

# Cold Process Soap Kit

## Starter

*Using this kit you can make two 500g soap blocks. You can further customise your own soaps by using a variety of wonderful CP safe products from our website to make wonderful unique soaps.*

*Please ensure all appropriate safety gear is worn when making this product.*

You will need the following measurements for this recipe:

- 225g Olive Oil, Pomace
- 225g Shea Butter - Refined
- 57g Sodium Hydroxide
- 15ml Lavender Essential Oil
- 3g Purple Mica Powder (to preference)

***You will also need 180g of cold, clean water for this formulation.***

### A guide to making your own Cold Process Soaps

1. Firstly, prepare and clean your working area and source all equipment needed. For this recipe we would recommend a stainless-steel pan, a measuring jug, a whisk, a spatula, a hand blender, cutting blade and a thermometer.
2. Next, create your lye, by weighing out your water and carefully adding your sodium hydroxide to the water, whisk and stir consistently while adding. It is important you add your sodium hydroxide to the water and not the other way round, as this can cause a big chemical reaction. Be careful not to breathe the vapour, stir until completely dissolved and there are no lumps. This will heat up to nearly 95°C so be careful, once mixed leave to one side to cool.
3. While your lye is cooling, gently melt your shea butter on the stove. Don't over heat, just melt it, when there are small lumps remove it from the heat and gently stir.



4. Once melted, pour your olive oil into your shea and mix well. If you are adding an antioxidant add it now.
5. Next, check the temperatures of your lye and oils. You want them to be roughly the same temperature when mixing together. Once they reach an equal temperature, slowly and carefully pour your lye into the oils, and start stirring with a whisk to ensure the mixture starts to chemically react and combine. You will notice the solution start to turn opaque and as the minutes pass it will start to thicken.
6. Now you are reaching trace, this is when you can drizzle the mixture from the whisk onto the surface and it leaves a visible trace.
7. Next, add in your essential oil and stir well. Then add in a few drops of your colour and mix until evenly dispersed throughout.
8. Once everything has blended evenly, pour half of your mix into your soap mould.
9. With the remaining half, add in more colour, this will create a darker layer. Mix well and then pour on top of your soap mixture in the mould.
10. Once you are ready, cover and insulate your soap with towels or a blanket and leave at room temperature until your soap has solidified.
11. As soon as your soap has set and cooled, usually after 24hrs, remove it from the mould. At this stage it will be a soft solid and can easily be cut into bars or smaller blocks. If it is too soft leave for another 24hrs and try again.
12. Finally, once cut, leave your soap to cure at room temperature for typically 3-4 weeks. Curing will allow the soap to lose excess moisture and harden ready for use. Then you can enjoy your wonderful handmade soaps!

### Top Tip

So you don't forget your essential oil, place your bottle in your mould. That way you won't miss it!

