



101 Soap Recipes  
For Hot Process Soap Making  
By Rene Whitlock  
(Metric Version)

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**NOTE:** All recipes contained in this Book and any relevant information herein, are the sole property of Rene Whitlock. We do not claim to make them ours. What we have done is convert the measurements to *metric* as Australia and many countries around the world do not use the *imperial* system of measurement. We used the online Oils and Lye Calculator at SoapCalc – <http://soapcalc.net/calc/soapcalcwp.asp> to make the conversions to metric. We have also converted certain words to the Queens English. We have been unable to find this book converted to the metric system measurement online or in stores thus far. If you know where a Metric version is available, please let us know. Other than those changes, the contents of this recipe book are the same as the Imperial version.

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Welcome to 101 Soap Recipes. **These recipes are all 1KG (2lbs) base recipes**, meaning you can add colour and scent to them. You will find the colour and scents in the “Natural Colour and Scent Hints and Tips for Hot Process Soap Making” eBook. Experiment with colour and scent, or you can leave the soap natural. It’s up to you, it’s your soap!!

The recipes in the book are meant to be made using the” Hot Soap Making” eBook/guide. You can substitute these recipes for the one in the guide. Follow the same procedure as for the recipe in the guide.

The special oil is to be added after the soap has cooked, just like in the “Hot Soap Making” eBook/guide. You do not have to add the special oil if you do not want to. It will not change the success of the soap.

In the back of this recipe book you will find a description of each ingredient and what it contributes to the soap.

When you are ready to try out recipe making on your own, you can look at “Make your Own Hot Process Soap Recipes” eBook. This will guide you step by step through the recipe creation process.

Have fun with these recipes. Let me know if you have any comments, questions or suggestions.

Thanks

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## Metric Measurements

Always re-calculate the Lye component before using any recipes.

All soap recipes listed yield around 1KG (2lbs)

Recipe #1 – makes a nice hard very bubbly soap with added Cocoa Butter

Coconut Oil	340grs or 340.194grs - (12oz)
Apricot Kernel Oil	142grs or 141.748grs - (5oz)
Olive Oil	142grs or 141.748grs - (5oz)
Cocoa Butter	56grs or 56.699grs - (2oz)
Sodium hydroxide	110grs or 110.563gr - (3.9oz)
Water	258grs or 257.981grs - (9.1oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) - optional

Recipe #2 - mostly soft tight bubbles with added Beeswax

Rice Bran Oil	198grs or 198.447grs - (7oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Cocoa Butter	142grs or 141.748grs - (5oz)
Peanut Oil	142grs or 141.748grs - (5oz)
Beeswax	25grs or 28.3495grs - (1oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	229grs or 229.631grs - (8.1oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) - optional

Recipe #3 - very cleansing (not drying) lots of bubbles

Coconut Oil	340grs or 340.194grs - (12oz)
Olive Oil	226grs or 226.796grs - (8oz)
Canola Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	255grs or 255.146grs - (9oz)

**Special Oil to add after soap is cooked** - Evening Primrose Oil 2 teaspoons (10mls/grs) - optional

Recipe #4 - very mild soft bubbles

Corn Oil	283grs or 283.495grs - (10oz)
Grape Seed Oil	226grs or 226.796grs - (8oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	232grs or 232.466grs - (8.2oz)

**Special Oil to add after soap is cooked** - Flax Seed Oil 2 teaspoons (10mls/grs) - optional

Recipe #5 - big cleansing bubbles balanced with small soft bubbles

Coconut Oil	283grs or 283.495grs - (10oz)
Safflower Oil	142grs or 141.748grs - (5oz)
Sunflower Seed Oil	142grs or 141.748grs - (5oz)
Hemp Seed Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	252grs or 252.311grs - (8.9oz)

**Special Oil to add after soap is cooked** - Hazelnut Oil 2 teaspoons (10mls/grs) - optional

Recipe #6 - **very moisturising lots of vitamin E**

Soybean Oil	510grs or 510.291grs - (18oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons - optional

Recipe #7 - **very mild, soft small tight bubbles**

Olive Oil	566grs or 566.99grs - (20oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	226grs or 226.796grs - (8oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) - optional

Recipe #8 – **a very mild economical soap**

Safflower Oil	453grs or 453.592grs - (16oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	243grs or 243.806grs - (8.6oz)

**Special Oil to add after soap is cooked** - Jojoba Oil 2 teaspoons (10mls/grs) - optional

Recipe #9 same as above - **bigger bubbles**

Coconut Oil	340grs or 340.194grs - (12oz)
Canola Oil	170grs or 170.097grs - (6oz)
Corn Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	255grs or 255.146grs - (9oz)

**Special Oil to add after soap is cooked** - Jojoba Oil 2 teaspoons (10mls/grs) - optional

Recipe #10 - **hard moisturising bubbles**

Corn Oil	283grs or 283.495grs - (10oz)
Apricot Kernel Oil	170grs or 170.097grs - (6oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Peanut Oil	56grs or 56.699grs - (2oz)
Sunflower Seed Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	90grs or 90.718grs - (3.2oz)
Water	212grs or 212.621grs - (7.5oz)

**Special Oil to add after soap is cooked** - Macadamia Nut Oil 2 teaspoons (10mls/grs) - optional

Recipe #11- **mild bubbles**

Coconut Oil	283grs or 283.495grs - (10oz)
Olive Oil	198grs or 198.447grs - (7oz)
Soybean Oil	198grs or 198.447grs - (7oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional

Recipe #12 - **very soft, very mild and moisturising**

Soybean Oil	510grs or 510.291grs - (18oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Grape Seed Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	96grs or 96.3884grs - (3.4oz)
Water	226grs or 226.796grs - (8oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #13 - **really moisturising - lots of tight bubbles with added Cocoa Butter**

Safflower Oil	283grs or 283.495grs - (10oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Cocoa Butter	85grs or 85.0486grs - (3oz)
Soybean Oil	85grs or 85.0486grs - (3oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	243grs or 243.806grs - (8.6oz)
<b>Special Oil to add after soap is cooked</b> - Evening Primrose Oil 2 teaspoons (10mls/grs) – optional	

Recipe #14 - **economical, nice big bubbles**

Coconut Oil	340grs or 340.194grs - (12oz)
Safflower Oil	170grs or 170.097grs - (6oz)
Sunflower Seed Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	87grs or 87.8835grs - (3.1oz)
Water	204grs or 204.117grs - (7.2oz)
<b>Special Oil to add after soap is cooked</b> - Shea Nut Butter 2 Teaspoons (10mls/grs) – optional	

Recipe #15 - **soft mild white soap**

Soybean Oil	510grs or 510.291grs - (18oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz)
<b>Special Oil to add after soap is cooked</b> - Jojoba Oil 2 teaspoons (10mls/grs) – optional	

Recipe #16 - **lots of big bubbles, very lathery**

Coconut Oil	623grs or 623.69grs - (22oz)
Hemp Seed Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	127grs or 127.573grs - (4.5oz)
Water	294grs or 294.835grs - (10.4oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) – optional	

Recipe #17 - **a hard mild soap with added Beeswax**

Olive Oil	226grs or 226.796grs - (8oz)
Soybean Oil	226grs or 226.796grs - (8oz)
Coconut Oil	198grs or 198.447grs - (7oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #18 - mild with soft small bubbles

Olive Oil	283grs or 283.495grs - (10oz)
Safflower Oil	283grs or 283.495grs - (10oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	229grs or 229.631grs - (8.1oz)
<b>Special Oil to add after soap is cooked</b> - Kukui Nut Oil 2 teaspoons (10mls/grs) – optional	

Recipe #19 - medium amount of bubbles, soft and moisturising

Coconut Oil	255grs or 255.146grs - (9oz)
Canola Oil	142grs or 141.748grs - (5oz)
Soybean Oil	142grs or 141.748grs - (5oz)
Sunflower Seed Oil	142grs or 141.748grs - (5oz)
Sodium hydroxide	85grs or 85.0486grs - (3oz)
Water	198grs or 198.447grs - (7oz)
<b>Special Oil to add after soap is cooked</b> - Shea Nut Butter 2 teaspoons (10mls/grs) – optional	

Recipe #20 - hard soap with lots of bubbles

Corn Oil	340grs or 340.194grs - (12oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Apricot Kernel Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	252grs or 252.31grs - (8.9oz)
<b>Special Oil to add after soap is cooked</b> - Walnut Oil 2 teaspoons (10mls/grs) – optional	

Recipe #21 - very bubbly, not drying

Coconut Oil	680grs or 680.389grs - (24oz)
Sodium hydroxide	130grs or 130.408grs - (4.6oz)
Water	300grs or 300.504grs - (10.6oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) – optional	

Recipe #22 - soft and medium bubbles

Olive Oil	198grs or 198.447grs - (7oz)
Safflower Oil	198grs or 198.447grs - (7oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Peanut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #23 - lots of vitamins lots of bubbles

Rice Bran Oil	396grs or 396.893grs - (14oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	243grs or 243.806grs - (8.6oz)
<b>Special Oil to add after soap is cooked</b> - Walnut Oil 2 teaspoons (10mls/grs) - optional	

Recipe #24 - **big bubbles and moisturising**

Coconut Oil	340grs or 340.194grs - (12oz)
Corn Oil	283grs or 283.495grs - (10oz)
Grape Seed Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Water	257grs or 257.981grs - (9.1oz)
<b>Special Oil to add after soap is cooked</b> - Walnut Oil 2 teaspoons (10mls/grs) – optional	

Recipe #25 - **very soft, small bubbles**

Olive Oil	453grs or 453.592grs - (16oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	241grs or 240.971grs - (8.5oz)
<b>Special Oil to add after soap is cooked</b> - Evening Primrose Oil 2 teaspoons (10mls/grs) – optional	

Recipe #26 - **mild with tight foamy bubbles**

Canola Oil	283grs or 283.495grs - (10oz)
Soybean Oil	283grs or 283.495grs - (10oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	96grs or 96.388grs - (3.4oz)
Water	221grs or 221.126grs - (7.8oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) – optional	

Recipe #27 - **very moisturising and soft with added Cocoa Butter**

Sunflower Seed Oil	481grs or 481.942grs - (17oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #28 - **lots of small tight bubbles**

Coconut Oil	255grs or 255.146grs - (9oz)
Olive Oil	142grs or 141.748grs - (5oz)
Corn Oil	113grs or 113.398grs - (4oz)
Safflower Oil	85grs or 85.0486grs - (3oz)
Soybean Oil	85grs or 85.0486grs - (3oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	246grs or 246.641grs - (8.7oz)
<b>Special Oil to add after soap is cooked</b> - Flax Seed Oil 2 teaspoons (10mls/grs) – optional	

Recipe #29 - **very cleansing, big bubbles**

Coconut Oil	340grs or 340.194grs - (12oz)
Sunflower Seed Oil	340grs or 340.194grs - (12oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Water	257grs or 257.981grs - (9.1oz)
<b>Special Oil to add after soap is cooked</b> - Rose Hip Oil 2 teaspoons (10mls/grs) – optional	

Recipe #30 - **soft, very white**

Soybean Oil	481grs or 481.942grs - (17oz)
Coconut Oil	198grs or 198.447grs - (7oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	257grs or 257.981grs - (9.1oz)
<b>Special Oil to add after soap is cooked</b> - Macadamia Nut Oil 2 teaspoons (10mls/grs) – optional	

Recipe #31 - **lots of big bubbles very moisturising**

Coconut Oil	510grs or 510.291grs - (18oz)
Grape Seed Oil	113grs or 113.398grs - (4oz)
Hemp Seed Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	119grs or 119.068grs - (4.2oz)
Water	277grs or 277.825grs - (9.8oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) – optional	

Recipe #32 - **small tight bubbles, very hard soap with added Beeswax**

Coconut Oil	368grs or 368.544grs - (13oz)
Olive Oil	198grs or 198.447grs - (7oz)
Peanut Oil	85grs or 85.0486grs - (3oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	96grs or 96.388grs - (3.4oz)
Water	223grs or 223.961grs - (7.9oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #33 - **big and soft bubbles, cleansing**

Soybean Oil	396grs or 396.893grs - (14oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)
<b>Special Oil to add after soap is cooked</b> - Hazelnut Oil 2 teaspoons (10mls/grs) – optional	

Recipe #34 - **moisturising, soft small bubbles**

Sunflower Seed Oil	453grs or 453.592grs - (16oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	142grs or 141.748grs - (5oz)
<b>Special Oil to add after soap is cooked</b> - Kukui Nut Oil 2 teaspoons (10mls/grs) – optional	

Recipe #35 - **medium bubbles**

Soybean Oil	311grs or 311.845grs - (11oz)
Coconut Oil	198grs or 198.447grs - (7oz)
Canola Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz)
<b>Special Oil to add after soap is cooked</b> - Shea Nut Butter 2 teaspoons (10mls/grs) - optional	



Recipe #36 - **very mild with soft tight bubbles**

Olive Oil	538grs or 538.641grs - (19oz)
Coconut Oil	142grs or 141.748grs - (5oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	332grs or 232.46grs - (8.2oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) – optional	

Recipe #37 - **economical soft soap**

Coconut Oil	255grs or 255.146gr - (9oz)
Corn Oil	142grs or 141.748grs - (5oz)
Sodium hydroxide	107grs or 107.728gr - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #38 - **skin softening, lots of vitamin E**

Soybean Oil	566grs or 566.99grs - (20oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	229grs or 229.631grs - (8.1oz)
<b>Special Oil to add after soap is cooked</b> - Evening Primrose Oil 2 teaspoons (10mls/grs) – optional	

Recipe #39 - **rich small bubbles**

Coconut Oil	226grs or 226.796grs - (8oz)
Peanut Oil	453grs or 453.592gr - (16oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	243grs or 243.806grs - (8,6oz)
<b>Special Oil to add after soap is cooked</b> - Jojoba Oil 2 teaspoons (10mls/grs) – optional	

Recipe #40 - **big fluffy bubbles with lots of moisturising**

Canola Oil	283grs or 283.495grs - (10oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Apricot Kernel Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	243grs or 243.806grs - (8.6oz)
<b>Special Oil to add after soap is cooked</b> - Shea Nut Butter 2 teaspoons (10mls/grs) – optional	

Recipe #41 - **hard soap with big bubbles with added Beeswax**

Coconut Oil	396grs or 396.893grs - (14oz)
Grape Seed Oil	226grs or 226.796grs - (8oz)
Beeswax	28grs or 28.349grs - (1oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Water	255grs or 255.146grs - (9oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) - optional	

Recipe #42 - very big bubbles, lots of moisture with added Beeswax

Coconut Oil	283grs or 283.495grs - (10oz)
Corn Oil	283grs or 283.495grs - (10oz)
Olive Oil	85grs or 85.0486grs - (3oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	246grs or 246.641grs - (8.7oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) – optional

Recipe #43 - nice balance of big and tight bubbles – Goats or Buttermilk Milk Soap

Coconut Oil	340grs or 340.194grs - (12oz)
Olive Oil	340grs or 340.194grs - (12oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Water	255grs or 255.146grs - (9oz)

**Special Oil and powder to add after soap is cooked** - 2 teaspoons Powdered Goats Milk or Buttermilk powder mixed into 2 teaspoons olive oil until smooth.

Recipe #44 - moisturising and soft

Coconut Oil	283grs or 283.495grs - (10oz)
Rice Bran Oil	56grs or 56.699grs - (2oz)
Safflower Oil	340grs or 340.194grs - (12oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)

**Special Oil not required.**

Recipe #45 - very skin softening, big bubbles

Soybean Oil	396grs or 396.893grs - (14oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)

**Special Oil to add after soap is cooked** - Macadamia Nut Oil 2 teaspoons (10mls/grs) – optional

Recipe #46 - lots of big and small bubbles

Canola Oil	340grs or 340.194grs - (12oz)
Coconut Oil	340grs or 340.194grs - (12oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional

Recipe #47 - mild and economical

Safflower Oil	255grs or 255.146grs - (9oz)
Sunflower Seed Oil	255grs or 255.146grs - (9oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) - optional

Recipe #48 - rich and skin softening

Peanut Oil	510grs or 510.291grs - (18oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	238grs or 238.136grs - (8.4oz)

**Special Oil not required.**

Recipe #49 - very mild with lots of bubbles

Olive Oil	510grs or 510.291grs - (18oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz)

**Special Oil to add after soap is cooked** - Evening Primrose Oil 2 teaspoons (10mls/grs) – optional

Recipe #50 - very hard soap lots of nutrients

Apricot Kernel Oil	510grs or 510.291grs - (18oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	246grs or 246.641grs - (8.7oz)

**Special Oil to add after soap is cooked** - Flax Seed Oil 2 teaspoons (10mls/grs) – optional

Recipe #51 - rich and thick tight bubbles

Grape Seed Oil	453grs or 453.592grs - (16oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	332grs or 232.46grs - (8.2oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional

Recipe #52 - hard soap with lots of skin benefits with added Beeswax

Olive Oil	283grs or 283.495grs - (10oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Corn Oil	142grs or 141.748grs - (5oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	238grs or 238.136grs - (8.4oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) – optional

Recipe #53 - bubbly with moisturisers

Soybean Oil	396grs or 396.893grs - (14oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Hemp Seed Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	243grs or 243.806grs - (8.6oz)

**Special Oil to add after soap is cooked** - Kukui Nut Oil 2 teaspoons (10mls/grs) - optional

Recipe #54 - mild and soothing with added Cocoa Butter

Safflower Oil	425grs or 425.243grs - (15oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	243grs or 243.806grs - (8.6oz)
<b>Special Oil to add after soap is cooked</b> - Rose Hip Oil 2 teaspoons (10mls/grs) – optional	

Recipe #55 - light bubbles

Soybean Oil	566grs or 566.99grs - (20oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	229grs or 229.631grs - (8.1oz)
<b>Special Oil to add after soap is cooked</b> - Walnut Oil 2 teaspoons (10mls/grs) – optional	

Recipe #56 - rich and thick with small bubbles

Olive Oil	283grs or 283.495grs - (10oz)
Soybean Oil	283grs or 283.495grs - (10oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	229grs or 229.631grs - (8.1oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) – optional	

Recipe #57 - light, soft bubbles

Canola Oil	566grs or 566.99grs - (20oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	90grs or 90.718grs - (3.2oz)
Water	215grs or 215.456grs - (7.6oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) - optional	

Recipe #58 - very big bubbles and lots of vitamins

Coconut Oil	566grs or 566.99grs - (20oz)
Rice Bran Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	121grs or 121.903grs - (4.3oz)
Water	286grs or 286.330grs - (10.1oz)
<b>Special Oil to add after soap is cooked</b> - Jojoba Oil 2 teaspoons (10mls/grs) – optional	

Recipe #59 - very hard bubbly soap

Coconut Oil	119grs or 119.068grs - (4.2oz)
Sodium hydroxide	130grs or 130.408grs - (4.6oz)
Water	300grs or 300.504grs - (10.6oz)
<b>Special Oil to add after soap is cooked</b> - Shea Nut Butter 2 teaspoons (10mls/grs) - optional	

Recipe #60 - **hard soap with lots of skin softeners with added Beeswax**

Corn Oil	311grs or 311.845grs - (11oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Apricot Kernel Oil	113grs or 113.398grs - (4oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	246grs or 246.641grs - (8.7oz)

**Special Oil to add after soap is cooked** - Mango Butter 2 teaspoons (10mls/grs) – optional

Recipe #61 - **soft and big bubbles**

Olive Oil	453grs or 453.592grs - (16oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	246grs or 246.641grs - (8.7oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional

Recipe #62 - **small tight bubbles**

Grape Seed Oil	453grs or 453.592grs - (16oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	332grs or 332.46grs - (8.2oz)

**Special Oil to add after soap is cooked** - Rose Hip Oil 2 teaspoons (10mls/grs) – optional

Recipe #63 - **Very big bubbles and not drying**

Coconut Oil	119grs or 119.068grs - (4.2oz)
Sodium hydroxide	130grs or 130.408grs - (4.6oz)
Water	300grs or 300.504grs - (10.6oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) – optional

Recipe #64 - **small bubbles with soothing moisture**

Sunflower Seed Oil	453grs or 453.592grs - (16oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	246grs or 246.641grs - (8.7oz)

**Special Oil to add after soap is cooked** - Shea Nut Butter 2 teaspoons (10mls/grs) - optional

Recipe #65 - **medium bubbles very moisturising with added Cocoa Butter**

Corn Oil	425grs or 425.243grs - (15oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	243grs or 243.806grs - (8.6oz)

**Special Oil to add after soap is cooked** - Camellia Seed Oil 2 teaspoons (10mls/grs) - optional

Recipe #66 - lots of small tight bubbles with moisture

Coconut Oil	226grs or 226.796grs - (8oz)
Canola Oil	170grs or 170.097grs - (6oz)
Olive Oil	142grs or 141.748grs - (5oz)
Safflower Oil	142grs or 141.748grs - (5oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	238grs or 238.136grs - (8.4oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional

Recipe #67 - nice hard soap with added Beeswax

Olive Oil	311grs or 311.845grs - (11oz)
Coconut Oil	226grs or 226.796grs - (8oz)
Beeswax	28grs or 28.349grs - (1oz)
Peanut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	238grs or 238.136grs - (8.4oz)

**Special Oil to add after soap is cooked** - Rose Hip Oil 2 teaspoons (10mls/grs) – optional

Recipe #68 - lots of big bubbles

Safflower Oil	396grs or 396.893grs - (14oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	252grs or 252.31grs - (8.9oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) – optional

Recipe #69 - nice balance of big and tight bubbles

Olive Oil	396grs or 396.893grs - (14oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)

**Special Oil to add after soap is cooked** - Evening Primrose Oil 2 teaspoons (10mls/grs) – optional

Recipe #70 - moisturising nice blend

Safflower Oil	340grs or 340.194grs - (12oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Apricot Kernel Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	252grs or 252.31grs - (8.9oz)

**Special Oil to add after soap is cooked** - Jojoba Oil 2 teaspoons (10mls/grs) – optional

Recipe #71 - lots of big bubbles

Canola Oil	396grs or 396.893grs - (14oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	246grs or 246.641grs - (8.7oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) - optional

Recipe #72 - **big and small bubbles**

Coconut Oil	283grs or 283.495grs - (10oz)
Olive Oil	283grs or 283.495grs - (10oz)
Soybean Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)
<b>Special Oil to add after soap is cooked</b> - Macadamia Nut Oil 2 teaspoons (10mls/grs) – optional	

Recipe #73 - **moisturising with lots of vitamins**

Coconut Oil	283grs or 283.495grs - (10oz)
Olive Oil	226grs or 226.796grs - (8oz)
Grape Seed Oil	113grs or 113.398grs - (4oz)
Hemp Seed Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	246grs or 246.641grs - (8.7oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #74 - **big soft bubbles with added Cocoa Butter**

Coconut Oil	283grs or 283.495grs - (10oz)
Corn Oil	255grs or 255.146grs - (9oz)
Cocoa Butter	142grs or 141.748grs - (5oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	252grs or 252.31grs - (8.9oz)
<b>Special Oil to add after soap is cooked</b> - Wheat Germ Oil 2 teaspoons (10mls/grs) – optional	

Recipe #75 - **balance of big and tight bubbles moisturising**

Coconut Oil	283grs or 283.495grs - (10oz)
Canola Oil	396grs or 396.893grs - (14oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	246grs or 246.641grs - (8.7oz)
<b>Special Oil to add after soap is cooked</b> - Rose Hip Oil 2 teaspoons (10mls/grs) - optional	

Recipe #76 - **nice hard soap with lots of vitamins with added Beeswax**

Rice Bran Oil	368grs or 368.544grs - (13oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	246grs or 246.641grs - (8.7oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) - optional	

Recipe #77 - **hard soap lots of bubbles**

Olive Oil	396grs or 396.893grs - (14oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)

**Special Oil to add after soap is cooked** - 2 teaspoons Powdered Goats Milk or Buttermilk mixed into 2 teaspoons olive oil until smooth.

Recipe #78 - **good economical blend**

Corn Oil	396grs or 396.893grs - (14oz)
Coconut Oil 2	83grs or 283.495grs - (10oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	252grs or 252.31grs - (8.9oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) – optional

Recipe #79 - **small tight bubbles**

Sunflower Seed Oil	510grs or 510.291grs - (18oz)
Coconut Oil	113grs or 113.398grs - (4oz)
Peanut Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	96grs or 96.388grs - (3.4oz)
Water	226grs or 226.796grs - (8oz)

**Special Oil to add after soap is cooked** - Mango Butter 2 teaspoons (10mls/grs) – optional

Recipe #80 - **lots of big bubbles**

Coconut Oil	340grs or 340.194grs - (12oz)
Olive Oil	226grs or 226.796grs - (8oz)
Apricot Kernel Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Water	257grs or 257.981grs - (9.1oz)

**Special Oil to add after soap is cooked** - Walnut Oil 2 teaspoons (10mls/grs) – optional

Recipe #81 - **many bubbles with moisture**

Coconut Oil	340grs or 340.194grs - (12oz)
Safflower Oil	170grs or 170.097grs - (6oz)
Soybean Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Water	257grs or 257.981grs - (9.1oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional

Recipe #82 - **lots of big and tight bubbles**

Coconut Oil	340grs or 340.194grs - (12oz)
Corn Oil	340grs or 340.194grs - (12oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Water	257grs or 257.981grs - (9.1oz)

**Special Oil to add after soap is cooked** - Jojoba Oil 2 teaspoons (10mls/grs) - optional



Recipe #83 - **very moisturizing and soft with added Cocoa Butter**

Grape Seed Oil	481grs or 481.942grs - (17oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Sodium hydroxide	96grs or 96.388grs - (3.4oz)
Water	223grs or 223.961grs - (7.9oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #84 - **soft and tight bubbles with moisture**

Canola Oil	255grs or 255.146grs - (9oz)
Olive Oil	255grs or 255.146grs - (9oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	229grs or 229.631grs - (8.1oz)
<b>Special Oil to add after soap is cooked</b> - Evening Primrose Oil 2 teaspoons (10mls/grs) – optional	

Recipe #85 - **nice hard soap lots of vitamins with added Beeswax**

Rice Bran Oil	283grs or 283.495grs - (10oz)
Canola Oil	198grs or 198.447grs - (7oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	96grs or 96.388grs - (3.4oz)
Water	221grs or 221.126grs - (7.8oz)
<b>Special Oil to add after soap is cooked</b> - Shea Nut Butter 2 teaspoons (10mls/grs) – optional	

Recipe #86 - **mild soap with good amount of bubbles with added Beeswax**

Olive Oil	481grs or 481.942grs - (17oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	99grs or 99.223grs - (3.5oz)
Water	229grs or 229.631grs - (8.1oz)
<b>Special Oil to add after soap is cooked</b> - Avocado Oil 2 teaspoons (10mls/grs) - optional	

Recipe #87 - **mild soap with lots of moisturisers**

Sunflower Seed Oil	510grs or 510.291grs - (18oz)
Coconut Oil	170grs or 170.097grs - (6oz)
Sodium hydroxide	102grs or 102.058grs - (3.6oz)
Water	235grs or 235.301grs - (8.3oz))
<b>Special Oil to add after soap is cooked</b> - Flax Seed Oil 2 teaspoons (10mls/grs) – optional	

Recipe #88 - **very nice soft soap with added Cocoa Butter**

Coconut Oil	226grs or 226.796grs - (8oz)
Olive Oil	142grs or 141.748grs - (5oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Sodium hydroxide	104grs or 104.893grs - (3.7oz)
Water	243grs or 243.806grs - (8.6oz)
<b>Special Oil to add after soap is cooked</b> - Almond Oil 2 teaspoons (10mls/grs) – optional	

Recipe #89 - good hard soap with plenty of bubbles

Coconut Oil	340grs or 340.194grs - (12oz)
Safflower Oil	283grs or 283.495grs - (10oz)
Hemp Seed Oil	56grs or 56.699grs - (2oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Water	257grs or 257.981grs - (9.1oz)

**Special Oil to add after soap is cooked** - Hazelnut Oil 2 teaspoons (10mls/grs) – optional

Recipe #90 - nice hard soap with lots of bubbles

Olive Oil	311grs or 311.845grs - (11oz)
Coconut Oil	283grs or 283.495grs - (10oz)
Apricot Kernel Oil	85grs or 85.0486grs - (3oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	249grs or 249.476grs - (8.8oz)

**Special Oil to add after soap is cooked** - Kukui Nut Oil 2 teaspoons (10mls/grs) – optional

Recipe #91 - very hard soap with added Cocoa Butter – the amount of cocoa butter used may make this recipe a little expensive.

Coconut Oil	566grs or 566.99grs - (20oz)
Cocoa Butter	113grs or 113.398grs - (4oz)
Sodium hydroxide	107grs or 107.728grs - (3.8oz)
Water	289grs or 289.165grs - (10.2oz)

**Special Oil to add after soap is cooked** - Jojoba Oil 2 teaspoons (10mls/grs) – optional

Recipe #92 - very economical soft soap

Canola Oil	283grs or 283.495grs - (10oz)
Corn Oil	283grs or 283.495grs - (10oz)
Safflower Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	87grs or 87.8835grs - (3.1oz)
Water	206grs or 206.952grs - (7.3oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional

Recipe #93 - medium bubbles with added Beeswax

Soybean Oil	652grs or 652.039grs - (23oz)
Beeswax	28grs or 28.349grs - (1oz)
Sodium hydroxide	90grs or 90.718grs - (3.2oz)
Water	209grs or 209.786grs - (7.4oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) – optional

Recipe #94 - creamy soap

Olive Oil	283grs or 283.495grs - (10oz)
Soybean Oil	255grs or 255.146grs - (9oz)
Grape Seed Oil	142grs or 141.748grs - (5oz)
Sodium hydroxide	90grs or 90.718grs - (3.2oz)
Water	209grs or 209.786grs - (7.4oz)

**Special Oil to add after soap is cooked** - Shea Nut Butter 2 teaspoons (10mls/grs) - optional

Recipe #95 - **very soft and soothing**

Olive Oil	566grs or 566.99grs - (20oz)
Peanut Oil	113grs or 113.398grs - (4oz)
Sodium hydroxide	90grs or 90.718grs - (3.2oz)
Water	212grs or 212.621grs - (7.5oz)

**Special Oil to add after soap is cooked** - Rose Hip Oil 2 teaspoons (10mls/grs) – optional

Recipe #96 - **this is also known as Castile Soap and is very mild**

Olive Oil	119grs or 119.068grs - (4.2oz)
Sodium hydroxide	90grs or 90.718grs - (3.2oz)
Water	212grs or 212.621grs - (7.5oz)

**Special Oil not required.**

Recipe #97 - **economical soft soap with added Cocoa Butter**

Canola Oil	340grs or 340.194grs - (12oz)
Sunflower Seed Oil	311grs or 311.845grs - (11oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Sodium hydroxide	87grs or 87.8835grs - (3.1oz)
Water	204grs or 204.117grs - (7.2oz)

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional

Recipe #98 - **light and frothy with added Cocoa Butter**

Safflower Oil	652grs or 652.039grs - (23oz)
Sodium hydroxide	93grs or 93.553grs - (3.3oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Water	425grs or 425.243grs - (15oz)

**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) – optional

Recipe #99 - **really light on the bubbles and very creamy**

Soybean Oil	119grs or 119.068grs - (4.2oz)
Sodium hydroxide	90grs or 90.718grs - (3.2oz)
Water	215grs or 215.456grs - (7.6oz)

**Special Oil not required.**

Recipe #100 - **very mild soothing soap with added Cocoa Butter**

Olive Oil	595grs or 595.34grs - (21oz)
Apricot Kernel Oil	56grs or 56.699grs - (2oz)
Cocoa Butter	28grs or 28.349grs - (1oz)
Sodium hydroxide	90grs or 90.718grs - (3.2oz)
Water	212grs or 212.621grs - (7.5oz)

**Special Oil to add after soap is cooked** - Evening Primrose Oil 2 teaspoons (10mls/grs) - optional

## Recipe #101 - **Vegan Milk Soap – soothing**

Coconut Oil	340grs or 340.194grs - (12oz)
Soybean Oil	340grs or 340.194grs - (12oz)
Sodium hydroxide	110grs or 110.563grs - (3.9oz)
Coconut Milk	398 ml
<b>Special Oil to add after soap is cooked</b> - Avocado Oil teaspoons (10mls/grs) – optional	

This soap is very different from the process of making the above soap. You will first need to partially freeze the coconut milk until slushy.

The coconut milk will be used instead of the water in usual recipes. Therefore, you need to make sure, it is cold enough because the sugars in the milk will scorch since the temperature will rise to over 71C or 71.1111C (160 degrees F) once you add the sodium hydroxide. You will end up with a brown, unappealing soap.

Follow the “Hot Soap Making –The Complete Guide” to make the soap, with the exception of the following information:

- The soap will not come to trace, you need to mix it for 5 minutes, mix it well. Put it in your soap pot that is set in the hot water. After 10 minutes of cooking it, remove the pot and mix it again with the stick blender. The soap will have separated. Mix it until it is once again blended.
- Put the soap back in the water pot and cook it for another 10 minutes. Take it off the stove and mix it again. It will once again be separated. Mix it until it is once again blended. Put it back in the water and cook it for another 10 minutes.
- Repeat this process a few times until you check on the soap and it is no longer separated. Cook it for another 10 minutes at this point. It is now ready to scent and colour and mould. Continue cooking in the usual way.

\* \* \* \* \*

### **Helpful Information:**

**Almond Oil:** Good for dry, sensitive skin and can help relieve redness, itchiness and swelling.

**Apricot Kernel Oil:** High in vitamins and minerals. Very light oil, absorbent and softens skin.

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

**Beeswax:** Adds Texture and creates a harder soap.

**Camellia Seed Oil:** Suitable for all skin types including sensitive and allergy-prone skin.

**Canola Oil:** Softens and soothes skin.

**Cocoa Butter:** Fat pressed from cocoa beans. Cocoa Butter lays a protective layer on top of skin which holds in moisture while softening and lubricating skin.

**Coconut Oil:** Rich lather with big soft bubbles. One of the dominant oils in modern soap making, it is found in most quality soaps.

**Corn Oil:** Soothes and softens skin and is rich in linoleic Acid.

**Evening Primrose Oil:** Anti-aging properties, Hydrates very dry skin, helps repair skin at the cellular level and reduces redness.

**Flax Seed Oil:** Great for aging skin and sun damaged skin.

**Grape Seed Oil:** Repairs skin and moisturises.

**Hazelnut Oil:** Good for acne prone skin. Contains 2 fatty acids.

**Hemp Seed Oil:** Well recognized for its ability to cleanse & nourish the skin, Rich in Essential Fatty Acids.

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

**Kukui Nut Oil:** Good for dry skin, eczema and psoriasis. It is moisturizing, soothing and healing to the skin.

**Macadamia Nut Oil:** Good for aging skin and an excellent moisturiser.

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

**Olive Oil:** Makes tight soft bubbles and is very good for sensitive skin.

**Peanut Oil:** Very moisturizing.

**Powdered Goats Milk:** Moisturizing and soothing.

**Pumpkin Seed Oil:** Nourishing. Fights fine lines and wrinkles.

**Rice Bran Oil:** Skin softening and great for itchy skin.

**Rose Hip Oil:** Renowned for its skin care properties and extremely rich in Vitamin C. and is also great for dry or ageing skin.

**Safflower Oil:** Good for dry skin and acne.

**Sesame Seed Oil:** Rich in antioxidants and pulls toxins from your skin.

**Shea Nut Butter:** Dry skin and anti-aging and is a premium skin moisturising agent.

**Sodium Hydroxide:** 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:** Rich in Tocopherols (Vitamin E), soft tight bubbles.

**Sunflower Seed Oil:** Rich in Vitamins A and E and in lecithin.

**Walnut Oil:** Skin softening and smoothing.

**Water (Distilled/Mineralised):** 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 rainwater works well.

**Wheat Germ Oil:** Rich in Vitamin E and great for aging skin.

### **Substitutes**

*Canola Oil* with either Olive Oil or Rice Bran Oil

*Cocoa Butter* with either Shea Butter, Mango Butter, Avocado Butter

*Corn Oil* with Olive Oil

*Hemp Oil* with either Avocado Oil or Hazelnut Oil

*Peanut Oil* with either Canola Oil, Avocado Oil, Hazelnut Oil.

*Safflower Oil* with either Canola Oil or Sunflower Oil

*Soybean* with Canola Oil

*Sunflower Oil* with Safflower Oil or Canola Oil