

# HANDMADE NATURAL SOAPS

*By Carmen (Shya)*

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## **SOAP MAKING & INGREDIENTS**

I use the cold process method to make my own soap from scratch using all natural ingredients and organic whenever possible. These soaps contain combinations of the natural goodness of food grade vegetable oils (e.g. coconut butter, shea butter, apricot kernel, cocoa butter, etc), pure plant essential oils (e.g. orange, lime, sandalwood, geranium, lemon, lavender, amber, etc) and ingredients such as natural clays (green, pink, white, etc), coconut milk, goat's milk, butter powder, sea salt and LOL herbs. I also use the following additives in my soaps – aloe vera gel, vitamin e and tussah (vegetarian silk). There are no animal fats or fragrance oils (typical ingredients in commercial soaps). The soap is left to cure for a minimum of four weeks, although I prefer to wait 6 to 8 weeks.



The reason I really enjoy making my own soap so much is because each ingredient has a different soap making quality. It is the combination of the ingredients (a complex spreadsheet of all the combinations of ingredient qualities and their interrelationships is needed to develop every bar) with the water and lye, as well as the soap making method used, which produces a different soap each time – hardness, cleansing, soothing, conditioning, lathering, scent and therapeutic properties from the essential oils and herbs, and so on. The soap bar also has to look and feel great too, so there is the added creativity to enjoy in swirling, shaping and coloring.

### **Description of some of the additives included in the soap**

Tussah - A humane silk, gathered after the moth has emerged from the cocoon, (suitable for vegetarians) adds a silky soft feel to the soap.

Vitamin E - A natural antioxidant, when added to soap it acts as an emollient due to its moisturizing properties.

Sea Salt - A pure natural sea salt from the Atlantic Ocean naturally evaporated through sun and wind. Sea salt soothes and softens the skin.

Butter powder - Soothes and moisturizes, relieves dryness and itchy skin.

Honey powder - A natural skin cleanser and softener, it attracts dirt from skin pores.

Clay - Effective at drawing toxins from the skin. I also use it as a coloring.

Goat's milk powder - Soothes and moisturizes.

Aloe vera - Heals and moisturizes the skin.

Sugar – helps make lots of bubbles.



#### **Example Ingredients list from some of my soaps**

“LAVENDER & CO” - Ingredients: Coconut oil, Olive oil, Shea Butter, Castor oil, Cocoa Butter, Rice Bran oil, Almond oil, Avocado oil, Beeswax, Grapeseed oil, Macadamia oil, Goat’s milk, Aloe Vera, Tussah, Vitamin E, Sugar, Essential oils of Lavender, Eucalyptus, Orange and Lemon, Lavender fields ultramarine, Chromium oxide green.

“PINK SALT” - Ingredients: Coconut oil, Castor oil, Rice Bran oil, Sea salt, Sugar, Pink clay, Goat’s milk, Aloe Vera, Tussah, Vitamin E, Sugar, Essential oils of Rosewood, Geranium and Orange, Ultramarine Pink.

“FRESH” - Ingredients: Coconut oil, Olive oil, Shea Butter, Castor oil, Cocoa Butter, Rice Bran oil, Grapeseed oil, Almond oil, Avocado oil, Babassu oil, Canola, Goat’s milk, Aloe Vera, Tussah, Vitamin E, Sugar, Essential oils of Clary sage, Lemon, Sandalwood and Ylang ylang. Chromium oxide green, yellow oxide.



#### **SHAVING CREAM SOAP**

I also make a traditional whipped shaving cream, this soft shaving soap contains extra glycerine which makes it particularly suitable for shaving as it leaves the skin feeling soft and smooth. When used with a shaving brush it produces a high percentage of foam, which does not fade away, and so allows time for shaving. The cream soap also contains clay which aids the razor in sliding across the skin thereby avoiding nicks and cuts. Cream soap can also be used as facial soap.

#### **Example SHAVING CREAM SOAP ingredients**

*Ingredients: Stearic Acid (Palm), Glycerine, Coconut oil, Castor oil, Rice bran oil, Avocado oil, Cocoa butter, Shea butter, Evening Primrose oil, Jojoba, Kaolin Clay, Liquid silk, Sugar, Allantoin, Panthenol, Essential oils of Sandalwood, Lime and Patchouli.*



#### **TAKING CARE OF YOUR NATURAL HANDMADE SOAP**

If you follow the suggestions below, your bar of soap should last you well: Don’t soak your soap in water, use a bath scrubby. Let the soap dry out between uses, preferably on a soap dish, which allows the water to drain away. Store unused soap in a dark, cool place such as an underwear drawer, it helps the scent last longer and makes your undies smell nice. The soap will keep for a year. However, as the scent is from essential oils, the smell will gradually dissipate. Once you start using it, some of the scent will become noticeable once more. The longer the soap is kept, the milder it becomes and the richer the lather. It also becomes harder which makes it last longer once in use.



### **ORDERS**

The choice of oils and essential oils for all my soaps are seasonal so I tend to make small batches. I also infuse Language of Light herbs in oil. I can make up a recipe according to individual requirements (minimum 6 bars). Please contact me if you are feeling inspired to co-create

something just for you, or if you have a wonderful idea for a soap, soap theme or essential oil combination. I would love to hear it.



### **PRICES**

The price varies according to the ingredients. These are all luxurious soaps with a variety of pure essential oils and all natural ingredients included in one item. The average cost of a 100 gram soap bar is €5 or US\$7 and a 50ml tin of cream soap is about €4 or US\$5. I can give exact

prices depending on the soap available when you order, or quote for your own creation.

I hope you enjoy and take the time to pamper the God Goddess you are with nature's gifts.

Please contact Carmen at *E-mail* [naturalsoap@iintend.net](mailto:naturalsoap@iintend.net)

Namaste

*Carmen (Shya – “to evolve home”)*