



First Attempts – Our Getting-Started Simple Soap Recipe for you to download

Quantities will fill 1 x 900ml mould

A Getting Started Cold Process Soap-Making recipe, with detailed instructions, hints and tips throughout. Ideal for beginners or inexperienced soap-makers looking for a safe, simple and caring soap. The recipe below can be made as a fragrance free version (ideal for your first ever attempts or super-sensitive skins) or once you become more confident, you may wish to consider adding one of the optional essential oils below. Quantities are sufficient to fill a standard 900ml mould to within 1cm of the top which will make around 12 small bars when sliced into 2cm slices

You may find it helpful to watch our soap-making video before you start <https://youtu.be/muDmcMwJEw8>

Ingredients - Links are included to our competitively priced ingredients or suitable alternative.

[Olive Oil \(liquid\)](#) **390g**

[Refined \(solid at normal room temperature\) Coconut Oil](#) **195g**

[Castor Oil \(liquid\)](#) **32g**

Caustic Soda crystals **97g** – CARE THIS IS A HAZARDOUS MATERIAL AND IF ORDERED ONLINE, NEEDS TO BE VIA AN APPROVED CARRIER. WE RECOMMEND THE FOLLOWING:

[DIRECT CHEMS](#) OR [APC PURE](#)

Water (if your water is very hard, use distilled water) **228g**

Suggested Optional Essential Oils:

[20g Sweet Orange Essential Oil](#)

[OR 18g Lavender essential Oil](#)

[OR 13g Patchouli essential Oil](#)

[OR 15g Geranium Essential Oil](#)

Equipment:

Pyrex, china or high quality plastic mixing bowl – **3 litres is ideal**

Pyrex or high quality plastic jug with spout – **500ml minimum (to allow room for stirring)**

Measuring jug in which to measure required volume of water

Balloon whisk or if stirring is difficult for you, a blender (see below for warnings)

Large, high quality stainless steel spoon (to gently mix caustic soda solution)

[900g soap mould](#)

Chopping board

Sharp, thin bladed knife or soap-cutter

Cake cooling rack

Thermometer



COSY COTTAGE SOAP

Important Safety Considerations

Cold Process soap-making involves the use of sodium hydroxide/caustic soda/lye (all different names for the same thing – we will use the name ‘caustic soda’) which causes severe burns on contact with the skin, can cause blindness on contact with the eyes and should never be ingested. Extreme care should be taken to ensure children and pets are well out of harm’s way when making cold process soap.

Recommended Safety Equipment

- Safety glasses or goggles to wear throughout the entire process
- Rubber gloves to wear throughout the entire process
- Face Mask to wear when combining caustic soda and water
- Covered shoes, rather than open sandals (in case of splashes)
- Covered arms and legs (rather than vest tops and shorts)
- An overall or pinafore to protect clothes

SPACE FOR YOUR NOTES AND OBSERVATIONS



Method

NOTE the end to end process takes three weeks before your soap is safe and ready to use

Day 1

1. Carefully and accurately weigh the olive oil, coconut oil and castor oil together in the mixing bowl
2. Carefully and accurately weigh the caustic soda crystals into the Pyrex jug **TAKING GREAT CARE NOT TO ALLOW CRYSTALS INTO CONTACT WITH THE SKIN**
3. Measure out the **COLD** water in the separate measuring jug
4. Combine water and caustic soda crystals in the Pyrex jug, pouring water onto the crystals and stirring very gently, without splashing, to combine. Leave the mixture to fully dissolve **TAKING GREAT CARE NOT TO ALLOW SOLUTION INTO CONTACT WITH THE SKIN**
5. Heat the combined olive oil, coconut oil and castor oil over a bain marie or in a microwave until the coconut oil is fully melted and the temperature is around 60 degrees Celsius
6. Stir the olive oil, melted coconut oil and castor oil with a spoon to ensure fully combined
7. Pour the water and caustic soda mixture slowly from the Pyrex jug onto the melted olive oil, coconut oil and castor oil mixture while stirring with the balloon whisk **TAKING GREAT CARE NOT TO ALLOW MIXTURE INTO CONTACT WITH THE SKIN**
8. Continue stirring the mixture, which will continue to lighten in colour and become thicker as more miniature soap crystals are formed, picking up the thicker mixture from the bottom of the bowl as you go with the whisk for ten minutes then rest for one minute
9. Repeat the ten minutes stirring/lifting and one minute resting pattern until point of trace is reached – this is when the mixture is the consistency of thick custard but can still be poured from the bowl, and the trace of the balloon whisk can be seen on the surface. This can take up to an hour or sometimes even longer.
10. If you wish to use an electric blender instead, please take care not to over-stir as the reaction may progress very quickly and the soap inadvertently overheat or become solid before you have had
11. If using fragrance, add now and stir in very thoroughly and quickly
12. Pour the thick, fragranced mixture into the mould, scraping with a spatula or large spoon if required
13. Leave in the mould for 24 to 48 hours or until the consistency is solid and similar to hard, cheddar cheese

Day 2 or 3 (depending on when mixture appears to be like hard cheddar cheese)

1. Wear gloves again as the soap will still be alkaline and may still cause burns at this stage
2. When the soap has set to the consistency of hard, cheddar cheese, ease the silicone liner out of the wooden mould cover and extract the soap from the mould onto a chopping board
3. Cut the large block of soap into pieces of your chosen size. You can make around 12 x 2cm manageable sized slices from the 900g mould and this may be a good size and shape to use as a start point. Use a sharp, thin bladed knife for this part of the process
4. Place your bars of soap on the cake-cooking rack and leave at room temperature for three weeks. After this time, the soap is no longer strongly alkaline and is safe to use
5. Wrap your bars with something which is airtight, such as thick waxed paper or a beautiful, home-made beeswax wrap (of the type frequently used to preserve food)

After three weeks

Use your soap and give as gifts to friends and family. Please note that if you are intending to sell your soap, UK Cosmetics Safety Legislation must be followed first and your soap and manufacturing practices subject to independent certification as a first step.