

Cold Process Soap Making, Lotion Bars, Lip Balms and Salves – Joli Winer, Spring Hill, KS

Lotion Bar or Balm

4.5 oz Beeswax

4.5 oz Shea Butter

4.5 oz. Cocoa Butter

4.5 oz Coconut Oil

Fragrance oil or Essential Oil –Approx. 1 oz.

Weigh ingredients on a scale. Melt all ingredients except for the fragrance in a double boiler. I like to put them in a large glass heat resistant measuring cup. When ingredients are melted remove the container that they are in from the double boiler and add the fragrance and stir. Let cool until it starts to turn white around the edges. If it is too warm when you pour it, it warps the plastic molds. Pour into your molds. Let cool completely. Put into freezer for about a ½ hour. Remove from freezer and pop out of molds.

Additional ingredients if making this Buzz Away-to 18 oz. of lotion bar mixture add:

1 oz. Citronella E.O.

½ oz. Eucalyptus E.O.

½ oz. Lavender E.O.

½ oz. Peppermint E.O.

2/10 oz. Bergamot E.O.

2/10 oz. Rose Geranium E.O.

2/10 oz. Lemongrass E.O.

Joli's Lip Balm

3 oz. Beeswax

3 oz. Coconut Oil

2 oz. Olive Oil

1 oz. Shea Butter

1 oz. Cocoa Butter

1 oz. Hemp Oil

1/4 tsp Orange Essential Oil

1 T. Flavor oil

2 tsp. Vitamin E

Weigh ingredients on a scale. Melt all ingredients except for the orange essential oil, flavor oil and Vitamin E in a double boiler. I like to put them in a glass heat resistant measuring cup. When ingredients are melted remove the measuring cup from the double boiler and add the orange essential oil, flavor oil and Vitamin E and stir. Let cool until it starts to turn white around the edges. Pour into tubes or tins or small jars.

Nail Butter

4 oz. Beeswax
4 oz. Jojoba Oil
4 oz. Almond Oil
4 oz. Shea Butter
4 oz. Cocoa Butter
2 oz. Lanolin
1 oz. Honey
1 Tbsp. Vitamin E
1 tsp. Tea Tree Essential Oil
1 tsp. Peppermint Essential Oil
1 T. Horsetail grass extract

Weigh ingredients on a scale. Melt all ingredients in a double boiler **except** for the Vitamin E, Tee Tree, Peppermint and Horsetail extract. Remove from heat when melted and add the vitamin E and Essential Oils. Let cool, as it cools stir to incorporate the honey. When it is almost set, start pouring into your containers. You have to keep stirring to keep the honey incorporated.

Wrinkle Cream-Wrinkle Bee Gone-Wishful Thinking

4 oz. almond oil
4 oz jojoba oil
2 oz lanolin
2 oz beeswax
2 tsp. vitamin E oil
Essential or fragrance oil (optional) (I use lavender essential oil)
Melt all ingredients in a small pan or double boiler. Mix well. Pour while warm into small containers or tins (1-2 oz each).

Cecil's Healing Salve

4.5 oz Beeswax
4.5 oz Olive Oil infused with Comfrey
4.5 oz Olive Oil infused with Arnica
4.5 oz Olive Oil infused with Chamomile
4.5 oz Olive Oil infused with Plantain
4.5 oz Olive Oil infused with Calendula

Melt in a double boiler and pour into tins or jars and label.

To prepare the oils for the salves: pick or purchase the herbs –slightly dry them so they don't mold and put into your jars and cover with oil. Set in a warm area for a few weeks until the herbs impart their goodness into the oils. Strain with a strainer lined with a good paper towel to catch small pieces of dirt. Label your jar with the herb, oil used and date. Try to choose one oil and use that consistently with your herbs so that you don't have to list so many oils on your label.

You can also purchase infused oils with herbs.

Your beeswax ratio may vary but I like to use about 1:4 parts or 1:5 parts you can always add more or less the next time –if you keep good records!

Olive Coconut Palm 2 lbs

Created by

Service provided by Majestic Mountain Sage
<http://www.thesage.com>

Liquids

- For the size of fat batch that you are using, we recommend that you use approximately **9 to 14 fluid ounces of liquid**.

- WARNING:** Always add your solid form lye, sodium hydroxide to the liquid. If the liquid were added to the solid form lye a violent reaction could result. This means you could have a "volcano" erupt out of your container.

1 oz. Honey added either at trace or when you add the lye water to the oils

- 1 oz. Fragrance Oil or Essential Oil added at trace

Fats & Oils

Fat	Amount (ounces)	% in recipe
Coconut Oil	11	29.73
Olive Oil	18	48.65
Palm Oil	7	18.92
Beeswax	1	2.70
Total Weight	37	

Lye Table (NaOH)

% excess fat	Lye Amount (ounces)
0	5.52
1	5.47
2	5.41
3	5.36
4	5.30
5	5.25
6	5.19
7	5.14
8	5.08
9	5.02
10	4.97

0% to 4% excess fat range: Proceed with caution! We do not recommend this unless actual saponification values are known and used.

5% to 8% excess fat range: This is the range we use most often.

9% to 10% excess fat range: Creates a softer soap because of the amount of excess fat.

DISCLAIMER: Every effort has been made to ensure that the information contained here is accurate. However due to differing conditions, tools, and individual skills we cannot guarantee the information is applicable in your situation. We are not responsible for any injuries, losses, or other damages that may result from the use of the information available here.

Always wear protective goggles, gloves and other safety clothing when handling sodium hydroxide or potassium hydroxide. Refer to the appropriate MSDS for complete details.

Basic Soapmaking Instructions

- While wearing safety goggles and neoprene gloves, combine solid lye and liquid, stir well. Set aside and allow to cool (100° F to 125° F). This is best done outside while you are standing upwind.
- Combine oils and heat gently. Once the fats and oils are melted allow the temperature to drop to 100° F to 125° F.
- Combine lye solution and melted oils. Be careful not to splash while combining the mixtures. Stir until the mixture traces. If tracing takes more than 15 minutes, which it often does, stir for the first 15 minutes, then stir for 5 minutes at 15 minute intervals. Tracing looks like a slightly thickened custard, not instant pudding but a cooked custard. It will support a drop, or your stir marks for several seconds. Once tracing occurs...
- Pour raw soap into your prepared molds. After a few days the soap can be turned out of the mold. If the soap is very soft, allow it to cure for a few days to firm the outside.
- Cut soap into bars and set the bars out to cure and dry. This will allow the bar to firm and finish saponification. Place the bars on something that will allow them to breathe.

Current Batch	Resized Batch
37	37 <input type="text"/> Ounces <input type="button" value="v"/>

Avocado Soap 2#

Created by

Service provided by Majestic Mountain Sage
<http://www.thesage.com>

Liquids

For the size of fat batch that you are using, we recommend that you use approximately **8 to 12 fluid ounces of liquid**.

WARNING: Always add your solid form lye, sodium hydroxide, to the liquid. If the liquid were added to the solid form lye a violent reaction could result. This means you could have a "volcano" erupt out of your container.

1 oz. Honey added either at trace or when you add the lye water to the oils

1 oz. Fragrance Oil or Essential Oil added at trace

Fats & Oils

Fat	Amount % in		Lye Table	
	(ounces)	recipe	(NaOH) % excess fat	Lye Amount (ounces)
Avocado Oil	12	36.36		
Coconut Oil	10	30.30	0	4.90
Olive Oil	4	12.12	1	4.85
Palm Oil	6	18.18	2	4.81
Beeswax	1	3.03	3	4.76
Total Weight	33		4	4.71
			5	4.66
			6	4.61
			7	4.56
			8	4.51
			9	4.46
			10	4.41

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9% to 10% excess fat range: Creates a softer soap because of the amount of excess fat.

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Always wear protective goggles, gloves and other safety clothing when handling sodium hydroxide or potassium hydroxide. Refer to the appropriate MSDS for complete details.

Basic Soapmaking Instructions

- While wearing safety goggles and neoprene gloves, combine solid lye and liquid, stir well. Set aside and allow to cool (100° F to 125° F). This is best done outside while you are standing upwind.
- Combine oils and heat gently. Once the fats and oils are melted allow the temperature to drop to 100° F to 125° F.
- Combine lye solution and melted oils. Be careful not to splash while combining the mixtures. Stir until the mixture traces. If tracing takes more than 15 minutes, which it often does, stir for the first 15 minutes, then stir for 5 minutes at 15 minute intervals. Tracing looks like a slightly thickened custard, not instant pudding but a cooked custard. It will support a drop, or your stir marks for several seconds. Once tracing occurs...
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Current Batch

Resized Batch

33

33

Ounces



Edit Recipe

Resize Recipe

New Recipe

Service provided by Majestic Mountain Sage
<http://www.thesage.com>

Avocado Soap 8#

Created by

Liquids

For the size of fat batch that you are using, we recommend that you use approximately **33 to 50 fluid ounces of liquid.**

WARNING: Always add your solid form lye, sodium hydroxide, to the liquid. If the liquid were added to the solid form lye a violent reaction could result. This means you could have a "volcano" erupt out of your container.

Add 4 oz. of Honey at trace or after you add lye water to oils

Add 4 oz. of fragrance Oil or Essential Oil at trace

Fats & Oils

Fat	Amount (ounces)	% in recipe
Avocado Oil	48	36.36
Coconut Oil	40	30.30
Olive Oil	16	12.12
Palm Oil	24	18.18
Beeswax	4	3.03
Total Weight	132	

Lye Table (NaOH)

% excess fat	Lye Amount (ounces)
0	19.62
1	19.42
2	19.22
3	19.03
4	18.83
5	18.63
6	18.44
7	18.24
8	18.05
9	17.85
10	17.65

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Notes

Enchanted Apple The Sage 4 oz

Basic Soapmaking Instructions

- While wearing safety goggles and neoprene gloves, combine solid lye and liquid, stir well. Set aside and allow to cool (100° F to 125° F). This is best done outside while you are standing upwind.
- Combine oils and heat gently. Once the fats and oils are melted allow the temperature to drop to 100° F to 125° F.
- Combine lye solution and melted oils. Be careful not to splash while combining the mixtures. Stir until the mixture traces. If tracing takes more than 15 minutes, which it often does, stir for the first 15 minutes, then stir for 5 minutes at 15 minute intervals. Tracing looks like a slightly thickened custard, not instant pudding but a cooked custard. It will support a drop, or your stir marks for several seconds. Once tracing occurs...
- Pour raw soap into your prepared molds. After a few days the soap can be turned out of the mold. If the soap is very soft, allow it to cure for a few days to firm the outside.
- Cut soap into bars and set the bars out to cure and dry. This will allow the bar to firm and finish saponification. Place the bars on something that will allow them to breathe.

Current Batch

132

Resized Batch

132

Ounces



Other Favorite Soap Recipes

Baby Grand 8 lb

13 oz. Almond Oil
21 oz. Avocado Oil
41 oz. Coconut Oil
10 oz. Jojoba Oil
36 oz. Palm
11 oz. Shea Butter
4 oz. Beeswax

51 oz. water
18.75 oz. Lye Sodium Hydroxide
4 oz. Honey
4 oz. Strawberry Champagne (the Sage)
4 oz. Baby Powder (the Sage)

Gourmet 8#

48 oz. water
18.5 oz. lye Sodium Hydroxide

32 oz. Olive Oil
8 oz. Almond Oil
8 oz. Jojoba Oil
8 oz. Avocado Oil
8 oz. Apricot Oil
40 oz. Coconut Oil
24 oz. Palm Oil
4 oz. Shea Butter
4 oz. Beeswax

4 oz. Honey
4 oz. Lavender Essential Oil
4 oz. White Tea and Ginger (Brambleberry)

Gourmet 10 lb.

63 oz. water
23.53 oz. lye Sodium Hydroxide

39.53 oz. Olive Oil
9.88 oz. Almond Oil
9.88 oz. Jojoba Oil
9.88 oz. Avocado Oil
9.88 oz. Apricot Oil
49.41 oz. Coconut Oil
29.65 oz. Palm Oil
4.94 oz. Shea Butter
5 oz. Beeswax

5 oz. Honey
5 oz. Lavender Essential Oil
5 oz. White Tea and Ginger (Brambleberry)
5 oz. Clover and Aloe
5 oz. Island

Shea Mango Avocado * Nice Recipe but expensive

48 oz water
17.3 oz. lye Sodium Hydroxide

24.25 oz almond oil
16.17 oz. Avocado Oil
4 oz beeswax
22.91 oz. Coconut oil
12.13 oz. mango butter
10.78 oz. Palm oil
14.15 oz. Shea butter
24.93 oz. Sunflower Oil
4 oz. honey
Fruit Salsa 4 oz. The Sage
Peach 4 oz. The Sage
Vanilla 4 oz. (Brambleberry)

Olive-Coconut- Palm 8# --Good Basic Recipe

48 oz. Water
18.46 Lye Sodium Hydroxide

40 oz. Coconut Oil (2.5 lbs)
64 oz. Olive Oil (4 lbs)
24 oz. Palm Oil (1.5 lbs)
6 oz. Beeswax (.375 lb)
4 oz. Honey
4 oz. Oatmeal, Milk and Honey Fragrance from the Sage

1 cup blended oatmeal-not instant
also Herbal Essence 4 oz. Brambleberry

Can-Olive 8# small Good Basic Recipe

Water-34-52 oz. of water
Lye-18.09 oz. Sodium Hydroxide

Canola Oil 60 oz.
Coconut Oil 18 oz.
Olive Oil 54 oz.
Beeswax 6 oz.
Honey 5 oz.

Juicy Pear 4 oz. The Sage
Lilac 4 oz. Brambleberry
Sahara Sandalwood 4 oz. The Sage
Cucumber Melon 4 oz. Brambleberry

Can-Olive 10# large

Water-43-64 oz. of water
Lye-22.42 oz. Sodium Hydroxide

Canola Oil 74 oz.
Coconut Oil 22 oz.
Olive Oil 68 oz.
Beeswax 7 oz.
Honey 5 oz.

Juicy Pear 5 oz. The Sage
Lilac 5 oz. The Sage
Sahara Sandalwood 6 oz. The Sage
Cucumber Melon 5 oz. Brambleberry

Sunflower 8# Good Basic recipe

Water 48 oz.
Lye 18.35 oz. Sodium Hydroxide

Beeswax 3.88 oz.
Coconut Oil 38.79 oz.
Palm 34.26 oz.
Sunflower Oil 51.07 oz.
Honey 4 oz.

Red Clover 4 oz. The Sage
Peppermint ES4 oz.
Surplus Cherry Almond Brambleberry
Sunflower (Brambleberry)
Cranberry

Abeja Reina Castile Soap --Really nice Recipe-8#

(Queen Bee)

Olive Oil 129 oz.

Castor Oil 6 oz

Beeswax 5 oz

Honey 4 oz

Water 45 oz

Sodium Hydroxide 18.45 oz.

Jasmine Dream 4 oz Brambleberry

Patchouli ES 3 oz & Peppermint ES 1 oz

4 oz. Honeysuckle Brambleberry

Lighthouse

Abeja Reina Castile Soap --Really nice Recipe-10#

(Queen Bee)

Olive Oil 161 oz.

Castor Oil 7.5 oz

Beeswax 6 oz

Honey 5 oz

Water 50 oz

Sodium Hydroxide 23.49 oz.

Jasmine Dream 4 oz Brambleberry

Patchouli ES 3 oz & Peppermint ES 1 oz

4 oz. Honeysuckle Brambleberry

Lighthouse

Sources for supplies

Bulk Apothecary (cocoa butter, Shea Butter, fragrances)

Phone: 888-728-7612

Email: sales@bulkapothecary.com

Website: <http://www.bulkapothecary.com>

Majestic Mountain Sage (EO/FO, lye calculator)

918 West 700 North Ste 104

Logan, Utah 84321

435-755-2108

www.thesage.com

Bramble Berry (EO/FO)

2138 Humboldt St.

Bellingham, WA 98225

360-734-8378

www.brambleberry.com

Columbus Foods (base oils, beeswax, lye calculator)

30 E. Oakton Ave.

Des Plaines, IL. 60018

800-322-6457

www.columbusfoods.com

Paper Mart (tins, plastic bags, cello bags)

2164 N. Batavia Street

Orange, CA 92865

Papermart.com

SKS Bottle (tubs, tubes, bottles, pump containers)

2600 7th Avenue

Watervilet, NY, 12189

518-880-6980

<http://www.sks-bottle.com>

Frontier Cooperative Herbs— Norway, IA 52318

800.669.3275

Organic & bulk herbs and herbal products

<http://www.frontiercoop.com>

From Nature With Love (EO/FO)

Natural Sourcing, LLC

341 Christian Street

Oxford, CT 06478

800.520.2060

<http://www.fromnaturewithlove.com>

Elements Bath and Body (containers—twist tubes)

8851 LaGrange Road

Smithfield, KY, 44068

<http://www.elementsbathandbody.com>

Rainbow Meadow (Essential Oils only-love their Lavender)

Melody Upham, CEO
4494 Brooklyn Rd.
Jackson, MI 49201
517-764-9765, Fax 517-764-9766
www.rainbowmeadow.com

Mountain Rose Herbs-Rosemary Gladstar website and business-great place to order dried herbs

PO Box 50220
Eugene, OR 97405
Phone (800) 879-3337
Fax (510) 217-4012

E Mail support@mountainroseherbs.com
www.mountainroseherbs.com

Restaurant Depot—coconut oil
Sam's Club/Costco—Olive oil, EVOO, Soy oil

Planet Label planetlabel.com
Online Labels onlinelabel.com and Maestro label program

Soap Equipment-Soap Equipment.com-Soap Molds and cutters-Has great molds and a great cutter-I got the 1 1/8th inch but wish I had gotten the 1”

National Honey Board—recipes using honey and beeswax and [labeling information](#)
www.Honey.com

Books:

Soap Crafting by Anne-Marie Faiola ISBN 978-1-61212-089-8 Storey Publishing (NEW)
Pure Soap Making: How to Create Nourishing, Natural Skin Care Soaps by Anne-Marie Faiola -

Soap Recipes by Elaine C. White, ISBN 0-9637539-5-9 Valley Hills Press –Out of print but available on Amazon

Super Formulas Arts and Crafts by Elaine C. White

The Soapmaker's Companion by Susan Miller Cavitch, ISBN 0-88266-965-6
The Natural Soap Book by Susan Miller Cavitch Storey Publishing

The Complete Soapmaker by Norma Coney, ISBN 0-8069-5869-8
Sterling Publishing Co.,Inc.
The Handmade Soap Book by Melinda Coss, ISBN1-58017-084-6 Storey Publishing

The Soaper's Cook Book by Coleen French and TJ Currey, French Garden Creations, 9783 Butler, Portland, MI 48875

“Making Herbal Hand Creams and Salves” by Norma Pasekoff Weinberg, A Storey Country Wisdom Bulletin

The Herbal Body Book and Hands on Healing Remedies by Stephanie Tourles

Rhodale's Illustrated Encyclopedia of Herbs published Rhodale Press, Inc.

Homegrown Herbs, Tammi Hartung

Any Herb books by Rosemary Gladstar

Favorite fragrances: (first 7 with* are the top sellers, not in order)

*Oatmeal, Milk and Honey-The Sage

*Honey Almond-Bulk Apothecary

*Surplus Cherry Almond-Brambleberry

*Jasmine Dreams-Brambleberry

*Lavender Essential Oil-Rainbow Meadow or Bulk Apothecary

*Lilac -Brambleberry

*Enchanted Apple-The Sage

Lighthouse-The Sage

Cucumber Melon-Brambleberry

White Tea and Ginger-Brambleberry

Red Clover Tea-The Sage

Sahara Sandalwood-The Sage

Patchouly Essential Oil-The Sage

Juicy Pear-The Sage

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