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

Rene Whitlock – email: rene@hotsoapmaking.com
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 110.563grs - (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) - option
Recipe #6 - very moisturising lots of vitamin E

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soybean Oil</td>
<td>510grs or 510.291grs - (18oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>170grs or 170.097grs - (6oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>102grs or 102.058grs - (3.6oz)</td>
</tr>
<tr>
<td>Water</td>
<td>235grs or 235.301grs - (8.3oz)</td>
</tr>
</tbody>
</table>

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

Recipe #7 - very mild, soft small tight bubbles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil</td>
<td>566grs or 566.99grs - (20oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>113grs or 113.398grs - (4oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>99grs or 99.223grs - (3.5oz)</td>
</tr>
<tr>
<td>Water</td>
<td>226grs or 226.796grs - (8oz)</td>
</tr>
</tbody>
</table>

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

Recipe #8 – a very mild economical soap

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Safflower Oil</td>
<td>453grs or 453.592grs - (16oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>226grs or 226.796grs - (8oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>104grs or 104.893grs - (3.7oz)</td>
</tr>
<tr>
<td>Water</td>
<td>243grs or 243.806grs - (8.6oz)</td>
</tr>
</tbody>
</table>

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

Recipe #9 same as above - bigger bubbles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>340grs or 340.194grs - (12oz)</td>
</tr>
<tr>
<td>Canola Oil</td>
<td>170grs or 170.097grs - (6oz)</td>
</tr>
<tr>
<td>Corn Oil</td>
<td>170grs or 170.097grs - (6oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>107grs or 107.728grs - (3.8oz)</td>
</tr>
<tr>
<td>Water</td>
<td>255grs or 255.146grs - (9oz)</td>
</tr>
</tbody>
</table>

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

Recipe #10 - hard moisturising bubbles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
</tr>
<tr>
<td>Apricot Kernel Oil</td>
<td>170grs or 170.097grs - (6oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>113grs or 113.398grs - (4oz)</td>
</tr>
<tr>
<td>Peanut Oil</td>
<td>56grs or 56.699grs - (2oz)</td>
</tr>
<tr>
<td>Sunflower Seed Oil</td>
<td>56grs or 56.699grs - (2oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>90grs or 90.718grs - (3.2oz)</td>
</tr>
<tr>
<td>Water</td>
<td>212grs or 212.621grs - (7.5oz)</td>
</tr>
</tbody>
</table>

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

Recipe #11- mild bubbles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>198grs or 198.447grs - (7oz)</td>
</tr>
<tr>
<td>Soybean Oil</td>
<td>198grs or 198.447grs - (7oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>107grs or 107.728grs - (3.8oz)</td>
</tr>
<tr>
<td>Water</td>
<td>249grs or 249.476grs - (8.8oz)</td>
</tr>
</tbody>
</table>

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) – optional
Recipe #12 - very soft, very mild and moisturising

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soybean Oil</td>
<td>510grs or 510.291grs</td>
<td>(18oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>113grs or 113.398grs</td>
<td>(4oz)</td>
</tr>
<tr>
<td>Grape Seed Oil</td>
<td>56grs or 56.699grs</td>
<td>(2oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>96grs or 96.3884grs</td>
<td>(3.4oz)</td>
</tr>
<tr>
<td>Water</td>
<td>226grs or 226.796grs</td>
<td>(8oz)</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safflower Oil</td>
<td>283grs or 283.495grs</td>
<td>(10oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>226grs or 226.796grs</td>
<td>(8oz)</td>
</tr>
<tr>
<td>Cocoa Butter</td>
<td>85grs or 85.0486grs</td>
<td>(3oz)</td>
</tr>
<tr>
<td>Soybean Oil</td>
<td>85grs or 85.0486grs</td>
<td>(3oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>104grs or 104.893grs</td>
<td>(3.7oz)</td>
</tr>
<tr>
<td>Water</td>
<td>243grs or 243.806grs</td>
<td>(8.6oz)</td>
</tr>
</tbody>
</table>

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

Recipe #14 - economical, nice big bubbles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>340grs or 340.194grs</td>
<td>(12oz)</td>
</tr>
<tr>
<td>Safflower Oil</td>
<td>170grs or 170.097grs</td>
<td>(6oz)</td>
</tr>
<tr>
<td>Sunflower Seed Oil</td>
<td>170grs or 170.097grs</td>
<td>(6oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>87grs or 87.8835grs</td>
<td>(3.1oz)</td>
</tr>
<tr>
<td>Water</td>
<td>204grs or 204.117grs</td>
<td>(7.2oz)</td>
</tr>
</tbody>
</table>

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

Recipe #15 - soft mild white soap

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soybean Oil</td>
<td>510grs or 510.291grs</td>
<td>(18oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>170grs or 170.097grs</td>
<td>(6oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>102grs or 102.058grs</td>
<td>(3.6oz)</td>
</tr>
<tr>
<td>Water</td>
<td>235grs or 235.301grs</td>
<td>(8.3oz)</td>
</tr>
</tbody>
</table>

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

Recipe #16 - lots of big bubbles, very lathery

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>623grs or 623.69grs</td>
<td>(22oz)</td>
</tr>
<tr>
<td>Hemp Seed Oil</td>
<td>56grs or 56.699grs</td>
<td>(2oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>127grs or 127.573grs</td>
<td>(4.5oz)</td>
</tr>
<tr>
<td>Water</td>
<td>294grs or 294.835grs</td>
<td>(10.4oz)</td>
</tr>
</tbody>
</table>

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

Recipe #17 - a hard mild soap with added Beeswax

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil</td>
<td>226grs or 226.796grs</td>
<td>(8oz)</td>
</tr>
<tr>
<td>Soybean Oil</td>
<td>226grs or 226.796grs</td>
<td>(8oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>198grs or 198.447grs</td>
<td>(7oz)</td>
</tr>
<tr>
<td>Beeswax</td>
<td>28grs or 28.349grs</td>
<td>(1oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>102grs or 102.058grs</td>
<td>(3.6oz)</td>
</tr>
<tr>
<td>Water</td>
<td>235grs or 235.301grs</td>
<td>(8.3oz)</td>
</tr>
</tbody>
</table>

**Special Oil to add after soap is cooked** - 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)

Special Oil to add after soap is cooked - 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 196grs or 198.447grs - (7oz)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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 113.396grs - (4oz)
Sodium hydroxide 96grs or 96.388grs - (3.4oz)
Water 221grs or 221.126grs - (7.8oz)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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 113.396grs - (4oz)
Safflower Oil 85grs or 85.048grs - (3oz)
Soybean Oil 85grs or 85.0486grs - (3oz)
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 #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)

Special Oil to add after soap is cooked - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - Shea Nut Butter 2 teaspoons (10mls/grs) – optional
Recipe #36 - very mild with soft tight bubbles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil</td>
<td>538grs or 538.641grs - (19oz)</td>
<td></td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>142grs or 141.748grs - (5oz)</td>
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</tr>
<tr>
<td>Sodium hydroxide</td>
<td>99grs or 99.223grs - (3.5oz)</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>332grs or 232.46grs - (8.2oz)</td>
<td></td>
</tr>
</tbody>
</table>

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

Recipe #37 - economical soft soap

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>255grs or 255.146gr - (9oz)</td>
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</tr>
<tr>
<td>Corn Oil</td>
<td>142grs or 141.748grs - (5oz)</td>
<td></td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>107grs or 107.728grs - (3.8oz)</td>
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<tr>
<td>Water</td>
<td>249grs or 249.476grs - (8.8oz)</td>
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</tbody>
</table>

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

Recipe #38 - skin softening, lots of vitamin E

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Soybean Oil</td>
<td>566grs or 566.99grs - (20oz)</td>
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<tr>
<td>Coconut Oil</td>
<td>113grs or 113.398grs - (4oz)</td>
<td></td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>99grs or 99.223grs - (3.5oz)</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>229grs or 229.631grs - (8.1oz)</td>
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</tr>
</tbody>
</table>

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

Recipe #39 - rich small bubbles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>226grs or 226.796grs - (8oz)</td>
<td></td>
</tr>
<tr>
<td>Peanut Oil</td>
<td>453grs or 453.592grs - (16oz)</td>
<td></td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>104grs or 104.893grs - (3.7oz)</td>
<td></td>
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<tr>
<td>Water</td>
<td>243grs or 243.806grs - (8.6oz)</td>
<td></td>
</tr>
</tbody>
</table>

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

Recipe #40 - big fluffy bubbles with lots of moisturising

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
<td></td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>285grs or 283.495grs - (10oz)</td>
<td></td>
</tr>
<tr>
<td>Apricot Kernel Oil</td>
<td>113grs or 113.398grs - (4oz)</td>
<td></td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>104grs or 104.893grs - (3.7oz)</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>243grs or 243.806grs - (8.6oz)</td>
<td></td>
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</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>396grs or 396.893grs - (14oz)</td>
<td></td>
</tr>
<tr>
<td>Grape Seed Oil</td>
<td>226grs or 226.796grs - (8oz)</td>
<td></td>
</tr>
<tr>
<td>Beeswax</td>
<td>28grs or 28.349grs - (1oz)</td>
<td></td>
</tr>
<tr>
<td>Cocoa Butter</td>
<td>28grs or 28.349grs - (1oz)</td>
<td></td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>110grs or 110.563grs - (3.9oz)</td>
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</tr>
<tr>
<td>Water</td>
<td>255grs or 255.146grs - (9oz)</td>
<td></td>
</tr>
</tbody>
</table>

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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)

**Special Oil to add after soap is cooked** - 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 - (10.6oz)

**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

<table>
<thead>
<tr>
<th>Oil</th>
<th>226grs or 226.796grs - (8oz)</th>
<th>170grs or 170.097grs - (6oz)</th>
<th>142grs or 141.748grs - (5oz)</th>
<th>142grs or 141.748grs - (5oz)</th>
<th>102grs or 102.058grs - (3.6oz)</th>
<th>238grs or 238.136grs - (8.4oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
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<td>Canola Oil</td>
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<td>Olive Oil</td>
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<td>Safflower Oil</td>
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<td>Sodium hydroxide</td>
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<td>Water</td>
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</tbody>
</table>

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

Recipe #67 - nice hard soap with added Beeswax

<table>
<thead>
<tr>
<th>Oil</th>
<th>311grs or 311.845grs - (11oz)</th>
<th>226grs or 226.796grs - (8oz)</th>
<th>28grs or 28.349grs - (1oz)</th>
<th>113grs or 113.398grs - (4oz)</th>
<th>102grs or 102.058grs - (3.6oz)</th>
<th>238grs or 238.136grs - (8.4oz)</th>
</tr>
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<tbody>
<tr>
<td>Olive Oil</td>
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<tr>
<td>Coconut Oil</td>
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<td>Beeswax</td>
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<td>Peanut Oil</td>
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<td>Sodium hydroxide</td>
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<tr>
<td>Water</td>
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</table>

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

Recipe #68 - lots of big bubbles

<table>
<thead>
<tr>
<th>Oil</th>
<th>396grs or 396.893grs - (14oz)</th>
<th>283grs or 283.495grs - (10oz)</th>
<th>107grs or 107.728grs - (3.8oz)</th>
<th>252grs or 252.31grs - (8.9oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safflower Oil</td>
<td></td>
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<td></td>
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<tr>
<td>Coconut Oil</td>
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<tr>
<td>Sodium hydroxide</td>
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<tr>
<td>Water</td>
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**Special Oil to add after soap is cooked** - Almond Oil 2 teaspoons (10mls/grs) – optional

Recipe #69 - nice balance of big and tight bubbles

<table>
<thead>
<tr>
<th>Oil</th>
<th>396grs or 396.893grs - (14oz)</th>
<th>283grs or 283.495grs - (10oz)</th>
<th>107grs or 107.728grs - (3.8oz)</th>
<th>249grs or 249.476grs - (8.8oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut Oil</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Sodium hydroxide</td>
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</tr>
<tr>
<td>Water</td>
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<td></td>
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</tbody>
</table>

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

Recipe #70 - moisturising nice blend

<table>
<thead>
<tr>
<th>Oil</th>
<th>340grs or 340.194grs - (12oz)</th>
<th>283grs or 283.495grs - (10oz)</th>
<th>56grs or 56.699grs - (2oz)</th>
<th>107grs or 107.728grs - (3.8oz)</th>
<th>252grs or 252.31grs - (8.9oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safflower Oil</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Coconut Oil</td>
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<td></td>
</tr>
<tr>
<td>Apricot Kernel Oil</td>
<td></td>
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</tr>
<tr>
<td>Sodium hydroxide</td>
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<tr>
<td>Water</td>
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</tbody>
</table>

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

Recipe #71 - lots of big bubbles

<table>
<thead>
<tr>
<th>Oil</th>
<th>396grs or 396.893grs - (14oz)</th>
<th>283grs or 283.495grs - (10oz)</th>
<th>102grs or 102.058grs - (3.6oz)</th>
<th>246grs or 246.641grs - (8.7oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola Oil</td>
<td></td>
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<tr>
<td>Coconut Oil</td>
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<tr>
<td>Sodium hydroxide</td>
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</tr>
<tr>
<td>Water</td>
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</tbody>
</table>

**Special Oil to add after soap is cooked** - Avocado Oil 2 teaspoons (10mls/grs) - optional
Recipe #72 - big and small bubbles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
</tr>
<tr>
<td>Soybean Oil</td>
<td>113grs or 113.398grs - (4oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>107grs or 107.728grs - (3.8oz)</td>
</tr>
<tr>
<td>Water</td>
<td>249grs or 249.476grs - (8.8oz)</td>
</tr>
</tbody>
</table>

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

Recipe #73 - moisturising with lots of vitamins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>226grs or 226.796grs - (8oz)</td>
</tr>
<tr>
<td>Grape Seed Oil</td>
<td>113grs or 113.398grs - (4oz)</td>
</tr>
<tr>
<td>Hemp Seed Oil</td>
<td>56grs or 56.699grs - (2oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>104grs or 104.893grs - (3.7oz)</td>
</tr>
<tr>
<td>Water</td>
<td>246grs or 246.641grs - (8.7oz)</td>
</tr>
</tbody>
</table>

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

Recipe #74 - big soft bubbles with added Cocoa Butter

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
</tr>
<tr>
<td>Corn Oil</td>
<td>255grs or 255.146grs - (9oz)</td>
</tr>
<tr>
<td>Cocoa Butter</td>
<td>142grs or 141.748grs - (5oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>107grs or 107.728grs - (3.8oz)</td>
</tr>
<tr>
<td>Water</td>
<td>252grs or 252.31grs - (8.9oz)</td>
</tr>
</tbody>
</table>

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

Recipe #75 - balance of big and tight bubbles moisturising

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
</tr>
<tr>
<td>Canola Oil</td>
<td>396grs or 396.893grs - (14oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>102grs or 102.058grs - (3.6oz)</td>
</tr>
<tr>
<td>Water</td>
<td>246grs or 246.641grs - (8.7oz)</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice Bran Oil</td>
<td>368grs or 368.544grs - (13oz)</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>283grs or 283.495grs - (10oz)</td>
</tr>
<tr>
<td>Beeswax</td>
<td>28grs or 28.349grs - (1oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>102grs or 102.058grs - (3.6oz)</td>
</tr>
<tr>
<td>Water</td>
<td>246grs or 246.641grs - (8.7oz)</td>
</tr>
</tbody>
</table>

**Special Oil to add after soap is cooked** - 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 113grs or 113.398grs - (4oz)  
Sodium hydroxide 96grs or 96.388grs - (3.4oz)  
Water 226grs or 226.796grs - (8oz)  

**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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - 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)

Special Oil to add after soap is cooked - Almond Oil 2 teaspoons (10mls/grs) – optional
Recipe #89 - good hard soap with plenty of bubbles

Coconut Oil \hspace{1cm} 340grs or 340.194grs - (12oz)
Safflower Oil \hspace{1cm} 283grs or 283.495grs - (10oz)
Hemp Seed Oil \hspace{1cm} 56grs or 56.699grs - (2oz)
Sodium hydroxide \hspace{1cm} 110grs or 110.563grs - (3.9oz)
Water \hspace{1cm} 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 \hspace{1cm} 311grs or 311.845grs - (11oz)
Coconut Oil \hspace{1cm} 283grs or 283.495grs - (10oz)
Apricot Kernel Oil \hspace{1cm} 85grs or 85.0486grs - (3oz)
Sodium hydroxide \hspace{1cm} 107grs or 107.728grs - (3.8oz)
Water \hspace{1cm} 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 \hspace{1cm} 566grs or 566.99grs - (20oz)
Cocoa Butter \hspace{1cm} 113grs or 113.398grs - (4oz)
Sodium hydroxide \hspace{1cm} 107grs or 107.728grs - (3.8oz)
Water \hspace{1cm} 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 \hspace{1cm} 283grs or 283.495grs - (10oz)
Corn Oil \hspace{1cm} 283grs or 283.495grs - (10oz)
Safflower Oil \hspace{1cm} 113grs or 113.398grs - (4oz)
Sodium hydroxide \hspace{1cm} 87grs or 87.8835grs - (3.1oz)
Water \hspace{1cm} 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 \hspace{1cm} 652grs or 652.039grs - (23oz)
Beeswax \hspace{1cm} 28grs or 28.349grs - (1oz)
Sodium hydroxide \hspace{1cm} 90grs or 90.718grs - (3.2oz)
Water \hspace{1cm} 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 \hspace{1cm} 283grs or 283.495grs - (10oz)
Soybean Oil \hspace{1cm} 255grs or 255.146grs - (9oz)
Grape Seed Oil \hspace{1cm} 142grs or 141.748grs - (5oz)
Sodium hydroxide \hspace{1cm} 90grs or 90.718grs - (3.2oz)
Water \hspace{1cm} 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Oil</td>
<td>340grs or 340.194grs - (12oz)</td>
</tr>
<tr>
<td>Soybean Oil</td>
<td>340grs or 340.194grs - (12oz)</td>
</tr>
<tr>
<td>Sodium hydroxide</td>
<td>110grs or 110.563grs - (3.9oz)</td>
</tr>
<tr>
<td>Coconut Milk</td>
<td>398 ml</td>
</tr>
</tbody>
</table>

**Special Oil to add after soap is cooked** - 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