

BEGINNERS CP SOAP MAKING COURSE

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LOVE BOBBIE



CREATING A SAFE & HEALING ENVIRONMENT ONE BUBBLE AT A TIME!

INTRODUCTION

Welcome Bubble Lover! Our beginners CP course workbook covers all the basics to make your very first loaf of soap (approx. 10-12 slices per loaf).

It is very important that you follow this formula and weigh every ingredient accurately as soap making requires specific formulation to achieve saponification (*it is **NOT** like a recipe where ingredients can be substituted*). Our more advanced courses cover various additional base recipes using popular oils and additives in handmade soap like castor oil, sunflower oil, goats' milk, butters like shea & kokum, exfoliants and blending pure essential oils for specific skin ailments and aromatherapy purposes.

BASE SOAP FORMULA

For each loaf or batch of soap, this is what we call the base formula before adding any additional ingredients like clays, botanicals, herbs and essential oils.

750 grams Olive Oil
188 grams Coconut Oil
128 grams Caustic Soda
297 grams of Filtered or Distilled Water

MY SOAP ADDITIVES:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SAFETY

NEVER ADD WATER TO SODIUM HYDROXIDE/CAUSTIC SODA – ALWAYS ADD THE CAUSTIC SODA TO THE WATER

When you mix SODIUM HYDROXIDE/CAUSTIC SODA into the water, the reaction between them generates a great deal of heat – this heat will break a glass jug or crack a brittle (non-pliable) plastic jug, always use a stainless-steel pot to make your lye (DRY CAUSTIC SODA GOES INTO THE WATER TO MAKE LYE), never the other way around.

For personal safety, always wear protective gloves, goggles/face shield, enclosed shoes, long pants, long sleeve shirt and a PVC or leather or chemical apron.

NEVER inhale the fumes and always mix your lye solution outside or in a well-ventilated area, away from other people and especially children or pets that may get under your feet. Remember once you mix the dry caustic soda into the water TO NEVER LEAVE IT UNATTENDED. When you first mix the caustic soda into the water it will release a gas and look cloudy, once it appears to be clear and looks like water it has then finished degassing.

If you splash lye water or raw soap batter, if it comes into contact with your skin or eyes (but you should be wearing protective clothing and eye wear): IMMEDIATELY flush the affected area with cold fresh water for 15 minutes to rinse away the raw soap to neutralize the alkaline reaction of the lye.

If you get it in your eyes or have a large spill/burn phone an ambulance immediately in Australia phone 000. Always treat sodium hydroxide/caustic soda/lye water with the highest caution and respect, always be very mindful and careful when using and storing sodium hydroxide/caustic soda/lye water. Keep all chemicals stored in a locked child proof cabinet. It is a good idea to keep your phone within reach when working alone in case of an accident.

Always have cold fresh water in reach in case of spills or splashes on your skin, this will neutralize the sodium hydroxide/caustic soda/lye. Remember have water in something that you can identify as water, I use blue buckets with blue clothes.

Always wear protective gloves and goggles/face shield when handling sodium hydroxide/caustic soda/lye, also when mixing ingredients, washing your soap dishes, taking fresh soap out of the moulds, and when slicing or handling fresh soap at any time prior to its full cure time of 4 to 6 weeks.

Be aware that you are using sodium hydroxide/caustic soda/lye which is extremely corrosive, burns or poisoning are high-risk factors, you must be always mindful.

Always store sodium hydroxide/caustic soda/lye out of reach of children, pets or anyone not trained in using it, always ensure that the container is clearly marked and sealed tightly. It is an extremely dangerous chemical.

Be aware of your surrounding work areas and keep these areas clear of clutter to avoid mishaps, trips, falls and spills.

Never allow children or pets in the immediate area and don't allow yourself to get distracted and leave lye water unattended at any time.

Be aware of the environmental hazards and dispose of un-saponified ingredients safely! It is a good idea to check the regulations with your local governing body before disposing of any waste.

EQUIPMENT REQUIRED

- For safety always have on hand: fresh cold water in case of spills or splashes. Ensuring you can identify it as water i.e., BLUE CONTAINER WITH BLUE CLOTHS.
- 2 x large matching stainless-steel pots (one for base oils i.e., olive oil, and one for mixing lye)
- Small heavy-duty stainless-steel pot or saucepan – to weigh the sodium hydroxide/caustic soda into.
- Stick blender
- Heat-tolerant plastic measuring jugs
- Accurate scales
- Silicon spatulas and large stainless-steel mixing spoon (not wooden or plastic)
- Paper towels
- Soap mould
- Stainless steel thermometer
- Box for your soap
- Personal safety wear (face shield, apron, gloves, enclosed shoes, long pants and long sleeves)
- Tools for decorating (knives, forks, spoons, teaspoons, long skewers)

NEVER use glass jugs even if they are heat resistant as soap making is corrosive until cured and it will eventually make heat resistant glass shatter, stainless steel and high temp plastic is recommended.

SAFETY & SETUP

Double check that you have all the required equipment ready and setup. Fresh cold water that can be identified as water (BLUE CONTAINER/BLUE CLOTHS), your tools, mould, box and towels or blanket.

Step 1: Weighing the ingredients.

In one of the LARGE pots, weigh out your base oils (750 grams of olive oil and 188 grams of coconut oil, for this formula)

In the other LARGE pot, have your weighed water (297 grams for this formula)

In the SMALL stainless-steel saucepan, have your weighed DRY caustic soda (128 grams for this formula)

Step 2: Heating your base oils and mixing lye

Heat the LARGE pot of weighed base oils (olive & coconut), remove from the heat once the coconut oil has melted.

In a well-ventilated area (i.e., outside), with your face shield, gloves and safety clothing on, slowly pour the SMALL saucepan of DRY caustic soda into the LARGE pot of water and stir it until fully dissolves. It will be cloudy at first while it releases the gas then once clear like water it has then finished releasing the gas.

Keep your face away from the steam/gas that comes up and be prepared for the water to get very hot. Stir until the lye is completely dissolved and set it aside in a safe position to allow the gas to release and the lye to cool down. You want it to cool to around 34°C to 44°C.

If it gets on your skin, it will burn and the steam it kicks up won't be pleasant if you breathe it in. That's why it's very important to make your lye solution in a well-ventilated area, preferably outdoors on a slab of timber, not a glass or plastic table as it may shatter a glass table or melt a plastic table; I have an old timber table just for mixing the lye solution.

Step 3: Prepare Additive Ingredients

Prepare your additives in the heat-tolerant plastic measuring jugs. Example of additives used in the workshop (in our class we make up 3 jugs of different blends and divide the soap batter equally between the jugs):

1/4 metric teaspoon of clay per jug

1 metric teaspoon of dried herbs, spices and exfoliants per jug

Essential Oil blend across all 3 jugs

Step 4: Correct Temperatures

When both your oils and lye are between 34°C to 44°C you are ready to make your soap.

Step 5: Mixing the Base Ingredients

Slowly Pour the lye solution into the oils. Stir carefully with a large stainless-steel spoon, until it is consistent in colour.

Step 5: Blending to 'trace'

Pour your emulsified soap base evenly between your heat-tolerant plastic measuring jugs with the prepared additives.

This is where you use your stick blender to blend the contents of each jug, remember to start with your lighter colours, then blend your darker ones. This way there is no need to clean your stick blender in-between each blend and risk the temperature dropping.

Now the exciting moment you have been waiting for; is when you hit 'trace' this is when you can drizzle some of the soap batter onto the surface of the soap and it leaves a trail. A little like a consistent runny custard.

I prefer working with a very light trace since it settles nicely into the moulds, and you have more time to add extra essential oils, clays, minerals and colours if needed without your soap batter curdling. A thicker traced soap can literally be spooned up and plopped into containers. If you're a beginner, aim for somewhere in the middle.

Once your soap is at trace, it can be poured into the moulds. Remember to gently tap your soap mould on the table to help release any air bubbles and to help the soap batter even out into the corners etc.

Pop your finished soap into a cardboard box or similar then wrap the box with a towel. Leave the soap in the moulds wrapped up for 3 days. It is extremely important not to open your wrapped soap for 3 days.

Step 5: Un-moulding and & curing

The first step to remember is to make sure you are wearing gloves, protective eyewear and ensure you have fresh cold water in case you get the uncured soap on your skin.

When the soap has hardened enough, gently peel the moulds off your soap, slice as desired and allow to cure for 4-6 weeks from the day of slicing. If you slice your soap 2cm wide you will get 11 slices in the mould supplied.

Place your soap slices on an oven or cake rack (plastic is better), this way the air can circulate around it as it cures. Do not cover your soap. Store in a cool dry place, away from direct sunlight and out of reach of children or pets until it is fully cured.

Why do I need to cure handmade soap?

Even though your soap may look and feel like it's ready to use, there are two very important reasons why you need to allow a minimum of 4 to 6 weeks to cure your freshly made soap.

Firstly, is to allow saponification to complete leaving no trace of lye in your soap. Secondly, is to allow the water in your soap time to evaporate and allow your soap to be completely dry. The longer your soap cures the longer it will last when used.

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SELLING YOUR HANDMADE SOAP

If you intend to sell your handmade soaps, you must have professional indemnity, product and public liability insurance as well be registered with The Australia Industrial Chemicals Introduction Scheme (AICIS).