

BASIC VEGETABLE SOAP

Oils

Coconut Oil	12 oz
Olive Oil	12 oz
Vegetable Oil (primarily soy bean)	20 oz
Distilled Water	16 oz
Lye (sodium hydroxide)	6 oz

Orange Essential Oil	15 drops	After tracing, quickly add essential oils and exfoliants.
Lime Essential Oil	10 drops	Stir until well blended.
honey (slightly warmed)	1 oz	Add honey last with essential oils.

Moisturizer

Milk	1/4 cup	Add to oil/fat base right before pouring into molds.
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Exfoliant(s)

Yellow Cornmeal (scrub ingredient)	1/4 cup	Add to oil/fat base right before pouring into molds.
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Wax

Bees Wax	2 oz	Add bees wax to oils so they heat and melt together.
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Use plastic wrap to cover the soap after pouring.
Cover the mold in a blanket or towel.

Initial cooling period is 16 to 24 hours.

Wear gloves.

Peek at the soap to see how it's going.

Soaps made w/ bees wax will harden more quickly.

Once the Soap is firm enough, it can be removed from the mold and cut.

Don't wait until it is completely hard.

If using a shoe box or cardboard box, remove the block and cut it.

Dates:	
Mixing	
Start Aging	
Finish Aging	