

Basic Artisan Soap Recipe

Equipment

- Scale (measures to 5, or no more than 10 pounds)
- Thermometer (measures in range up to boiling)
- Sturdy plastic juice containers (2)
- Box (for mold) (see link for box plans, <http://www.garyolds.com/teach-soap.html>)
- Plastic trash bag (to line mold)
- Rigid, long plastic spoons (2)
- Spatula
- Stainless steel or enameled pot (8 quart size is perfect)
- Stick/immersion blender
- Knife to cut soap
- Rubber gloves
- Goggles or safety glasses, apron



Ingredients

** 5% superfatted recipe, makes approximately 5 pound/60 oz batch*

** All measurements are by 'weight', NOT by 'volume'—in other words, "23 oz" means scale weight*

- 23 oz Liquid (If water, use filtered rain or distilled) (see note 1)
- 8.5 oz Sodium Hydroxide (NaOH, 100% Lye)
- 16 oz Coconut Oil
- 16 oz Lard (may substitute Palm Oil)
- 20 oz Olive Oil
- 8 oz Soy (Vegetable) Oil

Recipe

- Mix liquid and NaOH, set aside to cool (95-110°)
- Melt coconut oil and lard over medium heat, remove from heat immediately after melted
- Blend in soy oil and olive oil to melted coconut oil and lard
- Set oils aside to cool (95-110°)
- Prepare mold (line with plastic)
- Prepare additives (see note 2)
- When liquid lye and oils reach same approx temp (95-110°), slowly pour liquid lye into oils
- Continue stirring/blending until "light trace"
- If adding scent or other additives, add now
- Continue stirring/blending until "full trace"
- Pour into mold
- Cover and set in room temperature environment for at least 24 hours
- Remove from mold and cut
- Cure bars for three weeks before using

Note 1: Liquid = 38% of total weight of ingredient oils. "Liquid" is most often water, however it may be in the form of cold tea or coffee. Other options are beer or 100% aloe juice.

Note 2: Teaspoons of essential or fragrance oils should not exceed 20% of total wgt of ingredient oils. Example: Use no more than 12 tsp of essential/fragrance oil for 60 oz batch.

Note 3: As a safety precaution, keep a container of white vinegar handy to help neutralize the effects of lye on the skin. Seek medical care if needed.