

# Honey Oatmeal Soap

Create a classic soap that is gentle on the skin. This recipe sticks to the basics and has the sweet, natural smell of honey and oatmeal.

Melt the solid oils together in a stainless steel pan.

22 oz. Coconut Oil

20 oz. Palm Oil

3 oz. Shea Butter

Add the olive oil to the melted oils and set aside.

10 oz. Olive Oil

Weigh the water into a separate stainless steel pan.

Stir the lye slowly into the water.

20 oz. Distilled Water

8.5 oz. Lye

Prepare the following ingredients by stirring them together in a bowl.

3 oz. Sweet Almond Oil

2 oz. Colloidal Oatmeal

2 oz. Honey

Bring melted oils and the lye solution both to 110 degrees. Once both mixtures are at the correct temperature, stir the lye solution into the oil mixture.

Stir with a stick blender until the mixture reaches a light trace. Add the sweet almond oil mixture and stir until completely blended in and soap is at a solid trace.

Let the soap sit in the mold for 24 to 48 hours and then slice it into bars.

Cure the soap for 4-6 weeks.



Caution: Follow all soap safety rules and use only soap-safe equipment. Items used for soapmaking should be dedicated and never used for cooking.

For a complete soapmaking class, with video tutorials and detailed instructions (including more soap recipes) visit our website below.

