

Homemade Lotion Soap Bar Recipe

very detailed tutorial here: commonsensehome.com/lotion-bars

Most homemade lotion soap bar recipes involve quite a few ingredients, blenders and more mess than I'd prefer to clean up.

In contrast, all you need for these hard lotion bars is three ingredients, one pot, and molds – that's it! You can even use muffin tins if you don't have other molds, since the bars use all natural ingredients.

Commercial lotions didn't help much at all, plus I don't like the fragrance of most lotions, and many have questionable ingredients. Since I do a lot of dishes and wash my hands frequently, these bars have been a godsend. No more dry skin for me! My only regret is that I didn't try them sooner, since they are so easy to make. The smell is light and pleasant, and they absorb fairly quickly.

Use 1 part each, by weight

- Cocoa Butter or Shea Butter
- Oil, such as Coconut Oil or Olive Oil
- Beeswax
- optional: Vitamin E

For instance, 2 ounces of each ingredient. If using liquid oil, you can measure by volume. For instance, 2 ounces of olive oil to 2 ounces by weight each of cocoa butter and beeswax.

If you don't have a scale, you can measure by volume, such as one cup cocoa butter, one cup coconut oil and one cup beeswax. This will make a softer bar. For a firmer bar, use one cup butter, a half cup oil and a cup of wax (or similar proportions).

Instructions

1. Place butter, oil and wax in a heavy bottom pot or double boiler. You may also use an Instant Pot on the "keep warm" setting. If you don't have a double boiler, you can make one by placing a glass bowl or wide mouth Mason jar in a small saucepan of water.
2. Heat gently, stirring regularly, until ingredients are melted.
3. Pour into molds.
4. Allow to cool completely before removing from molds. You can chill the bars in the refrigerator for 10-15 minutes to speed up the process. The finished bars do not require refrigeration.

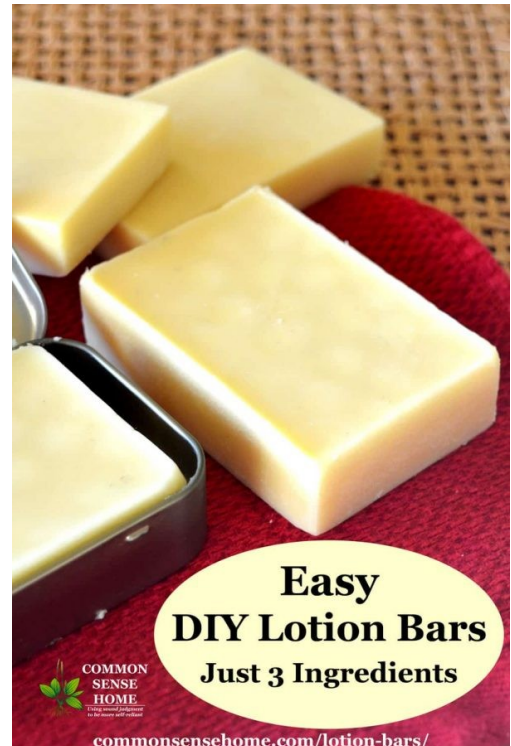
Options:

Add 1 teaspoon vitamin E per 12 ounces of bar for increased shelf life.

Add essential oils of choice after lotion bar mix is removed from heat, before pouring into molds.

Start with around 10 drops per 12 ounces of bar. Remember, with essential oils, a small amount goes a long way. If you're using cocoa butter, keep in mind how the EO you choose will pair with the scent of chocolate. Mint and orange essential oils are popular pairings with cocoa butter.

You may also make your bars with herb infused oils, such as [plantain oil](#), which is great for skin issues, or [dandelion oil](#), which is wonderful for muscle aches.



Homemade Dish Soap

happymoneysaver.com/my-recipe-for-homemade-dish-soap

Ingredients

- 1 ½ cup filtered water or boiled and cooled water
- 1 cup unscented pure castile soap
- 1 tsp baking soda
- 1 tsp fractionated coconut oil
- 12 drops grapefruit therapeutic grade essential oils
- 8 drops basil therapeutic grade essential oils



Instructions

- Add water and castile soap to a large mixing bowl.
- Next add in baking soda, fractionated coconut oil and your favorite essential oils!
- Use a whisk and very gently mix solution so that baking soda is dissolved and everything is well combined.
- Pour into a pint or quart glass jar and add a soap lid pump.

Water: Water helps to dilute the soap, helping your dollar stretch further while not reducing the effectiveness. Use distilled water.

Liquid Castile Soap: Make sure you always dilute castile soap in water. It comes in a concentrated form so it needs water before you use it. An olive oil soap base, liquid castile soap is friendly on the environment and safe for those with sensitive skin. Does not contain any harmful chemicals or foaming agents.

Fractionated Coconut Oil: Extremely moisturizing to the skin and helps to evenly distribute essential oils. You can substitute the fractionated coconut oil with olive oil, grapeseed oil, jojoba or sweet almond oil.



Essential Oils: I prefer to use glass bottles when making soaps that include essential oils. Use an essential oil to add fragrance to the soap. Don't add in fragrance oil to the recipe – it can affect the texture of the soap. Essential oils are naturally cleansing and disinfecting. Try out difference combinations for different smells, to customize a scent for your home. I personally prefer citrus oils in my soap, but lavender or floral oils would be great too.

Here are a few essential oil blends to try:

Fall: 3 drops Cardamom + 2 drops Cinnamon + 2 drops Clove + 8 drops Wild Orange

Fall: 4 drops Cypress + 5 drops White Fir + 5 drops Sandalwood

Fall: 5 drops Bergamot + 8 drops Wild Orange + 2 drops Ginger

Winter: 8 drops Siberian Fir + 7 drops Arborvitae

Winter: 9 drops Peppermint + 6 drops Ylang Ylang

Spring: 6 drops Lemon + 7 drops Lavender + 2 drops Rosemary

Summer: 6 drops Bergamot + 7 drops Orange + 2 drops Elevation

Fresh smell: 7 drops Grapefruit + 8 drops Lime

BEST Liquid Soap recipe

happymoneysaver.com/homemade-liquid-hand-soap-castile

...a homemade DIY Castile hand soap recipe needs to be:

- easy to make
- actually foam up in your hands
- be moisturizing, and not dry your hands out
- be a recipe we could use essential oils in
- actually smell good

Ingredients

- 1 cup distilled water
- ¼ cup castile soap, liquid
- 1 tbsp fractionated coconut oil
- 15 drops essential oils

Instructions

In a soap dispenser, add all ingredients and stir/shake until everything is combined. Wash hands using soap and rinse off.



Homemade Laundry Powder Soap

closetcrafterohio.blogspot.com/2010/08/homemade-laundry-soap.html

- 1 large bar Ivory soap
or bar Fels Naptha soap
or bar Zota soap
- ½ cup Borax
- ½ cup Washing Soda (in the laundry aisle)

The detergent looks so pretty with the specks of pink and yellow soap. I used one bar of laundry soap, 1/2 bar of Zota, 1 cup Borax and 1 cup Washing Soda. I did grate the soap with my Kitchenaid but the soap was soft so the pieces were kind of long. I then used my machine's whisk on the mixture until it had a more uniform size. Maybe next time I will freeze the soap first to make it break off in smaller pieces. This recipe doesn't make much but you only use 1 to 2 tablespoons per load!



Homemade Lye Soap

happymoneysaver.com/happy-homesteading-making-homemade-soap-2
visit webpage for dangers of using lye, history, photos etc

Supplies:

- rubber gloves
- digital scale
- mold of some sort
- plastic mixing bowls
- thermometer
- immersion blender
- freezer paper

Ingredients for 4-oil soap recipe from Basic Soap Making book

- 4 ounces coconut oil (solid)
- 3 ounces canola oil
- 4 ounces olive oil
- 4 ounces safflower oil
- 2 ounces lye
- 5 ounces distilled water

Instructions

Tare the digital scale and measure out distilled water in a plastic dish.

Measured the dry lye crystals in a plastic dish.

Add the WATER first to an old plastic ice cream bucket. Then slowly add in the lye crystals. NEVER pour water into the lye, always add the lye crystals to water, and make sure you don't splash. The lye and water will get REALLY HOT, it is a chemical reaction. You may notice some steam and horrible smelling vapors, and may need to open a window.

Start stirring the lye & water mixture gently until the lye crystals are dissolved. Then set it aside to cool (to around 100°).

Next measure out the oils. Place a plastic bowl on the scale, tare it to zero and add in the coconut oil until it measures 4 oz. Then melt it in the microwave. Do this with all the other oils as well. Measure them each out with the scale. You have to be really exact with soap making. Then gently mix all the oils together into a bowl.

Once the lye solution cools to 100° add in the lye/ water mixture, being careful not to splash. Use a spatula to gently stir the mixtures together for a minute until it becomes slightly opaque.

Next use the immersion blender and blend the mixture, being careful not to splash, and keep the blades near the bottom of the mixture. Do this for around 2 minutes maybe. When it starts getting nice and thick turn off the immersion blender and finish mixing by hand until it reaches trace. If this is your first time making soap, reaching TRACE is when the soap mixture becomes ready to pour into molds. You can tell when it reaches trace when the soap mixture falls from the spatula leaving a trail of soap on the surface of the mixture for a few seconds before it disappears into the mixture.

Then pour the mixture into your mold. Definitely use freezer paper liner so you can get soap out after it sets. Put a lid on the mold and cover it up with two towels, and let it rest to complete its saponification process for 24 hours. You also have to wait that 24 hours to clean all your tools too, so just leave your tools out to dry. After 24 hours my soap looked great! You have to let your finished bars of soap cure (dry) for awhile. It's best to cure it for about a month or even 6 weeks. The longer you air dry it the longer it will last when you use it. This recipe works really well. This soap lathers great and has no fragrance. It's a really nice clean soap. It costs more to make than buying ivory soap though.

