

## Bath Bomb Recipe

- 8 ounces Baking Soda (1 cup)
- 4 ounces Citric Acid (1/2 cup)
- 4 ounces Epsom Salt (1/2 cup)
- 4 ounces Cornstarch (3/4 cup)
- 2 Tablespoons Oil of choice (I used Olive Oil – any liquid oil will work)
- 2 teaspoons of water (If not a good consistency you can add more water)
- 20-30 drops of essential oil of choice

### Instructions: How to Make Bath Bombs

1. Combine dry ingredients (baking soda, Epsom salt, citric acid, and cornstarch) in a large bowl and mix well until combined.
2. In a small bowl, combine the oil, water, and essential oil and stir well.
3. Add the liquid ingredients to the dry ingredients a few drops at a time. Mix well with hands (wear gloves if you have sensitive skin).
4. Mixture should hold together when squeezed without crumbling. You may need to add more water if it hasn't achieved this consistency yet.
5. Quickly push mixture into molds, greased muffin tins or any other greased container. Press in firmly and leave at least 24 hours (48 is better) or until hardened. It will expand some and this is normal. You can push it down into the mold several times while it is drying to keep it from expanding too much. Using the metal molds will create a stronger and more effective final bath bomb.
6. When dry, remove and store in airtight container or bag

Bath bombs are a great way to relax in the tub after a long day of dealing with kids, cooking, and all the other activities that motherhood entails. If you've never tried them, I highly encourage it, as it's one of my favorite things to do at the end of the day.

## Lip Balm

- 1 cup (225 g) shredded beeswax
- 14 oz (425 ml) coconut oil
- 5 tbsp. (100 g) honey
- 5 tbsp. (70 ml) pure vanilla extract

Heat the wax in a saucepan over low heat to 150 °F (66 °C). In a separate saucepan, heat the oil to the same temperature. When both are heated to the proper temperature, add the coconut oil to the beeswax, remove the pan from heat, and stir steadily until well blended. Then add the honey and the vanilla extract and continue to stir until well blended. Pour into tubes or tubs, allow to cool overnight, then cap the containers and store at room temperature, out of direct sunlight.

## **Bath Salts**

### **Ingredients:**

- 3 cups Epsom salts
- 1 cup coarse sea salt
- 1 cup baking soda
- Essential Oil of choice 15-20 drops

### **Instructions: How to Make Bath Salts**

Put all of the ingredients in a bowl and mix well. Add the essential oils last.

Yields 7 4 oz. jars (2 uses per jar)

## **Lotion Sticks**

### **Ingredients:**

- 3 oz Beeswax
- 3 oz Coconut Oil
- 3 oz Shea Butter
- Essential Oil of choice 15-20 drops

### **Instructions: How to Make Lotion Sticks**

Measure out each of the ingredients, placing the beeswax and coconut oil in the top of a double boiler. Place the shea butter in a separate bowl.

Melt using a double boiler, gently heat the beeswax and coconut oil over low heat until melted. Remove from heat and carefully add the shea butter. Stir the mixture until the shea butter is thoroughly melted. If needed, gently heat the mixture for an additional minute or two in order to provide enough heat for the shea butter to melt.

Pour the mixture into desired mold or twist up tube (I use deodorant tubes). They can be used as soon as they cool to room temperature.

Rub the lotion bar onto your skin to apply.

## **Shampoo Bars**

### **Ingredients:**

- 10 oz Coconut Oil
- 10 oz Vegetable Shortening
- 10 oz Olive Oil
- 6 oz Castor Oil
- 12 oz Distilled Water
- 5 oz Lye
- Essential Oil of choice

### **Instructions: How to Make Shampoo Bars**

Heat oils to 125 °F

Combine Lye and distilled water – let cool to 125 °F

Combine oils and lye water and stir by hand for 5 min.

Use a stick blender until it comes to trace.

Put into soap molds.

Let sit for a week before cutting to desired thickness.

## **Sugar Scrub Recipe**

### **Sugar Scrub Ingredients:**

- 2 cups sugar (white or brown sugar – preferably organic)
- ½ cup oil (olive oil and coconut oil work great)
- Optional: 10-15 drops of essential oil of your preference
- I added a few drops of Vitamin E Oil (can also add food coloring)

### **Sugar Scrub Instructions:**

Mix all ingredients and store in an airtight jar.

Use 1 teaspoon as needed to wash any rough area. Scrub skin with the mixture and rinse well. It will leave your skin feeling like silk.

## Deodorant Stick Recipe

### Ingredients:

- ¾ oz Beeswax
- 2 oz Coconut Oil
- ¾ oz Shea Butter
- 2 tbs Baking Soda
- 2 tbs Cornstarch
- 1/4c Arrowroot Powder
- Essential oil of choice (10-20 drops)

### Instructions: How to Make Deodorant Sticks

Put beeswax, coconut oil, and shea butter into a double boiler. Simmer on low until oils are melted totally. Remove from water and add baking soda, cornstarch, and arrowroot. Add essential oil of choice. Mix well. Pour into deodorant tubes. Let sit.

Yields 2

**Beginning Soap Making Class**  
**Joyce Durbin Miller**  
**Huckleberry Hutch**

Chemically speaking, soaps are water-soluble sodium or potassium salts of fatty acids. Soap is created when fats and/or oils or their fatty acids are treated chemically with a strong alkali.

Fats and oils to be used in soapmaking can come from animal or plant sources. Each fat or oil is composed of its own unique mixture of several different triglycerides.

Fatty acids are the components of fats and oils that can be utilized for soapmaking. They are actually weak acids, chemically composed of two parts: A carboxylic acid group and a hydrocarbon chain.

An alkali is a soluble salt of an alkali metal of sodium or potassium. Prior to the commercial production of alkali, they were produced from the ashes of plants. Chemically, alkali is a base (the opposite of an acid). The base reacts with and neutralizes any acid that it comes in contact with. Alkalis used in soapmaking are sodium hydroxide (NaOH), also known as caustic soda, and potassium hydroxide (KOH), also called caustic potash.

Saponification is the chemical reaction that occurs when fats, oils, and caustics are put into contact with each other under controlled circumstances. The quality of your soap creations will depend on the quality of your raw materials, your equipment, and your commitment to good and careful work. Water – it is best to get water from a rainstorm, a soft-water well, or spring. The softer the water the better the soap. If soft water isn't available, you may use distilled or tap water.



**Instructions – Gather the following tools and equipment:**

- A good quality (accurate) scale that measures in ounces and pounds up to at least two pounds.
- One sturdy wide-mouth glass jar or beaker (easy to pour from), minimum two-quart capacity.
- Two wooden spoons, slotted if possible, which should be reserved exclusively for soapmaking.
- A one gallon (or larger) stainless-steel or enamel kettle. (Never use aluminum! It will react with your soap mixture, ruining both the soap and kettle.)
- A two-cup plastic or glass measuring cup.
- One stainless-steel wire whisk, the smaller the better.
- Two photographic or lab-quality thermometer that you can depend on for accuracy. The thermometers must measure between 80-110 °F. One will be used in the oils mixture and one will be used in the alkaline (lye) solution.
- One pair of well-fitting rubber gloves.
- Safety glasses
- One plastic food-storage container with a lid, shoe-box size or a bit larger. (This will be your mold.)
- One jar of vinegar. (This is only needed if you accidentally splash lye onto your skin. The vinegar can be used as a wash to neutralize the lye.)

**For best results, keep in mind the following:**

- Choose a well-lighted work area with a sink and countertops. You may want to lay newspaper on your counter for protection.
- Plan to make your first batch of soap during an uninterrupted time. Allow yourself approximately 1-1.5 hours.
- Have all the necessary ingredients at your disposal.
- Throughout the soapmaking process, remember to handle lye with great care. Keep it out of reach of children and pets. It is extremely caustic in dry or wet form and will burn skin, blind eyes, remove paints and finishes, and redesign linoleum floors. It has little effect on enamel, stainless-steel, glass, copper, plastic, rubber, or wood. It will play havoc with everything else. In the event of skin contact, flush with cool running water and douse with vinegar immediately. In the event of a spill, put your rubber gloves on and mop the spill with towels or rags.

### **Step 1**

Put on your rubber gloves. Weigh out 12 oz of lye (sodium hydroxide) into the two-cup plastic or glass measuring container. Be certain to account for the weight of your measuring container.

Weigh 32 ounces (2 pounds) of cold water into the glass container.

Again, be certain to account for the weight of your container. Now it is time to mix the lye into the glass container of cold water. Put on your safety glasses because the lye will heat the water up and fumes will be released. It is also wise to cover your face as much as possible to avoid inhaling the harsh and unpleasant fumes. (The fuming will only last for thirty seconds.)

Add the lye to the water while stirring with a wooden spoon. As soon as all the lye is dissolved in the water, set it safely aside to cool.

### **Step 2**

Weigh out 24 ounces of coconut oil and 38 ounces of vegetable shortening into the metal kettle. Remember to account for the weight of your container. Melt these oils over a low heat, stirring frequently. As soon as they have melted, remove them from the heat and add 24 ounces of olive oil.

### **Step 3**

Keep your gloves on. This step involves getting the temperature of the lye to a range of 95-98\* F while at the same time getting the kettle of oils within the same range. When both mixtures are within this range, combine them. Achieving this stage will require your full and careful attention. Use hot or cold-water baths to either raise or lower the temperatures of the mixtures. There is a knack to doing this skillfully, and it comes only with practice. Now prepare your soap mold by greasing its sides and bottom with shortening.

### **Step 4**

This is the fun part! Wearing rubber gloves and safety glasses, slowly pour a steady stream of the temperature-correct lye into the temperature-correct oils. Stir constantly in a relaxed circular motion until all of the lye has been added. By bringing the lye and oils into contact with each other, you are prompting a chemical reaction called saponification. Saponification is the creation of soap!

### **Step 5**

Continue to stir for approximately 10 minutes. Eventually you will notice a subtle change in the quality of your mixture. It will become slightly thicker and will seem more homogenized and creamier. These changes are very slight, but in time you will learn to recognize them. "Tracing" occurs when the soap mixture becomes thick enough to trace a design on the soap surface with dribbles of soap. At trace, you can safely add your fragrance or essential oils and dried grains or botanicals.

### **Step 6**

If grains, dried botanicals, or colorants are to be included in your soap, add them now. This is best accomplished by separating approximately two cups of unscented soap mixture and quickly whisking the dried goods into this small portion of soap until thoroughly mixed. Return this mixture to the soap kettle and stir. Now is the time to stir in the scent oils – do not linger! If you delay, you will have a kettle filled with soap that cooled too quickly. As soon as your oils have been incorporated, it is time to fill your plastic mold (the shoe box-sized plastic container).

### **Step 7**

Put the lid over the warm and beautiful soap mixture. Set it in an undisturbed, warm place and cover well with many layers of blankets. (Wool seems to do the best job.) Allow the soap to sit undisturbed for eighteen hours to complete the saponification process.

### **Step 8**

Remove the blankets and lid. You should now have a beautiful block of soap – firm, fresh, and fragrant. Allow it to sit uncovered for another 8-12 hours before removing it from the box. To remove, simply turn the box upside down and allow the soap to fall onto a towel or a clean work surface.

If you have followed directions carefully, and if your scale and thermometer are accurate, you should have a beautiful batch of homemade soap.

If there are quality problems, you will notice a thin layer of oil on the top of your soap and a crusty chalk-like layer on the bottom. This malady is known as separation. If the separation is minor, you need only scrape off the top and bottom layers and discard them. The remaining soap should be fine. If gross separation has occurred, you will find more than a film of oil on top of your soap. It will look more like a pool of oil. In this case, you can be certain that your scale, thermometer, or mathematical methods were in error. Unfortunately, if this occurs you will need to discard the soap or use it for laundry purposes.

## Recipe

- Oils -
  - 24 ounces olive oil add after other fats are melted.
  - 24 ounces coconut oil
  - 38 ounces vegetable shortening (Crisco)
- Alkaline Solution –
  - 12 ounces sodium hydroxide (lye)
  - 32 ounces rain, spring, distilled, or tap water
- Essential Oil -
  - 4 ounces Bitter Almond essential oil
- Filler -
  - 8 ounces powder oatmeal (blenderized oats)

## Books –

Soap Book – Simple Herbal Recipes by Sandy Maine  
Interweave Press – ISBN 1-883010-14-4

The Natural Soap Book by Susan Miller Cavitch  
Storey Publishing ISBN 0-88266-888-9

The Soapmaker's Companion by Susan Miller Cavitch  
Storey Publishing – ISBN 0-88266-965-6  
[www.storey.com](http://www.storey.com)

Soothing Soaps for Healthy Skin by Sandy Maine  
Interweave Press – ISBN 1-883010-36-5

The Complete Soapmaker by Norma Coney