



# Natural Soap Making

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You will need to bring all the materials and ingredients of **ONE** of the recipes listed below with you to class. Tutor DOES NOT supply ingredients. DO NOT BRING ANY OTHER FATS THAN THOSE SPECIFIED! (MUST BE SALT FREE) DO NOT BRING OTHER BRANDS OF SOLIDIFIED VEGETABLE OIL.

Choose **ONE** recipe to make in class.

## Recipe 1

### Olive Oil Soap

500g Olive Oil  
250g Copha  
110g Caustic Soda  
250g Cold Water

## Recipe 2

### Goats Milk Soap

110g Goats Milk  
440g Olive Oil  
250g Copha  
100g Caustic Soda  
120g Cold Water

Note: left over goat's milk can be frozen

In addition to ingredients for your chosen soap you also need to bring the following materials:

Rubber Gloves and Safety Glasses – to avoid contact with caustic soda used to make soap.

Once soap has cured there is no residue of the caustic soda

- \* 2-3 Newspapers
- \* 2-3 chux cloths or clean rags
- \* 1 Square **Plastic** ice cream container or **Plastic** bowl 2ltr or more to mix your soap in
- \* NEW wooden spoon
- \* 2 ltr or larger saucepan, NOT aluminium
- \* 1 tbspn oats/oatmeal, dried herbs or flowers eg rose petals, lavender, mint etc. The tutor will also have some dried herbs and flower petals for your use
- Alternatively 1 tbspn bran or cinnamon (optional)
- \* Soap moulds – suitable silicone moulds (available online or from some cheap shops, Kmart, Ikea or kitchenwares shops, you may have to shop around) or biscuit packaging can also be used. If using silicone moulds you will need to bring a box or tray to support your moulds to transport them home.
- \* Pen and paper to take notes

Ingredients are available from most Supermarkets, Hardware Stores and Paint Suppliers

### **Please Note:**

Plastic containers only unless otherwise specified,

DO NOT bring cardboard ice cream containers.

DO NOT store your caustic soda in an aluminium or foil lined container