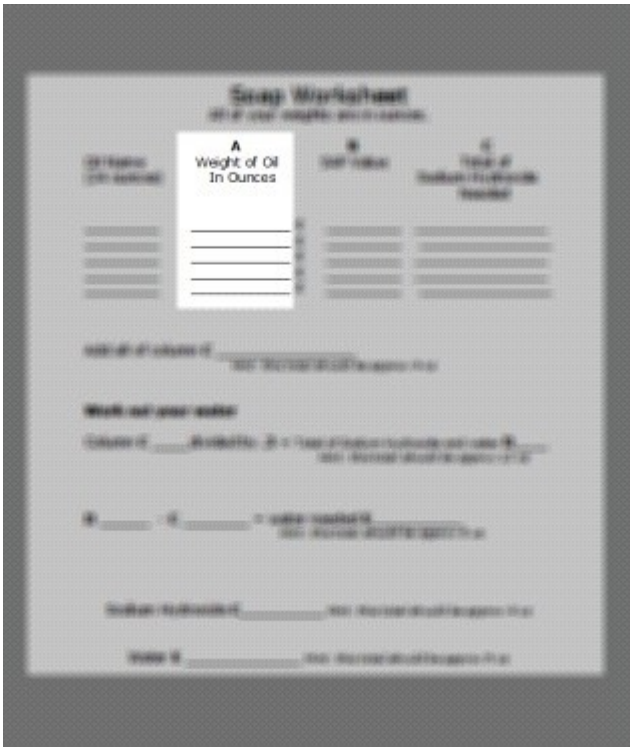
Sodium Hydroxide **C**_____ *Hint: this total should be approx 4 oz*

Water **E** _____ *Hint: this total should be approx 9 oz*

In order to make a 2 pound batch of soap, you will need 24 ounces of base oil. Choose the base oils you would like to use. (1 single oil, or as many as you want). Enter the base oil or oils into the worksheet.



Next, decide how much base oil you would like for each. Enter each amount in column A. Remember, the base oils need to add up to 24 ounces total.



You now need to look at your SAP Value list.

SAP Value List

Almond Oil	0.136	Lanolin	0.074
Apricot Kernel Oil	0.135	Lard, Pork Tallow	0.138
Arachis Oil	0.136	Linseed Oil	0.136
Avocado Oil	0.133	Macadamia Nut oil	0.139
Bayberry or Myrtle Oil	0.069	Margarine	0.136
Beef Tallow	0.14	Mink Oil	0.14
Beeswax	0.069	Mustard seed oil	0.123
Borage Oil	0.136	Mutton Tallow	0.138
Brazil Nut Oil	0.135	Neat's Foot Oil	0.141
Canola Oil	0.124	Olive Oil	0.134
Carnauba wax	0.069	Palm Kernel Oil	0.156
Castor Oil	0.128	Palm Oil	0.141
Chicken Fat	0.138	Peanut oil	0.136
Cocoa Butter	0.137	Pistachio Oil	0.135
Coconut Oil	0.19	Poppy Seed Oil	0.138
Cod Liver Oil	0.132	Pumpkin Seed Oil	0.135
Corn Oil	0.136	Rice Bran Oil	0.128
Cottonseed Oil	0.136	Safflower Oil	0.136
Deer Tallow	0.139	Sardine Oil	0.135
Evening Primrose oil	0.136	Sesame Seed Oil	0.133
Flaxseed Oil	0.135	Shea Butter	0.128
Goat Tallow	0.139	Sheep Fat	0.138
Goose Fat	0.136	Sheep Wool Fat	0.074
Grape Seed Oil	0.123	Shortening (vegetable)	0.136
Hazelnut Oil	0.136	Soybean Oil	0.135
Hemp Seed Oil	0.137	Sunflower Seed Oil	0.134
Herring Oil	0.136	Theobroma Oil	0.137
Java Cotton, Kapok oil	0.137	Tung Oil	0.127
Jojoba Oil	0.069	Venison Fat	0.138
Kanite Butter	0.128	Walnut oil	0.136
Kukui Oil	0.135	Wheat Germ Oil	0.132

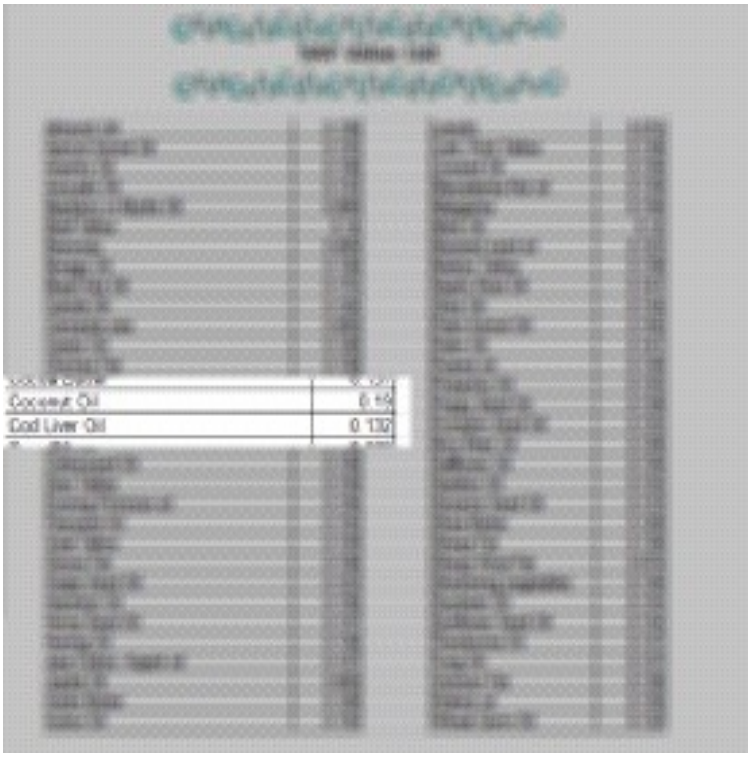
What is a SAP Value list?

The SAP Value list gives you the amount of sodium hydroxide we will need to turn 1 ounce of the oil into soap.

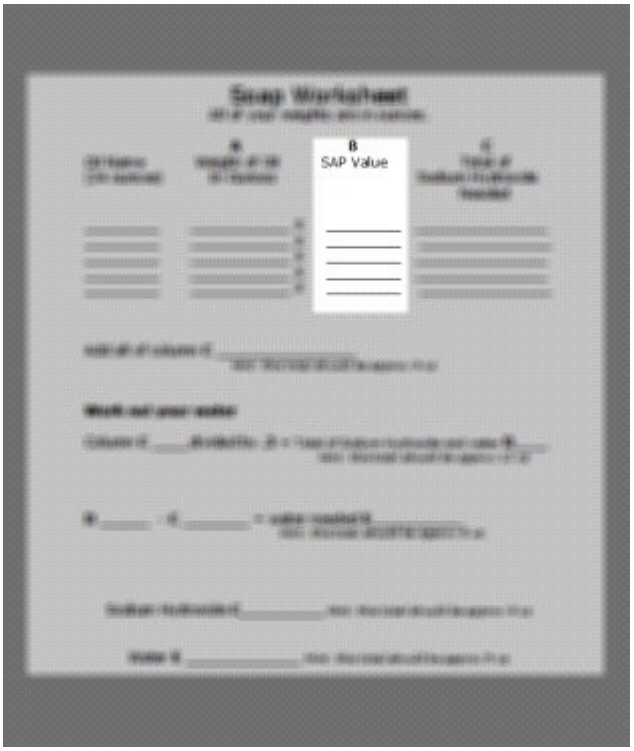
SAP is short for saponification (the chemical reaction when you mix the sodium hydroxide, water and oil.)

If you take a closer look at the list, you will see each oil has a SAP Value next to it. For instance, coconut oil has .19 next to it.

This means it is going to take .19 ounces of sodium hydroxide to turn 1 ounce of coconut oil into soap. This does not include the water, which is the vehicle for the sodium hydroxide. We will get to that soon.

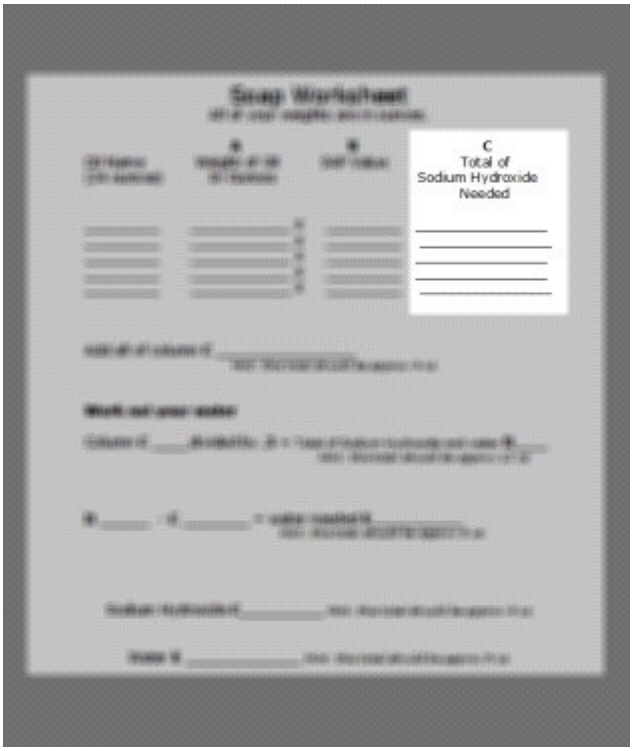


Going back to the worksheet, enter the number from the SAP Value list next to the oil in column B. For instance I would put .19 on the coconut line.

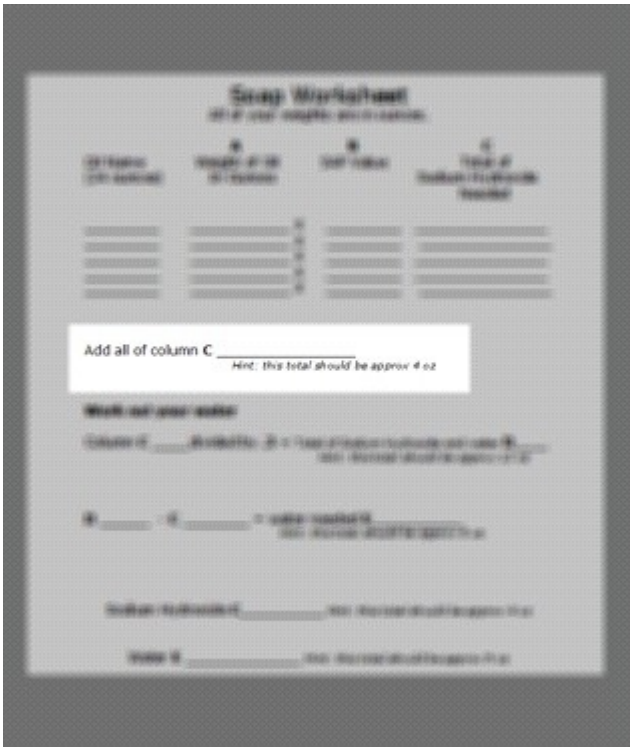


Now it's time to get out your calculator. Multiply your first oil weight (column A) by the SAP Value (column B) and enter the amount into column C. Do this for each of the oils.

You only need 1 decimal point. If your total is 1.263, then write 1.3 in the column C. If your total is 1.248, then write 1.3 in column C.



Add up the totals in Column C. Your total should be about 4 ounces. Write the total on the sheet.



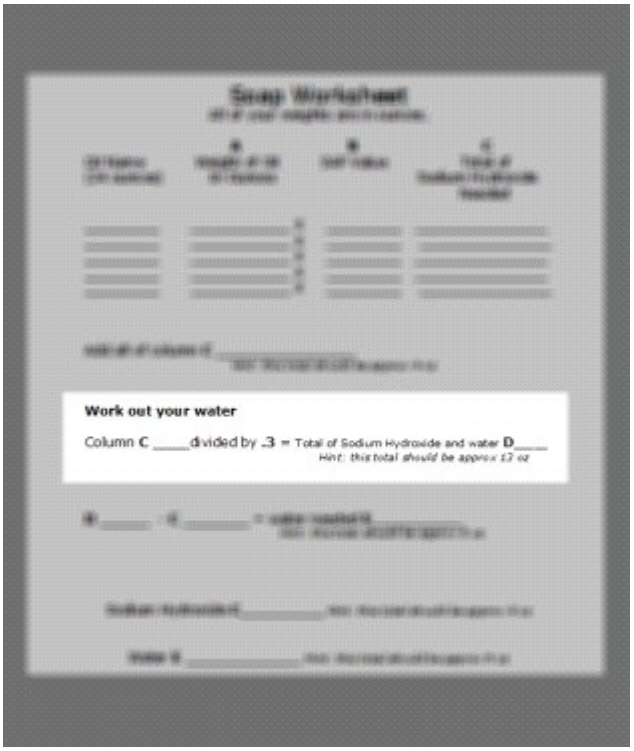
We now know how much sodium hydroxide you will need to make your soap.

It's now time to work out how much water you will need.

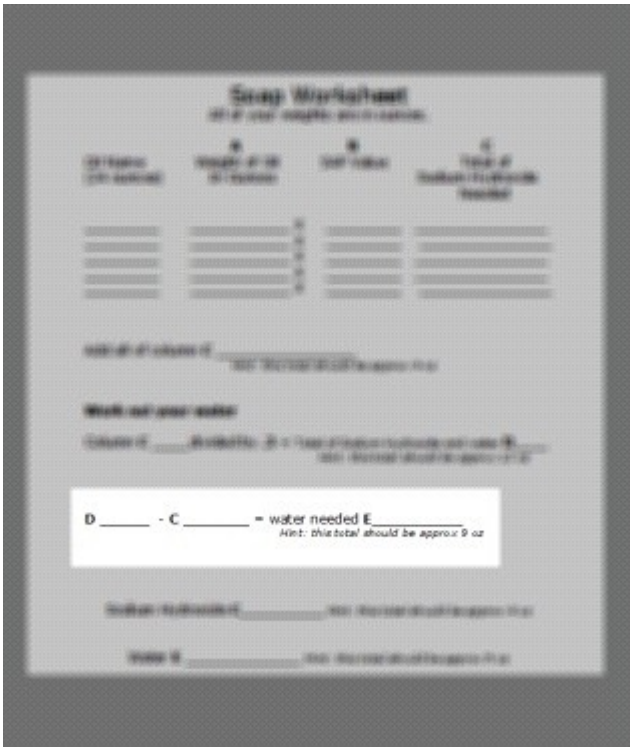
Take the amount fromcolumn C (the number should be close to 4 ounces) and divide it by **.3.**

If my total for column C was 3.8, I would divide it by .3 and my total will be 12.66 ounce (I would write it as 12.7 ounce).

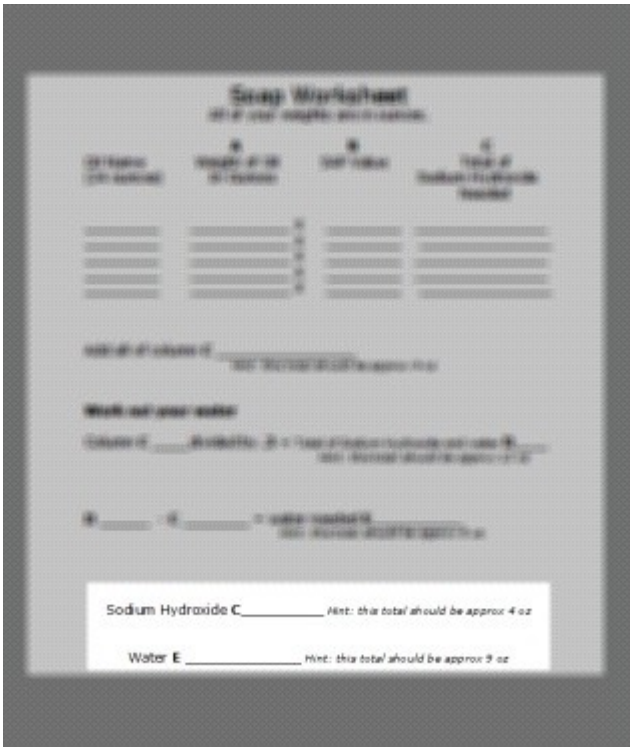
Write your number down in the "D" area on the sheet. It should be close to 13 ounces.



Write your totals down from D and C. Subtract C from D and write it in the E space. It should be about 9 ounces.



Write down your totals for C and E on the sheet.



You now know how much oil, sodium hydroxide (C) and water (E) you need. You have everything you need to know for your base soap recipe. Now it's time to decide how you want to make your soap special.

Take a look at the special oils on the Hot Process Soap Making Ingredients in this guide and choose which special oil you want to add. This is optional.

For the color and scent, please check out the "Natural Color and Scent - Hints and Tips For Hot Process Soap Making" ebook in the download section. This is optional too.

If you prefer colorless and scentless, then leave out this step.

Time to write out the recipe so you have it handy as you make your soap. This can be substituted for the recipe on page 7 of "Hot Soap Making - The Complete Guide"

Recipe For Hot Soap Making

Oil: _____ amount _____ ounce

Oil: _____ amount _____ ounce

Oil: _____ amount _____ ounce

Oil _____ amount _____ ounce

Sodium Hydroxide _____ ounce

Water _____ ounce

2 teaspoons special oil _____

Color and Scent choices from the Natural Color and Scent - Hints and Tips For Hot Soap Making" ebook.

Choose your mold and you are ready to begin. Follow each step in the "Hot Soap Making- The Complete Guide" for making your soap.

Welcome to a brand new level of soap making. You now have the skills to use your imagination and create some amazing soap that is truely your own.

Tips

- Keep all of your recipes in books. Rate them and write a bit about the soap. If you ever want to duplicate it, or if you have created a soap that your family and friends can't live without, you will know exactly how you made it.

- I prefer a soap made of 50% coconut oil for the base oil. This is a personal preference, but it makes a soap with a combination of big beautiful bubbles and soft tight bubbles.

- You do not have to make a 2 pound batch of soap, you can double everything and make a 4 pound soap batch or triple everything and make a 6 pound batch of soap. Just make sure your equipment can accomodate the extra ingredients (bigger jar for water/sodium hydroxide, molds for the bigger batch etc).

Soap Worksheet
All of your weights are in ounces.

Oil Name of (24 ounces)	**A** Weight of Oil In Ounces		**B** SAP Value	**C** Total Sodium Hydroxide Needed
_____	_____	X	_____	_____
_____	_____	X	_____	_____
_____	_____	X	_____	_____
_____	_____	X	_____	
_____	_____	X	_____	
_____	_____	X	_____	

Add all of column **C** _____
Hint: this total should be approx 4 oz

Work out your water

Column **C** _____divided by **.3 =** Total of Sodium Hydroxide and water **D**_____
Hint: this total should be approx 13 oz

D _____ - **C** _____ = water needed **E**_____
Hint: this total should be approx 9 oz

Sodium Hydroxide **C**_____ *Hint: this total should be approx 4 oz*

Water **E** _____ *Hint: this total should be approx 9 oz*

Hot Process Soap Making Ingredients

Almond Oil (special):

Good for dry, sensitive skin and can help relieve redness, itchiness and swelling.

Apricot Kernel Oil (base):

High in vitamins and minerals. Very light and absorbent. Softens skin.

Avocado Oil (special):

High levels of vitamins A, D, and E, and amino acids. Moisturizes and softens skin, increases elasticity without leaving a greasy after-feel.

Beeswax (base):

Adds Texture and creates a harder soap.

Camellia Seed Oil (special):

Suitable for all skin types including sensitive and allergy-prone skin.

Canola Oil (base):

Softens and soothes skin.

Cocoa Butter (base):

Fat pressed from cocoa beans. Lays a protective layer on top of skin which holds in moisture while softening and lubricating skin.

Coconut Oil (base):

Rich lather. Big soft bubbles. One of the dominant oils in modern soap making, it is found in most quality soaps.

Corn Oil (base):

Soothes and softens skin. Rich in linoleic Acid.

Evening Primrose Oil (special):

Anti-aging properties, Hydrates very dry skin, Helps repair skin at the cellular level. Reduces redness.

Flax Seed Oil (special):

Great for aging skin and sun damaged skin.

Grape Seed Oil (base):

Repairs skin and moisturizes.

Hazelnut Oil (special):

Good for acne prone skin. Contains 2 fatty acids.

Hemp Seed Oil (special):

Well recognized for its ability to cleanse & nourish the skin, Rich in Essential Fatty Acids.

Jojoba Oil (special):

Jojoba oil contains a collagen like protein making it ideal for skin care.

Kukui Nut Oil (special):

Good for dry skin, eczema and psoriasis. It is moisturizing, soothing and healing to the skin.

Macadamia Nut Oil (special):

Good for aging skin. Moisturizing.

Mango Butter (special):

A premium skin care butter, Mango Butter has emollient properties, wound healing and regenerative activity. Good protection effect against UV Rays.

Olive Oil (base):

Makes tight soft bubbles. Very good for sensitive skin.

Palm Oil (base):

Derived from the pulp of the fruit of the African Palm Tree, it makes a hard bar of soap. Big soft bubbles.

Peanut Oil (base):

Very moisturizing.

Powdered Goats Milk (special):

Moisturizing and soothing.

Pumpkin Seed Oil (special):

Nourishing. Fights fine lines and wrinkles.

Rice Bran Oil (base):

Skin softening and great for itchy skin.

Rose Hip Oil (special):

Renowned for its skin care properties. Extremely rich in Vitamin C. Great for dry or ageing skin.

Safflower Oil (base):

Good for dry skin and acne.

Sesame Seed Oil (special):

Rich in antioxidants and pulls toxins from your skin.

Shea Nut Butter (special):

Dry skin and anti aging.

A premium skin moisturizing agent.

Sodium Hydroxide (base):

This ingredient is necessary for making real soap. When Sodium Hydroxide is

not used in soap making, you are actually making detergent.

Danger: Harmful or fatal if swallowed.

Avoid contact with skin.

Wear protective gloves and eye protection.

Keep out of reach of children!!!!

Sodium Hydroxide turns water and oil into soap.

Soybean Oil (base):

Rich in tocopherols (Vitamin E), soft tight bubbles.

Sunflower Seed Oil (base):

Rich in Vitamins A and E and in lecithin.

Walnut Oil (special):

Skin softening and smoothing.

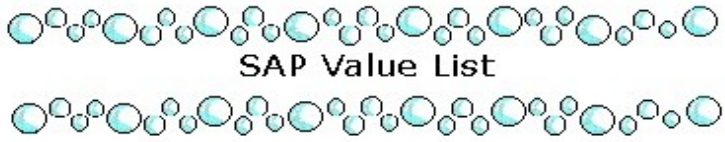
Water (base):

Water is used in soap making as a vehicle for the sodium hydroxide. It must be as pure as possible so it does not interfere with the chemical reaction.

Either distilled water or filtered rain water works well.

Wheat Germ Oil (special):

Rich in Vitamin E and great for aging skin.



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Apricot Kernel Oil	0.135		Lard, Pork Tallow	0.138
Arachis Oil	0.136		Linseed Oil	0.136
Avocado Oil	0.133		Macadamia Nut oil	0.139
Bayberry or Myrtle Oil	0.069		Margarine	0.136
Beef Tallow	0.14		Mink Oil	0.14
Beeswax	0.069		Mustard seed oil	0.123
Borage Oil	0.136		Mutton Tallow	0.138
Brazil Nut Oil	0.175		Neat's Root Oil	0.141
Canola Oil	0.124		Olive Oil	0.134
Carnauba wax	0.069		Palm Kernel Oil	0.156
Castor Oil	0.128		Palm Oil	0.141
Chicken Fat	0.138		Peanut oil	0.136
Cocoa Butter	0.137		Pistachio Oil	0.135
Coconut Oil	0.19		Poppy Seed Oil	0.138
Cod Liver Oil	0.132		Pumpkin Seed Oil	0.135
Corn Oil	0.136		Rice Bran Oil	0.128
Cottonseed Oil	0.138		Safflower Oil	0.136
Deer Tallow	0.139		Sardine Oil	0.135
Evening Primrose oil	0.136		Sesame Seed Oil	0.133
Flaxseed Oil	0.135		Shea Butter	0.128
Goat Tallow	0.139		Sheep Fat	0.138
Goose Fat	0.136		Sheep Wool Fat	0.074
Grape Seed Oil	0.123		Shortening (vegetable)	0.136
Hazelnut Oil	0.136		Soybean Oil	0.135
Hemp Seed Oil	0.137		Sunflower Seed Oil	0.134
Herring Oil	0.136		Theobroma Oil	0.137
Java Cotton, Kapok oil	0.137		Tung Oil	0.137
Jojoba Oil	0.069		Venison Fat	0.138
Karite Butter	0.128		Walnut oil	0.136
Kuikui Oil	0.135		Wheat Germ Oil	0.132

Example Recipe

Soap Worksheet

All of your weights are in ounces.

Oil Name of (24 ounces)	**A** Weight of Oil In Ounces		**B** SAP Value	**C** Total Sodium Hydroxide Needed
coconut oil	**12**_____	**X**	**.19**_____	**2.3**_____
Olive Oil	**3**_____	**X**	**.134**_____	**.4**_____
SoyBean Oil	**3**_____	**X**	**.135**_____	**.4**_____
Safflower Oil	**6**_____	**X**	**.136**_____	**.8**_____
	_____		_____	_____

Add all of column **C** **3.9**_____

Hint: this total should be approx 4 oz

Work out your water

Column **C** **3.9** divided by **.3 =** Total of Sodium Hydroxide and water **D** **13**

Hint: this total should be approx 13 oz

D **13** - **C** **3.9** = water needed **E** **9.1**

Hint: this total should be approx 9 oz

Sodium Hydroxide **C** **3.9** *Hint: this total should be approx 4 oz*

Water **E** **9.1** *Hint: this total should be approx 9 oz*

Recipe For Hot Soap Making

Oil: Coconut Oil amount 12 ounce

Oil: Olive Oil amount 3 ounce

Oil: Soy Bean Oil amount 3 ounce

Oil Safflower Oil amount 6 ounce

Sodium Hydroxide 3.9 ounce

Water 9.1 ounce

2 teaspoons special oil - Jojoba Oil

2 teaspoons Sandalwood Powder mixed with 1 teaspoon olive oil.

2 teaspoons Vanilla Patchouli essential oil blend.