Olive Oil Soap Recipe

Materials for ~ 12 full size bars of soap

- Olive Oil (840 grams)
- Coconut Oil (342 grams)
- Lye (168 grams)
  - Distilled Water (394 grams)
- (Optional) Essential Oil (1 – 2 Tablespoons)
- (Optional) Exfoliants

Equipment

- Safety Goggles
- Rubber gloves
- Stock Pot*
- Pitcher*
- (2) Small bowl*
- Spoon*
- Kitchen Scale
- Stick Mixer (Optional)
- Form*
- Parchment paper
- Plastic wrap
- Towel
- Thermometer

* Use equipment made from materials non-reactive with lye(e.g. glass, stainless steel).

Procedure

SAFETY NOTES

- Lye is a caustic material that can cause severe burns if it comes into contact with your skin or blindness if gets in your eyes.
- Wear goggles and gloves when performing bolded steps.
- Always add lye to water. Not the other way around.

1. Put the pitcher on the scale and zero out the scale. Add water.
2. Put the small bowl on the scale and zero out the scale. Add lye.
3. In a well ventilated area, add the lye to the water and stir until all the lye is dissolved and the mixture is clear. The mixture will warm to over 150° F. Set aside to cool.
4. Put the stock pot on the scale and zero out the scale. Add olive oil.
5. Put the second small bowl on the scale and zero out the scale. Add coconut oil.
6. Melt the coconut oil in the microwave.
7. Stir the coconut oil into the stock pot with the olive oil.
8. Line the form with parchment paper.
9. When the lye-water mixture has cooled to 100-130°F add it to the stock pot.
10. Stir mixture with a stick mixer until the first signs of trace (typically 5 – 15 minutes).
11. Add Essential oil and exfoliants.
12. Stir mixture until trace appears again.
13. Pour the mixture into the form.
14. Cover the form with plastic wrap and a towel for 24 hours.
15. After 24 hours the soap will have hardened. Remove it from the form and cut into bars. Set aside to cure for at least 6 weeks.