

DIY Herbal Recipes

Easy Melt & Pour Soap



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Christine J. Dalziel. —1st ed.

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Introduction:

Melt and pour soap is very easy to make when you follow a few simple rules. Keep a small spray bottle of isopropyl alcohol or Ever Clear to spray the soap at each stage. If you are not using silicone molds, prepare molds by spraying with a silicone mold release. Track the temperature of the soap at each stage for optimal results.

Infusing herbs in melt and pour soap:

Both fresh and dried herbs can be infused directly into the M & P soap base. The flavonoids in the herbs add both color and therapeutic value to the soap. Use 1 to 4 tablespoons (2 to 18 grams) of chopped fresh herb and 2 to 3 teaspoons (10 to 15ml) water for 8 to 16 ounces of soap base. If you are using dried herbs, use 1 to 2 tablespoons of herb per one pound of soap base.

Place mixture in heat proof cup or canning jar. Place in makeshift double boiler. Simmer over medium heat just until soap base begins to melt. Lower heat. Infuse for 30 to 40 minutes or until soap takes on the color of the herbs. Do not burn. Strain warm soap through a fine sieve or tea strainer to remove plant material.

Melt and Pour Soap Methodology

Step 1: Prepare your equipment and work area including, cutting board, knife, double boiler or heat proof cup and microwave. Dilute colorant with alcohol and set aside.

Step 2: Weigh out soap base that you want to use based on the molds you have. Cut soap base into 1 inch cubes. Place in heat proof cup or jar

Step 3: If using herbs, infuse herbs in soap base. Place herbs and water into jar or heatproof cup. Add soap base. Heat in a double boiler until soap is melted and herbs have infused in the soap for at least 30 minutes. Do not burn.

Step 4: If using herbs, strain soap through a fine sieve to remove the herbs and plant material. Return melted soap to a clean heat proof cup. Heat soap base to 135°F before pouring into mold.

Step 5: Before pouring the soap into the mold add in your additives, if using. Add diluted colorants a little at a time to melted soap base to achieve desired shade of color. Add exfoliating materials. Add essential oils.

Step 6: Prepare molds by spritzing the inside of the clean mold with alcohol. Pour the soap when the soap temperature is below 135°F. This will help to keep the additives suspended. Spritz the surface of the soap immediately after pouring to remove air bubbles.

Step 7: Remove excess soap from jars and cups. Soak immediately in water to make cleanup easier. Do not put soapy dishes into the dishwasher, even if they are dishwasher safe. The extra suds, from the soap base, can make the dishwasher overflow.

Step 8: Remove soap from molds. Cut into bars, if necessary. Wrap tightly in plastic wrap to prevent sweating.

Note: Melt and pour soap is best if used within one year.



Chamomile and Honey Soap

This is a great beginner bar to help you understand the process of melt and pour soap. Once you have mastered this easy process you'll be creating your own special melt and pour soap bars based on the needs for your own family.

Yield: 2 - four ounce soap

Ingredients:

- 2 chamomile tea bags or 1 tablespoon dried chamomile or calendula flowers
- 1 tablespoon water
- 8 ounces Honey M&P soap base
- 1 teaspoon raw honey
- 25 drop tangerine essential oil
- 20 drops lavender essential oil
- Rubbing alcohol for spritzing

Directions:

1. Place chamomile in a press and seal teabag or cloth teabag.
2. Mix chamomile teabag and water in a glass measuring cup.
3. Cube melt and pour base and place in measuring cup.
4. Make a double boiler and simmer over medium heat until water steams and base begins to melt.
5. Turn down heat and simmer for 30 minutes.
6. Press out tea bag and remove from melted soap.
7. Add honey and essential oils.
8. Stir to combine.
9. Spritz mold with rubbing alcohol.
10. Working quickly, pour soap into mold. Spritz soap surface with rubbing alcohol to remove bubbles.
11. Set aside to cool.
12. Unmold soap, wrap.



Gold, Frankincense and Myrrh Soap

A refreshing melt-and-pour soap with frankincense, myrrh, and gold mica for bling.

Yield: 6 guest soaps or 2 regular size bars

Ingredients

- 2 ounces goat's milk melt and pour soap base, or other white soap base
- 8 ounces honey melt and pour soap base or other clear soap base
- 1 tablespoons frankincense infused hemp seed oil
- ½ teaspoon kings gold mica (lip safe/eye safe), divided
- 15 drops frankincense essential oil
- 15 drops myrrh essential oil (#ad)
- 30 drops honeybell essential oil blend (Plant Therapy blend)
- 6 cavity soap mold for guest soaps

- Spray bottle of isopropyl alcohol

Directions:

1. Cut up goat's milk melt and pour soap base into one inch pieces. Place in heat proof, glass measuring cup. Microwave in 15 second bursts until soap base is melted.
2. Cut up honey melt and pour soap base. Place in another heat proof, glass measuring cup. Add frankincense infused oil. Microwave in 15 second burst until soap base is melted. Stir to fully combine melted soap base and oil.
3. Add $\frac{1}{4}$ teaspoon gold mica to each soap base. ($\frac{1}{2}$ teaspoon gold mica divided between two glass measuring cups) Stir well to fully combine.
4. Add essential oils to the honey soap base mixture. Stir well to fully combine. Prepare soap molds by spraying mold cavities with isopropyl alcohol.
5. Pour honey melt and pour base into each mold cavity until it is $\frac{3}{4}$ full.
6. Pour goat's milk soap base into each mold cavity to the side of the cavity, dividing it evenly between all mold cavities.
7. Using a small dowel or skewer, drag the skewer through the soap mold cavity in a swirling pattern, to swirl the milk soap base.
8. Spritz each filled mold cavity with rubbing alcohol to remove the surface tension and release any air bubbles. Set the mold aside to cool and harden 3 to 4 hours.
9. Once soap is fully hardened remove the soap from the mold. Set aside for a few hours. Package with plastic wrap and label. Plastic wrap may be heat sealed using a hair dryer or heat gun for a professional finish.

Notes

*To make frankincense infused oil, put 1 tablespoon of powdered frankincense resin and 2 tablespoons olive oil in a heat proof measuring cup. Place the cup over water in a saucepan. Simmer the saucepan over low heat for 30 minutes. Stir the mixture several times during heating. Remove from heat and let it cool down naturally. Strain. Measure oil for use in this recipe.



Snowflake Soap

A fast and fun melt and pour soap to make for gifts.

Ingredients

- 1 ounce goat's Milk Melt and Pour Soap Base
- 16 oz. Honey Melt and Pour Soap Base
- ¼ teaspoon natural indigo dye powder
- 1 teaspoon Frosted Mint Essential Oil Blend
- 99% Isopropyl Alcohol in a Spray Bottle
- 1 x 4 cavity snowflake silicone mold (Brambleberry)
- 1 dropper applicator

Directions:

1. Weigh the goat's milk melt and pour soap. Cut into ½ inch cubes. Place the prepared melt and pour soap into a 1 cup glass measuring cup. Melt the goat's milk soap either in the microwave in 20 second bursts or in a double boiler over medium heat.
2. Stir the goat's milk soap until it is smooth and no lumps remain. Spritz the cavities in the mold with isopropyl alcohol. Using the dropper applicator, drop the goat's milk soap carefully into the snowflake pattern outline in the bottom of the mold cavity, being careful to drop soap only in the snowflake depressions in the mold. Spritz again with rubbing alcohol.
3. Set aside to harden. Once the mold has hardened use a tooth pick or fondant tool to remove any excess soap from the mold cavity to clean up the snowflake design.
4. Prepare indigo dye powder. Place the indigo dye powder in small glass jar. Pour 1 teaspoon of isopropyl alcohol into the jar. Stir to dissolve the indigo. Set aside.

5. Weigh the honey melt and pour soap. Cut the honey melt and pour soap into ½ inch cubes. Place the prepared soap in a 1 quart glass measuring cup. Melt the honey melt and pour soap either in the microwave in 20 second bursts or in a double boiler over medium heat. Once the honey melt and pour soap is fully melted, stir in the prepared indigo. If there is any grainy indigo left in the glass jar, retain it. Don't pour it into the soap. It can make the soap splotchy.
6. Allow the honey melt and pour soap to cool to 120°F. Add the essential oil blend to the honey melt and pour soap.
7. Spritz the mold cavities with isopropyl alcohol. Pour the honey soap into the mold. Spritz the top of the soap again with isopropyl alcohol to remove any surface bubbles. Set aside to cool overnight.
8. Remove the soap from the mold gently to preserve the design.
9. Wrap immediately to prevent glycerine sweat on the bars. Bars can be wrapped in plastic wrap and heat sealed with a heat gun for a professional presentation.



Easy Coffee Melt and Pour

A refreshing coffee soap for gardeners, and those who work with their hands.

Ingredients:

- 20 ounce silicone soap mold
- 20 oz. Goat Milk Melt and Pour Soap Base, separated
- ¼ cup whole roasted coffee beans
- 1 teaspoon freshly ground Coffee
- 1 teaspoon coffee essential oil
- 1 teaspoon Vanilla oleo resin essential oil
- 99% Isopropyl Alcohol in a Spray Bottle

Directions:

1. Weigh the Melt and Pour Soap. Cut into 1 inch cubes and place cubes in a glass measuring cup. Make a double boiler using the glass measuring cup. Melt the goat's milk melt and pour soap over low heat until fully melted. Remove from the heat. Pour one third of the melted goat's milk soap into a separate glass measuring cup. Stir in vanilla oleo resin.
2. Spray mold with isopropyl alcohol. Tilt mold at an angle and support one side with a canning jar ring. Pour melted goat's milk soap into the mold so that it completely covers the bottom of the mold and goes up one side of the mold to 2 inches deep. Spritz the top of the soap with rubbing alcohol to remove any bubbles. Allow this to sit for 30 minutes until soap is cooled and the surface is firm. You may have some of this soap remaining. Set aside any remaining soap from this portion.
3. Meanwhile, stir coffee beans into the remaining 2/3rd portion of melted soap. Return the soap to the double boiler and simmer over low heat for 30 minutes to infuse the soap with coffee beans. Remove from the heat. Strain the hot soap through a coarse sieve to separate the whole coffee beans

from the soap. Return strained soap to the glass measuring cup.

4. Stir the ground coffee and coffee essential oil into this portion of soap. Set this aside and allow the soap to cool to 120°F. stirring the soap to evening distribute the coffee grounds as the soap cools.
5. Spritz mold with isopropyl alcohol again, covering the top of the hardened soap. Remove the prop from the soap mold and prop up the other side to the same angle as the first. Pour the coffee infused Melt and Pour soap into the mold so that it completely covers the vanilla soap and goes up the side by 3 inches. Spritz with isopropyl alcohol to remove any air bubbles. Allow this soap to cool and harden until the surface of the soap is firm.
6. Re-melt any remaining soap in the double boiler, as necessary.
7. Spritz the top of the soap with isopropyl alcohol again to remove bubbles. Remove the prop from the mold and stand the mold evenly on the counter.
8. Pour any remaining soap into the mold. Spritz with alcohol again to remove any air bubbles. Set the soap aside to harden for 4 hours or overnight.
9. Unmold the soap carefully by pulling the silicone mold away from the sides of the hardened soap. Cut the soap into 5 equal bars.
10. Wrap the bars of soap immediately in plastic wrap to prevent glycerine sweat from forming on the bars. Plastic wrap may be sealed around the bars of soap using a heat gun for a professional finish.



Baby Pink Loofah Soap

Build the scrubber into the soap with this fun and sweetly scented loofah soap.

Yield: 4 round bars

Ingredients:

- 16 ounces melt and pour base
- 1 teaspoon madder natural dye, in a teabag
- 1 teaspoon calendula in a teabag
- 40 drops vanilla love essential oil blend
- Round, 4 ounce soap mold (at least 1 inch deep)
- Loofah sponge slices, $\frac{3}{4}$ - 1 inch thick
- Rubbing alcohol in a spritz bottle

Directions:

1. Chop the melt and pour soap, set up a double boiler to melt it.
2. Place calendula tea-bag in the melting soap.

3. Once soap is melted, let the herb infuse in it for 30 minutes. Maintain soap temperature at around 120F.
4. Once the soap is fully melted, add the essential oils.
5. Make sure the essential oils are blended into the soap.
6. Prepare the mold by spritzing with rubbing alcohol, set a loofah section in each mold and spritz the loofah with rubbing alcohol.
7. Pour into the prepared molds, press loofah slices down into the soap to make sure they are fully covered. Top up molds if necessary. Spritz with alcohol to remove air bubbles.
8. Let fully harden.
9. Remove from mold, wrap in plastic wrap when solid.





Starry Night Soap

Demonstrate the intricacy and complexity that is possible with melt-and-pour soap, this intricate bar is multi-layered and perfect for gifting or enjoying yourself.

4 x 4 ounce bars

Ingredients:

- 4 ounces goat's milk melt and pour base
- Mini star column mold (1 ounce mold)
- ½ teaspoon Cappuccino mica
- ½ teaspoon Gold mica
- 16 ounces clear melt and pour base
- 1 tablespoon calendula, in teabag
- 25 drops tangerine essential oil
- 25 drops balsam fir essential oil
- ½ teaspoon indigo, divided
- 20 ounce square loaf mold (4 inch by 4 inch, 2 inches deep)

Directions:

1. Chop and melt the goat's milk melt and pour base. Once melted, divide in half. Add cappuccino mica to one half, and gold mica to other half. Stir to blend.
2. Spritz star mold with rubbing alcohol, pour one of the mica colors into the mold. Let harden and remove. Repeat for remaining amount of first mica color, and the second mica color.
3. Chop clear melt and pour soap base, and melt. Place calendula teabag in soap while melting, infuse for 30 minutes.
4. Add essential oils.
5. Divide into four parts.
6. Prepare indigo color with 1/8th teaspoon indigo powder, spritzed with enough rubbing alcohol to make a slurry. Add to one part of the clear melt and pour.
7. For a deeper blue, take ¼ teaspoon indigo powder spritzed with enough rubbing alcohol to make a slurry. Add to the second part of the clear melt and pour.
8. The remaining two parts leave as is, with just the color effect of the calendula and clear base.
9. Prepare your loaf mold by spritzing with rubbing alcohol.
10. Take the first part of the un-dyed, calendula infused soap. Pour into the loaf mold, flat. Spritz with alcohol to remove soap bubbles. Let solidify.

Note: For remaining layers, make sure the soap is under 120F or the inlay will melt.

11. Spritz that layer with rubbing alcohol.
12. Take one of the stars, cut it in half length wise and lay in the mold.
13. Tip the mold, by propping up one end with a canning jar ring, or item of similar height.
14. Spritz again, with rubbing alcohol. Pour the light indigo blue soap into the mold. Spritz with alcohol. Let solidify.
15. Tip mold the opposite direction, spritz with rubbing alcohol. Cut another star segment in half, lay opposite to the ones on the lower layer. Pour the dark indigo blue soap layer. Spritz to remove air bubbles. Let solidify.
16. Return mold to flat.

17. Cut the next star segment in half. Lay staggered to the previous layers if possible.
 18. Spritz with rubbing alcohol. Pour on the last of the reserved, non-indigo colored soap. Spritz with alcohol.
 19. Let solidify.
 20. When the soap is fully solidified, you can slice your loaf.
Note: Make sure the stars will be visible in the front of your soap bar (cut “short” way, not long ways)
 21. Extract the soap from the mold, by gently stretching the mold around the soap until the soap slips out.
 22. Measure your soap and determine the mid-point. Spray your knife with rubbing alcohol, or silicon spray to help prevent the soap from coating it and sticking.
 23. Cut the midpoint, straight down through all layers. Do not cut on the side of the layers, as they can split in cutting.
 24. Determine the mid-point of each half of your soap loaf, cut each of those halves into two bars.
- Note: When sliding the halves of the bar off the knife, press with your thumb on one end (don't try to lever the top of the bar away from the knife, it will cause the layers to split apart).
Make sure to wrap the bars in plastic wrap for storage or gifting.





Ducks in a Row Soap

Get into a holiday theme with soap and tub safe miniature toys with this child-friendly soap. Embed the toys in the top of the soap bar to act as a handle and scrub assist, until the soap is used enough to release the captive toy. Use a toy that fits whatever holiday you wish.

Yield: 4 - 4 ounce bars

Ingredients:

- 4 ounce round mold (like what was used for snowflake, or loofah)
- 10 ounces of any melt and pour base
- 4 toys, like miniature rubber ducks.
- 1 tablespoon hibiscus for blue or 1 tablespoon madder for pink, placed in a tea bag
- 1 teaspoon aloe vera gel
- 1 teaspoon kaolin clay
- 30 drops any kid-safe essential oil, or blend.
- Rubbing alcohol in a spray bottle

Directions:

1. Chop the melt and pour soap, set up a double boiler to melt it.
2. Place the kaolin clay in a small bowl. Add enough rubbing alcohol to make a slurry.
3. Add a small amount of melted soap to the slurry, and blend.
4. Blend slurry into main batch of soap.
5. Spritz tea bag of natural dye herbs with rubbing alcohol. Place tea bag of herbs into soap
6. Once the soap is fully melted and blended, allow to simmer over low heat for 30 minutes, to transfer natural dye to soap. Stir frequently to deepen color. Remove from heat. Add the essential oils.
7. Make sure the essential oils are blended into the soap. Allow the soap to cool to 120F.
8. Prepare the mold by spritzing with rubbing alcohol.

9. Pour into prepared molds. Spritz with alcohol to remove bubbles.
10. Spritz the bottom of the toys with rubbing alcohol.
11. Press a rubber duck toy into the top of each bar of soap, set them about $\frac{1}{4}$ inch into the soap bar. Spritz again with alcohol.
12. Let harden for several hours or overnight.
13. Remove from mold, wrap in plastic wrap.



Candy-Cane Melt and Pour

Get in a wake-up mood with this refreshing candy-cane scented soap. Enjoy it as a simple peppermint soap, or wrap it up fancy as a holiday gift. Peppermint and candy canes are great for any time of the year.

4 x 4 ounce bars

Ingredients:

- 4 inch loaf mold (holds 20 ounces)
- 20 ounces clear melt and pour base
- 1 tablespoon Brazilian red clay
- 1 tablespoon rice powder, or super finely ground rice flour
- Rubbing alcohol in a spritz bottle
- 40 drops peppermint essential oil, divided (or use spearmint for kid-safe)
- 30 drops vanilla oleo-resin essential oil, divided

Alternatively, use 60 drops Candy Cane synergy blend.

Directions:

1. Chop and divide melt and pour base into two parts.
2. As the first part is melting, add the Brazilian red clay.
3. While the second part is melting, mix the rice powder with rubbing alcohol to form a slurry. Add some melted soap to the slurry and mix. Add to the remainder of that portion of the melted, melt and pour base.
4. In each half, put 15 drops vanilla oleo-resin, and 20 drops peppermint essential oil. Stir essential oils into each half of the soap.
5. Prepare the mold by spritzing with rubbing alcohol.
6. Pour a thin layer of the red soap portion, into the bottom of the mold. Spritz the top of the soap to remove bubbles. Let solidify.
7. Spritz with rubbing alcohol, and pour a thin layer of the red on top. Spritz the top of the soap to remove bubbles. Let solidify.

8. Repeat until all soap is used and the molds are full. Spritz each layer with alcohol before pouring and immediately after pouring to ensure a good bond. Let fully harden.
9. Remove from mold. Turn soap on the side to cut. Cut into 4 equal bars. Wrap tightly with plastic wrap.



Citrus Burst Soap

Enjoy the refreshing scent of citrus with this citrus burst soap. Make in a holiday themed mold for gift giving, or use a different mold to make it suitable for any time of the year.

Yield: 6 x 4 ounce bars

Ingredients:

- 6 spot present mold, or other 2 to 4 ounce mold
- 6 ounces clear soap base
- 18 ounces goat's milk soap base
- 1 teaspoon powdered alkanet, in a teabag
- 10 drops grapefruit essential oil
- 10 drops tangerine essential oil

- 10 drops balsam fir essential oil
- Rubbing alcohol in a spritz bottle

Directions:

1. Melt clear soap base, infuse with alkanet tea bag. The soap will turn a jeweled purple color.
2. Melt goat's milk soap base
3. Prepare mold by spritzing with rubbing alcohol.
4. Pour in 1 ounce of clear, alkanet infused soap. Or, just enough soap to fill in the ribbon/decoration portion of the soap mold. Spritz again with alcohol to remove air bubbles.
5. Let solidify.
6. Spritz with alcohol, when soap is solidified.
7. Blend any remaining alkanet infused clear soap base with the milk soap base. Spritz again with alcohol to remove air bubbles.

This will give the milk soap base a lighter purple shade.

8. Make sure milk soap base is 120F or cooler.
Fill molds with the milk soap base, Spritz again with alcohol to remove air bubbles. Let harden.





Gingerbread Soap

You don't have to worry about biting the head off first with these gingerbread men. The sweet scents of gingerbread spices, and the cute mold, make these another great holiday soap.

Yield: 2 x 4 ounce soap

Ingredients:

- 1 gingerbread man mold
- 8 ounces honey melt and pour base
- 1 tablespoon calendula, in a tea bag
- 5 drops clove essential oil
- 10 drops all-spice essential oil
- 10 drops cinnamon essential oil
- 20 drops tangerine essential oil
- Rubbing alcohol in a spray bottle

Directions:

1. Chop the melt and pour soap, set up a double boiler to melt it.
2. Place calendula tea-bag in the melting soap.
3. Once soap is melted, let the herb infuse in it for 30 minutes. Maintain soap temperature at around 120F.
4. Once the soap is fully melted, add the essential oils.
5. Make sure the essential oils are blended into the soap.
6. Prepare the mold by spritzing with rubbing alcohol.
7. Pour into prepared molds. Spritz again with alcohol to remove air bubbles.
8. Let fully harden.
9. Remove from mold, wrap in plastic wrap when solid.

Chocolate Mint soap

I'd use this one on any day of the year, it smells good enough to eat! Enjoy the blended scents of chocolate and mint, and the fun of a layered bar of soap too.

Ingredients:

- 6 slot, small loaf mold (3 ounces)
- 18 ounces soap base of choice
- Rubbing alcohol in a spritz bottle
- 25 drops peppermint, or kid-safe spearmint essential oil
- 25 drops chocolate truffle essential oil (shake well before using)

Directions:

1. Chop and divide melt and pour base into two parts.
2. Once the first part is melted, add the peppermint essential oil
3. In the second half, add the chocolate truffle essential oil blend.
4. Make sure the essential oils are blended into the soap.
5. Prepare the mold by spritzing with rubbing alcohol.
6. Alternating peppermint and chocolate, layer the soap in the mold. Spritz each layer before and after with alcohol, letting each addition solidify before spritzing with rubbing alcohol and adding the second type.
7. Repeat until all soap is used and the molds are full, being sure to spritz with rubbing alcohol both before pouring and immediately after pouring each layer of soap. Let fully harden.
8. Remove from mold, wrap in plastic wrap when solid.
9. If desired, each loaf of soap can be cut in half to help reveal the layered effect.
10. Serve in a paper muffin cup to emphasis the "treat". Wrap tightly in plastic wrap.

Piney Soap

Bring your forest walk indoors with this pine infused soap. Pine soap is traditionally used to clean abrasions, disinfect, and help with eczema and other skin issues.

6 x 2 inch guest soaps

Ingredients:

- 1 teaspoon soft pine resin
- 6 space 2 ounce mold of choice
- 12 ounces melt and pour base of choice
- 20 drops balsam fir essential oil
- 10 drops cedar atlas essential oil
- Rubbing alcohol in a spritz bottle

Directions:

1. Add 1 tablespoon olive oil to a glass measuring cup. Make a double boiler using a saucepan. Melt the pine resin over medium heat until it is liquid. Stir to fully melt and blend in the oils. Use 1 teaspoon of this pine infused oil in the soap.
2. Chop the melt and pour soap, set up a double boiler to melt it.
3. Once soap is fully melted, stir the pine infused oil into the soap base. Cool to 120F.
4. Add the essential oils.
5. Make sure the essential oils are blended into the soap.
6. Prepare the mold by spritzing with rubbing alcohol.
7. Pour into prepared molds. Spritz with alcohol to remove bubbles.
8. Let fully harden.
9. Remove from mold, wrap in plastic wrap when solid.



Aloe Complexion Soap for Acne

The essential oils, and infused herbs, in this soap are great for skin-care making this gentle soap a great option for acne, or general skin care.

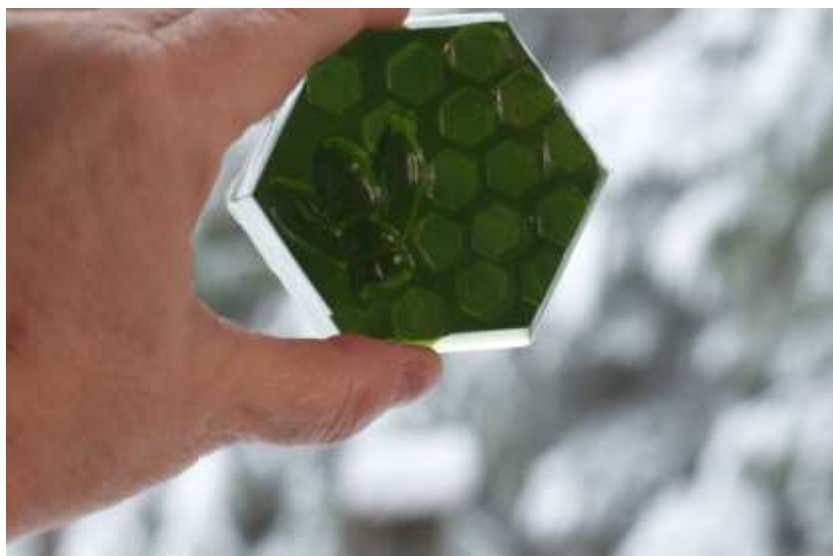
6 x 2 ½ ounce soap

Ingredients:

- 2.5 ounce soap mold (6 set)
- 16 ounces aloe soap base
- 1 teaspoon aloe vera gel
- 1 tablespoon calendula, in a tea-bag
- 2 tablespoon hibiscus flowers (note, this makes the soap emerald green)
- 20 drops thyme linalool essential oil
- 20 drops tea-tree essential oil
- 10 drops wintergreen essential oil
- Rubbing alcohol in a spray bottle

Directions:

1. Chop the melt and pour soap, set up a double boiler to melt it.
2. Place calendula in a tea-bag and add to the melting soap. Add hibiscus flowers, loose, to the soap.
3. Once soap is fully melted, let the herbs infuse for a further 30 minutes, holding the soap temperature around 120F.
4. Strain the soap through a fine sieve to remove the hibiscus flowers.
5. Mix in the aloe vera gel.
6. Add the essential oils.
7. Make sure the essential oils are blended into the soap.
8. Prepare the mold by spritzing with rubbing alcohol.
9. Pour into prepared molds. Spritz with alcohol to remove bubbles.
10. Let fully harden.
11. Remove from mold, wrap in plastic wrap when solid.



Honey Facial Soap

Another gentle facial soap, this has kaolin clay in addition to skin helping essential oils and herbs.

6 x 3 ounce soap

Ingredients:

- 3 ounce mold of choice
- 16 ounces honey melt and pour soap base
- 1 tablespoon calendula, in a teabag
- 1 tablespoon kaolin clay
- 1 teaspoon aloe vera gel
- 20 drops rose geranium essential oil
- 10 drops frankincense essential oil
- 10 drops lavender essential oil
- Rubbing alcohol in a spritz bottle

Directions:

10. Chop the melt and pour soap, set up a double boiler to melt it.
11. Place calendula in a tea-bag and add to the melting soap.
12. Once soap is fully melted, let the herbs infuse for a further 30 minutes, holding the soap temperature around 120F.

13. Put the kaolin clay in a small bowl, and spritz with rubbing alcohol to make a slurry.
14. Add some soap to the kaolin slurry, blend. Blend slurry into the main batch of soap.
15. Mix in the aloe vera gel.
16. Add the essential oils.
17. Make sure the essential oils are blended into the soap.
18. Prepare the mold by spritzing with rubbing alcohol.
19. Pour into prepared molds. Spritz again with alcohol to remove air bubbles.
20. Let fully harden.
21. Remove from mold, wrap in plastic wrap when solid.

DiY Soap Modeling Clay

This modeling clay is great to play with, and when you're satisfied with the creation you can let it harden for unique and unusual soap creations. The hardened modeling clay functions the same as regular soap.

4 ounces of soap clay per color

Ingredients:

Per color:

- 4 ounces soap base
- 3-4 tablespoons rice flour or tapioca starch
- 20 drops kid-safe essential oil, or blend
- Rubbing alcohol in a spray bottle

Color options, choose one per 4 ounces:

- ½ teaspoon ground alkanet, for purple
- 1 teaspoon calendula for yellow
- 1 tablespoon hibiscus flowers, for blue
- 1/8 teaspoon indigo for dark blue
- 1 teaspoon colored mica

Directions:

1. Chop and measure your melt and pour base. You can melt more than 4 ounces at a time, if you want to create multiple colors.
2. Melt the melt and pour soap base in a double-boiler.
3. **If creating purple, yellow, blue or green**, place herbs in a tea-bag and infuse into the soap while it is melting.
4. Infuse for 30 minutes, holding soap temperature around 120F
5. Remove tea-bag and check soap color.
6. **If using mica or indigo** for color, at this point take either the mica or indigo and blend with rubbing alcohol until it makes a thick slurry and there are no lumps. Carefully blend in the mica, or indigo, into the melted soap.
7. Add essential oils, and the first tablespoon of starch. Blend well.

8. Gradually blend in the remaining starch. With the last tablespoon being blended in by teaspoons, until the mixture is workable and has a clay-like consistency.
9. Let cool to handling temperature.
10. If making in advance store in a sealed container, and warm in a double boiler, or the microwave, before handling and shaping.
11. Alternatively, roll out and cut with cookie cutters, or hand mold into interesting shapes and figures and let cool and harden overnight. Then use as regular soap.





ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can shift away from the corporate health paradigm and create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the DIY Herbal Fellowship, the DIY Herb of the Month Club, the Joybilee Farm blog, and an instructor at Joybilee Academy. Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015) and *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017)



ABOUT THE AUTHOR

Sarah is a published author, fiber artist, natural dyer, and musician and founder of wearingwoad.com. She's been experimenting with *Isatis tinctoria*, *Isatis indigotica*, and other *Isatis* spp. since 2007, and working with indigo since 2006. She loves spinning, weaving, crochet, knitting and felting, as well as gardening and natural dyes. Despite taking breaks, she continues to expand her research on woad and other natural dyes, as well as improving her fiber arts techniques.

"Wearing Woad" comes from the idea that our current clothing system is toxic to the environment. The pesticides, herbicides, dyes, coatings, detergents, and starches used in clothing manufacture, and sometimes the cloth itself, are poisonous both to the wearer, and the environment at every stage of manufacturing.

It's time to stop the insanity. Say "no" to toxic clothing and yes to sustainable, up-cycled, and local clothing.