

# How to make Soap (the easy way!)

We do appreciate you purchasing our  
HOW TO MAKE SOAP e-book!

Hope this helps you! But if not, then send us an e-mail at:  
[info@greenhousebutterflies.com](mailto:info@greenhousebutterflies.com) or call 912-966-9848 and  
we will be glad to further assist you in any way!

Soap making without using LYE! You are actually  
"rebatching" an already made soap. Any "real" soap is  
made with lye, including Ivory.  
USE THE "*melt and pour*" soap making TECHNIQUE!

## Warnings

- Use precautions - apron, eye protection, gloves - when using essential oils full strength, they can cause reactions. Do not get on skin or in the eyes or mouth.

Here is some soap making terminology for you:

CP - This stands for Cold Processing. This is a soap making method. This is the method we use. It involves combining your liquid/lye mixture with your oils and stirring until you reach trace (as defined below). Then pouring the mixture into molds. Then you unmold, cut the

bars and let the soap cure anywhere from 3 to 6 weeks depending on the recipe.

Trace – This happens after you mix your liquid/lye and oils together and thickens.

## **EASY WAY TO MAKE SOAP!**

**To make soap, you will need to gather these materials:**

Plain Soap wax material

Microwave bowl

Double boiler

Glass Measuring Cup or pyrex, spoons,

Soap Fragrance and Color

*(For this you can use-scented oils. Herbs, spices, or fruit or you can purchase the already bottled fragrance at any craft store. The colors- soap colorant at any craft store, crayons, spices such as cinnamon which makes a pretty rust color, brown coffee or any candle colorant)*

Stir sticks-(*these are also called craft sticks and can be purchased at any craft store*)

Soap Molds

Curing wire rack- (*for this, we use the same type rack as You would use to cool a cake*)

Additives:

Herbs-(*sage, chamomile, oregano, cloves, cinnamon, mint*)

Flowers-(*hibiscus, rose, calendula, lavender, sunflower*)

Fruit-(*lemon, orange, lime, strawberry and avocado*)

Vegetables-*(Carrots, cucumber, lettuce)*  
small plastic toys- *(this is our favorite! We make soap for children and we use small plastic toys like spiders and small dolls and such as that depending on the gender.)*  
oils- *(olive oil, vitamin E, safflower, coconut oil)*  
honey  
powdered milk

And you will need space designated just for the cure time  
(see below)

Some tips to use!

\*If you are using a large loaf pan, and you want to make more than one, you can use cardboard to divide the soaps  
\* Save the colored scraps in sealable baggies to use again when doing another soap project!

Here is a list of oils that you can select from. Maybe this list will help you in making your decision about which oil to use!

Avocado Oil...

Avocado oil is produced by mashing the pulp of the avocado fruit. This oil is a good choice for making moisturizing soaps.

Coconut Oil...

This oil is the partially solid fat obtained from the flesh of coconuts. It affects the hardness and amount of

lather in the soap, but can be drying to the skin.

### Olive Oil...

Olive oil is harvested from olives by pressing them and then using solvent extraction. Soap made with olive oil tends to be extremely hard, but are mild for your skin. These soaps tend to produce a lot of lather and last a long time.

### Vitamin E Oil...

Many people like this oil for facial soap in that it prevents wrinkles by soothing and contributing to regeneration of skin.

### Palm Kernel Oil...

This oil is harvested from the kernels of the palm tree, thus the name. Soap made using this oil will be mild and have a rich lather.

### Palm Oil...

Similar to Palm Kernel Oil, this oil is actually harvested from the pulp of the palm fruit. More common than Palm Kernel Oil, it produces a finish that is soft, mild and has a rich lather.

## Almond Oil...

Almond oil is used as an emollient because of its ability to soften the skin. Extracted from almond nuts, this oil also has a nice, sweet fragrance.

Now, let's begin MAKING SOAP! The easy way!!

## BASIC SOAP

1) Take your pyrex or glass measuring dish and place the desired amount of soap in it. Normally when you buy your soap, it is in a large sheet. To make handling easier, we suggest cutting it into 1" chunks! Fill the dish almost to the top with the chunks. There isn't a formula really for how much to use to fill a mold, as you can heat this and work with it easy. So you can do a small amount first and add more as you are comfortable. But to begin, we normally put in SIX- 1" chunks. **MAKE SURE YOU DO PUSH THIS DOWN IN THE DISH AND NONE IS HANGING OVER IT.** Once the soap heats, it will run over the sides if it isn't pushed in the dish good.

2) Now, place the dish in your microwave and heat for 20 second intervals. You continue doing this until your soap is completely melted.

3) Remove your dish from the microwave and **BE SURE TO USE A POTHOLDER!** It will be **HOT!** Place it on a hot plate so that it won't burn your working surface.

4) Now, you add your fragrance and color. We always say to add a small amount first!! You can always add more, but

you can not take away! Smell it, visualize it and if it looks and smells like you want, then you have finished this part!

5) Get a craft stick and SLOWLY stir your soap.

SLOWLY!!! You have to do this slowly, because if you stir fast, you will create air bubbles that will show up in your mold! So stir slow!

6) After you have stirred your soap mixture for just a few seconds, then set aside for approx. 3 to 4 minutes. As a good rule of thumb, we set it aside for 5 minutes using a timer. But basically you just want it to set until the steaming has completely stopped.

7) Select the soap mold that you want to use and make sure it is clean and completely dry! Soap and water (in this case) don't mix!

8) Very slowly, (remember that you are working with wax and it is HOT), pour your soap mixture into your mold. Also by pouring slow, you can control the overflow better!

9) Place your poured mold, carefully, on the cooling rack and let it sit for approx. 10 to 30 minutes. Unless you are pushed for time, it is normally better to wait for the full 30 minutes!

10) You can now pop your soap out! If it seems hard to remove, then simply set your mold in the refrigerator for a few minutes, remove it, run hot water on the bottom of the mold and it will pop out easy!

11) Place your soap pieces on the cooling rack and they do need to "cure" (air dry) for about 2 weeks. This is where we referred to as needing space designated just for cure time.

Did you ever see a bar of soap that had a lot of colors in it? Looked like it was marbled? Well here is how they do that!

### MARBLING:

1) Follow the directions as shown above until you get to step 8. (Leave out step 4,5 &6) Basically you just want to pour your melted soap (no fragrance or color yet into the mold) Now at this point, you have your soap mixture poured into the mold.

2) Add one drop of each colorant to your mold and your fragrance (if desired). Take a craft stick or toothpick and gently stir-BUT DO NOT OVERSTIR. You just simply want to spread your colors, not blend them together.

3) Now you follow steps 9,10 & 11! Beautiful Marbled Soaps!

Here is our favorite! This is where we embed an object such as a small toy into a soap bar! You will need two colors of soap mixture. One is a light color and the other is dark. This is so neat to give as a gift!! These are also great for party favors or gift baskets!! The sky is the limit on embedding!

### Embedding Soaps:

1) For this, you want to follow all the steps above until you get to #8. You have probably selected a toy or object you want to use. So be sure to measure it to the mold. Place it in the mold before you actually pour in the soap to make sure it fits ok! Remove the toy. At

- this point, you want to pour a thin layer of a light colored soap mixture into the mold. You need a light colored mixture so that your toy does show through.
- 2) Let the soap mixture sit for approx. 3 to 4 minutes and test the soap “skin”. That is the top of the layer that you just poured. Using your finger, gently push on the skin to see if it is a little hard. What you need to do here is to make sure that it is hard enough to support the weight of the object you are putting in it. The object needs to sit on *top* of this layer.
  - 3) Once the “skin” layer is hard and you have tested it, then take your object and lay it *face down* in the mold.
  - 4) Cover the toy with a darker color of the soap mixture.
  - 5) And now proceed as above with steps 9,10 & 11!

You now have a neat looking soap bar for a child! OR , use your imagination and add anything you like that will sit in a mold! This could be a gift that you are giving someone and the surprise will be when they bath and the soap melts! Try this! If you want to tell someone special that you love them-write your message on a piece of paper, fold it neatly to the proper size to fit your mold and then wrap it in colored saran wrap. It has to be wrapped good and secured! Then embed that! What a surprise to find a “love note” in a bar of soap! And wonder how long it will take till they find it! ;-)

Do you like the **LAYERS** of colors in a **SOAP BAR**?  
Here’s how to do that!!

- 1) Pour your first layer in the mold and allow that to harden. This normally takes a good 2 to 3 hours. You do want this to be hard and not just in a “skin” setting.
- 2) Allow the soap to cool slightly and add the second layer and cool as before. At this point, instead of adding a second layer, you can add soap chunks of various shapes if desired, or continue with layering!
- 3) Pour third layer. Make as many layers as you like! Depending on the size and shape of your mold and the amount you pour!

#### TIPS:

- 1) Always pour the darker color first. And make enough to add to the Clear soap for lighter colors!
- 2) Adding alcohol between each layer will aid in reducing air bubbles! For this, you need a spritzer bottle. Fill it with alcohol. When you pour your first layer after it has a “thick skin”, then pour your second layer and repeat the process. You will be amazed at the way the alcohol eliminates the air bubbles!

#### COOKIE CUTTER SHAPED SOAPS!

This is fun, but you will need the proper tools to do this! BUT it is still easy! As we promised!!

Simply find a pan that is small, like a mini bread loaf pan and a cookie cutter that will fit inside the pan. Basically, you want to be able to get a small pan that is large enough to hold your cookie cutter. Place the cookie cutter in the

pan for fit. The pan also needs to be about as tall as the cutter. But if not, don't worry-just fill to the top of the cutter with the mixture (and not the pan). Don't worry about the unused soap, you can always re-heat that for another project!

- 1) Use the Basic Soap recipe above and go to step 6. Now you have your soap colored and fragranced (if desired). Here you pour your soap into a small pan or mold that is large enough to hold a cookie cutter. Pour only enough to come "almost" to the top of the cookie cutter. If your pan is taller than your cutter, then place a mark on the side of your pan that is the height of your cutter. Don't pour over that mark.
- 2) Place the cookie cutter in the pan in the hot mixture. Allow it to harden for about 4 to 5 hours. Test for hardness.
- 3) If the soap is hard, then pull everything out of the pan. Remove the cookie cutter and remove your soap. For this, if it doesn't remove easily, then you can do the same as for your basic recipe and put it in the refrigerator for a bit and then run hot water on the cutter. Or use a small sharp knife and carefully loosen the sides.
- 4) As with all the soap recipes, they do need to sit for approx. 2 weeks for the "cure time". So plan accordingly when making your designs!

For this idea-using candy canes is a wonderful and fun gift to give at Christmas and using flowers in the spring and summer makes great gift baskets!

We always love to make HERBAL BARS of Soap! They contain ingredients that are not only great to smell, but are good for the skin as well! This will always be a great and welcome gift to anyone!

## Herbal Bar Soap

**Hand Milled Soap**-(this is a *BASIC* recipe that you can add other ingredients too-we have recipes below for a few of our favorites!)

For materials, you will need:

½ cup of soap

2 tablespoons of water

2 tablespoons of olive oil

color

fragrance

glass or microwave safe bowl

whisk

- 1) Prepare the ingredients in three separate bowls. In one bowl, put the soap cubes, the next bowl- put the liquids (water, oil & fragrance) and in the last one put the dry ingredients (this is your botanicals (oatmeal, cornmeal, any herbal product. We have also used pine needles and seedlings from pine trees-smells so good!)
- 2) Melt your soap cubes in the microwave using a glass bowl. Once it has melted, (do check about every 20 seconds), remove it and allow it to completely stop steaming before continuing.

- 3) Add your liquids and botanicals, fragrance and colors to the bowl.
- 4) Whisk vigorously now. You want to do this until you get a heavy creamy consistency. Continue whisking until you get a fluffy mixture. This is basically what an egg white meringue texture looks like.
- 5) Now pour your mixture into the mold and allow it to harden.
- 6) Remove the soap from the mold after it is hardened and place it on a wire rack to cool and cure for about 2 weeks.

#### TIPS:

- 1) Fragrances can be anything that you would normally add to candles or potpourri. ***Do not*** use perfumes that are alcohol based as they will evaporate.
- 2) Olive Oils are mild and are great for healing the skin. It causes the soap to be smooth and long lasting. Use the extra-virgin olive oil.
- 3) Vitamin E helps to aid in healing and beautifying the skin.
- 4) Other oils that are good to use are BABY oil, Cocoa butter, palm oil, safflower oil and coconut oil.

Here are some of our recipes for :

## **HERBAL BATH BARS**

### **Cucumber Soap:**

Cut a cucumber, remove seeds and blend in a food processor. Add ¼ cup of cucumber as a substitute for the water, 2 teaspoons of fruit fresh and green colorant to the Milled Soap Recipe.

### **Coffee Bath Bars**

Add one tablespoon of unbrewed coffee to the hand milled soap recipe.

### **Vitamin E Soap-**

Break open 6 to 8 vitamin capsules and fragrance to the milled soap recipe. For this application, reduce some of the oil. Stir this one slowly!

### **Tea Tree and Oregano**

Add 5 drops of tea tree oil and 2 tablespoons of dried oregano to the milled soap recipe.

This is a healing and antiseptic soap!

### **Sage Soap**

Add 3 tablespoons of dried sage to the hand milled soap recipe.

### **Buttermilk Soap-**

Add ¼ cup buttermilk as a substitute for water, 1 teaspoon of fruit fresh & several drops of peppermint fragrance. And add a little yellow color to the basic milled soap recipe.

Pour in a mold.

### **Oatmeal Soap-**

For this one, you will gently fold about ¼ cup of oatmeal and cinnamon scents drops into the melted milled soap. Or you can also use the basic soap recipe and pour it into that!

### **Milk & Honey Soap-**

Add 2 tablespoons of powdered milk, 2 tablespoons of Honey, 3 tablespoons of water and a dash of nutmeg for color to the milled soap recipe. This is a very soothing and relaxing bar of soap to use! It does promote soft, healthy skin!

For the next SOAP recipes, you will need to purchase these soap wax materials. They can be located at any craft store! If that is not available to you, contact us and we will pick them up for you if available here!

*Transparent olive oil glycerin soap(comes in a block size)*

*Opaque avocado cucumber glycerin soap(comes in a block size)*

### **Italian Kitchen Herbs**

3 ¾ oz. of transparent olive oil glycerin soap

1 teaspoon each of crushed herbs: basil, oregano, parsley

3” by 2 3/8” domed rectangle mold

basic supplies as mentioned at the beginning

Mix together and pour into your mold. Follow directions as stated previously!

This is a soap that you will want to keep by your sink in the kitchen or bathroom! Basil is an antibacterial and the others work to eliminate odors!

### **Mocha**

2 ½ oz. of opaque avocado cucumber glycerin soap

¼ teaspoon of cocoa powder

¼ teaspoon of ground coffee

2 ½" wide round mold or whatever mold you select!

Rubbing alcohol in a spray bottle

Basic supplies

Melt the soap as stated earlier. Pour a third of the soap into the mold. Let set up and spritz with alcohol. Reheat the soap and stir in the cocoa. Pour half of the cocoa soap into the mold. Then set and spritz with the alcohol. Reheat the cocoa soap and add the coffee. Pour into the mold and let cool! This is almost good enough to eat!!

### **Latte**

1 oz. of transparent olive oil glycerin soap

1 ½ oz. of opaque avocado cucumber glycerin soap

1 teaspoon coffee beans

¼ teaspoon of ground coffee

2 ½" wide round mold (or mold of your choice)

alcohol and spritz bottle

basic supplies

Place the coffee beans in the mold. Melt the transparent soap and pour one-half of the soap into the mold. Let set and spritz with alcohol. Mix the ground coffee into the remaining melted soap and pour into the mold. Let set and spritz. Melt the opaque soap and pour on top of the coffee layer! Follow directions for removing and curing soap!

### Layered Wild Rice

3 ¾ oz. of transparent olive oil soap

1 tablespoon of wild rice (can be purchased at any grocery store)

3" by 2 3/8" domed rectangle mold (or mold of your choice)

alcohol in a spritz bottle

basic supplies

Melt the soap. Pour one-quarter of the soap in the mold and stir in one-quarter of the rice. Let set and spritz with alcohol. Repeat, pouring one-quarter of the soap and stirring in one-quarter of the rice, letting it set and spritzing with alcohol for each layer. Follow the other recipe for setting and curing soap.

### Eucalyptus Massage

For this one, you will need the MASSAGE BAR MOLD.

3 ¾ oz. of opaque avocado cucumber glycerin soap  
½ teaspoon of crushed eucalyptus  
2 drops of stress relief soap fragrance (purchased from your local craft store)  
MASSAGE BAR mold  
Basic supplies

Melt soap. Stir in the eucalyptus and fragrance. Pour into the mold. Let cool. Remove and cure.

### Chamomile Balls

5 oz. of opaque cucumber glycerin soap  
1 teaspoon of ground chamomile  
1 pinch of golden poppy soap colorizing powder-(available at your craft store)  
3 drops of chamomile fragrance  
basic supplies

1) Melt the soap. Add the chamomile and stir well. Add the colorizing powder, stirring until completely dissolved. Add the fragrance and stir.

2) Let cool for 3 to 5 minutes until the soap is cool to the touch. Scoop one-half of the soap out and shape into a ball. Repeat with the remaining half. Dip your fingers into warm water and smooth it out.

*Natural food extracts like anise, vanilla, lemon, peppermint and orange can add a very nice fragrance to your soaps! So you can substitute any of those where it calls for fragrance and it will smell wonderful!*

## Breakfast for your Skin - (Oatmeal & Brown Sugar Scrub)

Exfoliates and is very moisturizing but doesn't leave a greasy feeling. Before you turn off your shower scoop a small handful of scrub into your hand. Rub gently onto your skin. Rinse.

3/4 cup Brown Sugar

1/2 cup ground oatmeal (not instant)

1/4 cup pure honey

3/4 to 1 cup (or to total saturation)

Oil of choice - Jojoba, Grapeseed or Sweet Almond

1/4 tsp Essential or Fragrance oil of choice (optional)

Vanilla works nicely also.

Mix the brown sugar & oatmeal together in a large bowl. Now add the honey. Drizzle the oil over the mix. Mix well. When all your mix is saturated and sinks to the bottom of the bowl and you have oil on top you're done. Add your essential oil or fragrance oil. A six or eight ounce wide-mouthed jar works nicely. Spoon mixture in. And use for yourself or tie a ribbon around it, label it and give as a gift! This really is awesome!!

*This is a VERY old recipe that my friend gave me! It is using bacon drippings from the kitchen!*

Soap from Home made Fat Drippings

- 3 quarts fat drippings
- 12.7 oz. lye

- 4 1/2 quarts cold rain or soft water
- 3 tsp. borax
- 1 tsp. salt
- 2 T. sugar
- 1/4 cup ammonia

Thoroughly clean fats by boiling in equal amount of water. Place kettle in a cold place to firm fat. Cut fat from kettle sides. Pour off water and waste. Scrape off excess wastes from bottom of lard cake. Clean kettle and replace lard cakes, melt over low heat. Dissolve lye in 1 quart cold water and let stand until cool, then add melted fat slowly. Stir constantly. Mix other ingredients together and add to first mixture. Stir until the mixture is thick and honey colored. Pour into pan lined with a clean white cloth. Before soap becomes hard, mark pieces into cakes or form into balls. When hard, store to allow further air-drying.

*And here is another one! This one uses LYE*

## HOMEMADE BAR SOAP USING COMMERCIAL LYE

This method cheats, using commercial lye and other ingredients to ensure that the end result is almost always hard. Perfume or scents may even be added to this formula if desired.

Ingredients:

- 3 quart jars of fat drippings (or 3 pounds of hydrogenated lard)
- 1 12 oz. Can Red Devil Lye
- 1 quart cold water

- 3 teaspoons borax
- 1 teaspoon salt
- 2 tablespoons sugar
- ½ cup cold water
- 1/4 cup ammonia

Save fat drippings in quart jars. When you have three quarts, thoroughly clean it by boiling it in an equal amount of water. Place kettle in a cold place so the fat can firm up. Cut fat from kettle sides. Pour off water and waste. Scrape off excess wastes from bottom of the lard cake. Clean kettle and replace lard cake. Melt over low heat. Dissolve the lye in one (1) quart cold water and let stand until cool (when the lye dissolves it heats the water), then add to melted fat slowly. Stir constantly. Mix other ingredients together and add to first mixture. If desired, 1/4 cup of pine oil may be added at this time. Stir until the whole mixture is thick and honey colored. Pour into a pan lined with clean white cloth (getting fancy now!). Before the soap becomes hard, mark pieces into the desired size or form into balls. When hard, set the pieces in such a way that they may dry out completely.

The cooking process goes very quickly on this small batch of soap, but the lye, ammonia, pine oil, or even essential oils will give off fumes. If this soap is made in an indoor kitchen, the windows should be wide open and the house well ventilated. It is possible for the fumes to cause temporary allergy like symptoms, which is why even with a small batch it is better to make the soap outside.

*These are just as she gave it to me! Not sure about either one! And haven't made either! But wanted to share it with you!*

We have got to share with you the latest technique in soap!



Here is the ROCK SOAP BARS!

Isn't that so cool!! It looks like a lot of rocks from the yard lying in your soap dish! What a conversation piece this will be!

- **Basic Soap Making Recipe:** Cut soap in 1-inch chunks along scored lines. Place in microwaveable measuring cup or double boiler. Add color a few pinches at a time until desired effect is achieved. Add Fragrances a few drops at a time until desired effect is achieved. Pour slowly into mold. For the mold, you will need Life of the Party<sup>®</sup> 4 Shape Bar Mold and Life of the Party<sup>®</sup> Rectangle Loaf Mold . (you order those from the web site we gave you under the wholesale information. [www.soapplace.com](http://www.soapplace.com))
- Cut soap, and place into a microwave-safe measuring cup. Heat for 40 seconds, then in 10-second intervals until soap is completely melted. Stir in between melting intervals. Add fragrance until desired effect has been achieved.
- Add color powder in very small amounts until desired color is reached.

- Pour uneven layers of soap in all kinds of patterns. Tip mold for a more uneven look. Let layers briefly harden before pouring more color so colors don't blend together. Tip: If soap hardens too much before pouring the next layer, spray soap with alcohol so the layers adhere to one another. Once mold is filled, allow soap to completely cool.
- Remove soap from mold and cut into the rock shapes you desire. No two will ever be exactly the same.

*We found this video that was on a web site and thought you might enjoy it too! It shows you how to make soap. We are giving you the url for this, however, we have no control if the owners remove the video. But if it is there, you will enjoy this very much!*

<http://www.nuscentcandle.com/videosoap.htm>

Want to start your own **SOAP MAKING BUSINESS?**

Go here: <http://www.soapmakingbusiness.com/>

<http://www.mycraftbusiness.com/optin.htm>

List of SOAP WHOLESALE SUPPLIERS:

\*<http://www.wholesalesuppliesplus.com/default.aspx>  
\*<https://www.soapcrafters.com/wholesale.htm>  
\*<http://www.canwax.com/page/page/251746.htm>  
\*<http://www.craftlobby.com/>  
\*<http://www.wickswares.com/>  
\*<http://myqpu.com/search.php?aff=15503&q=soap%20making%20fragrance%20oil>  
\*<http://www.soapplace.com/>  
\*<http://www.candlewic.com/soapmaking/default.asp?gclid=CPjjfv3mYgCFUw8OAodX2M3Ow>

Here is a link for some great books on SOAP MAKING:

\*<http://summerspastfarms.com/bookspurchase.htm>

This is the conclusion of our “HOW TO MAKE SOAP-THE EASY WAY” e-book! We do hope it has been helpful to you! Soap making is so much fun and great for gift giving too!

*For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.*

*Galatians 5:14*

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