



THE
GREEN HEN
Natural Living Market

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beginners
Soap Making

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Family Herbalist • Licensed Cosmetology Manager • Licensed Aesthetician
we do not treat, diagnose or prescribe. **we educate.**

**Citrus
Poppy Seed
Recipe**

makes approximately 3 pounds

Coconut Oil (76 degrees)	12 oz
Olive Oil	12 oz
Palm Oil	12 oz
Shea Butter	1 oz
Sodium Hydroxide (Lye)	5.2 oz
Distilled Water	11 oz
Orange Essential Oil	4 oz
Lemon Grass Essential Oil	1 oz
Poppy Seed	1/2 tsp

When subbing or increasing soap base oils, be sure to run new recipe through a lye calculator.

Other essential oils -

these can be made in the above recipe using the amount of oil listed here...

Peppermint	1 - 2 oz
Spike Lavender	1 - 2 oz
Atlas Cedar	1 - 2 oz
Patchouli	1/4 oz
Jasmine	1/4 oz
Sandalwood	1/4 oz

DIRECTIONS

1. Suit up in safety goggles, gloves and long sleeves. Make sure the mold you are pouring your soap into is prepped and ready to go. Note: to prep a wooden soap mold, it must be lined with freezer paper to prevent leaking or sticking to sides of mold.
2. Add the lye to the distilled water in a stainless steel or glass container. Stir well with stainless steel or plastic spoon. Take precautions to not breathe in the fumes.
3. Set the lye mixture to the side and allow it to cool to approximately 110°-120°F. You can put the lye water mixture outside if you are not in a well ventilated area.
4. Then add all the oils together in a container and heat to melting point. Once melted allow them to cool to approximately 110°-120°F. The oil container will be used to mix your soap, make sure there is plenty of head room to mix.
5. Once both mixtures are between 110°-120°F, add the lye water mixture to the melted oils, carefully. Stir vigorously until trace occurs. Trace looks like a thin pudding. A stick blender will help speed trace along. If you are stirring by hand, these recipes may take up to an hour to trace.
6. Add any essential oils, colorants and additives to trace mixture and blend.
7. Pour your traced soap mixture into your mold(s).
8. Pop/pull out soap log after 12-24 hours and slice into bars.
9. Allow bars to set for one to three weeks for curing and finishing of the saponification process. Soap is usable after a couple days, but it will be soft. Continue to let harden for a longer lasting bar of soap.

*DO NOT USE ANYTHING CONTAINING ALUMINUM.