

Chamomile & Honey Soap Recipe

This natural soap recipe features chamomile and honey. It's scented with a cheerful blend of citrusy essential oils, but you may want to use another scent such as lavender essential oil instead.

Before you make this recipe, you'll first need to make chamomile infused olive oil. To do so, fill a canning jar about half-way with dried chamomile flowers or several chamomile tea bags. Pour olive oil over them until completely covered by several extra inches of oil. Cover with a lid and infuse for several weeks, then strain. For a quicker infusion, set the uncovered jar into a saucepan filled with a few inches of water. Heat the pan over low heat for 2 to 3 hours. Cool and strain. Use in place of regular olive oil in soap recipes.

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Makes 7 to 8 bars (2.5 lbs/1.13 kg)

Lye Solution

3.9 oz (111 g) Lye (Sodium Hydroxide)
9 oz (198 g) distilled water or cold chamomile tea
1/8 tsp saffron powder, optional for added color

Solid Oils

7 oz (198 g) Coconut Oil (25%)
3 oz (85 g) Cocoa Butter (10.7%)

Liquid Oils

10 oz (284 g) Olive Oil (35.7%)
3.5 oz (99 g) Sweet Almond Oil (12.5%)
3 oz (85 g) Sunflower Oil (10.7%)
1.5 oz (43 g) Castor Oil (5.4%)

Add-Ins

15 g 10x orange essential oil
8 g lemongrass essential oil
10 g grapefruit essential oil
1 tsp honey diluted with 1 tsp water

Notes & Substitution Ideas

To replace cocoa butter, try using kokum butter, tallow or lard for a similar effect.

Instead of the essential oil blend listed, you could use 35 g of lavender essential oil.

Step 1: Make the Lye Solution

Wearing protective gloves and eyewear, carefully stir the lye (sodium hydroxide) into the distilled water or cold chamomile tea until dissolved. Work in an area with good ventilation and be careful not to breathe in the fumes. Stir in the saffron powder, if using for added color. Set the lye solution aside to cool for about 30 or 40 minutes or until the temperature drops to around 100 to 110°F (38 to 43°C).

Step 2: Prepare the Oils

Gently heat the coconut oil and cocoa butter on low heat until melted. When the solid oils are melted, take the pan off the heat and pour in the liquid oils. This helps cool down the melted oils, while warming up the room temperature oils.

Step 3: Mixing

Pour the cooled lye solution into the warmed oils. Using a combination of hand stirring and an immersion blender (stick blender), stir the soap batter until it thickens and reaches light trace. At light trace, stir in the essential oil(s) and diluted honey.

Step 4: Pour in Mold

Pour the soap batter into your soap mold. Cover lightly with wax or freezer paper, then a towel or light blanket. Peek at the soap every so often; if it starts developing a crack, uncover and move to a cooler location.

Step 5: Cut & Cure

Keep the soap in the mold for 1 to 2 days, or until it's easy to remove, then slice it into bars when it's firm enough not to stick to your cutting tool. Cure on coated cooling racks or sheets of wax paper for about 4 weeks before using. The soap is safe to touch 48 hours after making it but it needs the extra time to allow the excess moisture to evaporate out.