

# Soap Making Basics



## TALLOW SOAP RECIPE

- 30 oz Tallow or lard
- 3.88 oz Lye
- 11 oz Distilled water

\*When making soap, always measure by WEIGHT, not by volume

## Equipment

- Kitchen scale
- A large pot (not aluminum)
- A Pyrex jug or smaller pot
- A wooden spoon
- Kitchen thermometer
- A stick blender
- A spatula
- A mould
- Rubber gloves and glasses

1. Melt the lard in a pot on the stove, and let it cool until it reaches between 37°C-51°C.
2. In a well-ventilated area, add the weighed lye slowly to the water in a Pyrex container, stirring until dissolved
3. Let the lye mixture cool until it too reaches between 37°C-51°C.
4. Pour the lye mixture into the lard and make sure you don't splash
5. Stir until trace
6. If you want to add fragrance add it now. Stir a few times.
7. Pour your soap into a mould and smooth it down.
8. Wrap your mould in a towel and set it somewhere undisturbed for two or three days for the soap to set.
9. Once your soap has set, you can unmould and cut it into bars.

## Hemp Oil Soap

- 360 g Beef tallow
- 240 g Hemp seed oil
- 220 g Coconut oil
- 130 g Olive oil
- 50 g Castor oil
- 140 g Lye
- 250 g Purified water

## Coconut and Olive Oil Soap

- 300ml Purified water
- 142g Lye
- 250g Coconut oil
- 250g Olive oil
- 500g Tallow

## Safety

- Always mix the lye into the water. Never mix the water into the lye.
- Wear long sleeve shirts, glasses, and gloves when working with lye.
- Ensure good ventilation when working with lye.
- Lye becomes hot when mixed with water. Be cautious not to burn yourself.
- Ensure lye is fully dissolved before mixing into the oil.
- Do not walk around with a lye solution.
- Rinse containers that have had lye in them in a vinegar solution.
- Always keep vinegar on hand for neutralizing lye.
- If you get lye on your skin, do not rinse with water. Use vinegar.

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