

Homemade Soap

Cold Process Method



Equipment:

Bowl (steel or glass) for liquids (milk or water)(phase 1)
Pan (steel or glass, never aluminum) for melting oils, big enough for adding milk to the oil later(phase 2)
Bowl bigger than liquids bowl - for ice bath if you need to cool your liquids
Wooden Spoons for mixing, they will not react with LYE like metal does
Scale that measure as small as grams
Measuring Cups & spoons,
2 Thermometers, 1 for each phase.
Blender - glass is best, but also a stick blender will work.
Soap Molds.
Later, cutting board and knife if you are using a mold that will need to be cut.
ALL EQUIPMENT USED FOR SOAPING SHOULD BE USED ONLY FOR SOAPING



Melt oils together, and bring to approximately 110°-120°
Remove from heat and set aside for phase 2

PHASE 1

Put liquids in bowl. If you are using milk, it is very helpful to start with it frozen or only partially melted, to help keep temp down.

Be sure to watch temp so you do not burn milk. Try not to breathe in the vapors as you add the lye.

Add Lye SLOWLY while constantly stirring milk or water. This process make take quite a few minutes, because you need to add it slow, and be sure it is all mixed in. If the temp goes up to 100, set your bowl in an ice bath to cool it down. Keep it between 85°-100°.

When lye is all added and mixed in, you should have a slightly yellow milk.



PHASE 2

You will be adding the milk mixture to the oil.

Pour the milk into the oils, while stirring fairly rapidly.

When the milk is added, you can stir with a stick blender or add to a blender to make sure it all mixes well. Blend about 3-5min.

This is the point you can add your scent and any color or herb.



Pour blended product into soap mold and set aside in a warm dry place for 24-36 hours.

After the soap has set for 24-36 hours, I like to put it in the freezer for 6-12 hours, before I pop it out of the mold. It comes out neater. When it thaws, cut it and let it cure in a dry warm place for 3weeks.
Then it is ready !

