

GREEN GOODNESS HERBAL SOAP

This soap is loaded with herbal goodness! The nettle powder in the lye solution along with unrefined avocado or hemp oil gives a pretty green color that mellows over time. Additional herbal powders are incorporated at light trace for extra enrichment and for their benefits to itchy, sensitive skin. It's scented with one of my favorite herbal floral essential oil blends, but feel free to leave unscented or use a different scent profile if you'd like.

Yield: 7 to 8 bars of soap (2.5 lbs/ 1.13 KG)

Oils & Butters:

- 13 oz (369 g) olive oil (46.4%)
- 7 oz (198 g) coconut oil (25%)
- 3.5 oz (99 g) kokum or cocoa butter (12.5%)
- 3 oz (85 g) avocado or hemp oil (10.7%)
- 1.5 oz (43 g) castor oil (5.4%)

Lye Solution:

- 3.9 oz (111 g) lye (sodium hydroxide)
- 9 oz (255 g) distilled water
- 1 tsp nettle powder

Extras & Add-Ins:

- 20 g lavender essential oil
- 10 g bergamot essential oil
- 4 g rosemary essential oil
- 1 tsp chickweed powder
- 1 tsp oatstraw powder

Notes & Tips:

- Wearing gloves and goggles, make the lye solution, then stir in the nettle powder and set aside to cool. Melt the coconut oil and kokum/cocoa butter and then add to the liquid oils. Pour the cooled lye solution into the warmed oils.
- Blend to emulsification or a very light trace and add the essential oils and chickweed and oatstraw powders. Blend thoroughly. Herbal powders can thicken soap batter, so don't be surprised if your soap batter thickens quickly. Pour the soap into the mold and cover lightly with wax or freezer paper, then a towel or blanket to encourage gel phase. Remove from mold after 24 to 48 hours. Cut into bars and cure 4 weeks before use.

