



LOVIN' SOAP

soap making
STUDIO

WELCOME!

Thank you so much for taking the time to download this PDF! I wanted to take this opportunity to introduce myself to you and share with you a couple of things about my blog, LovinSoap.com and the products that I offer.

Along the way I'll share with you some fun and helpful links, essential oil blends and recipes.

I hope you enjoy!



-Amanda Gail



www.lovinsoap.com

About LovinSoap.com, Amanda Gail and Benjamin Aaron! Let's connect online!



www.lovinsoap.com

Hello! We're Amanda Gail and Benjamin Aaron, husband + wife soaping duo!



Amanda Gail began making soap in 2008. Amanda has authored several soapmaking eBooks including her most popular eBooks, ***Lovin Soap Studio's Cold Process Soap Recipe Book*** and ***How to Color Cold Process Soap + Swatch Guide***. Her E-course, ***Formulating Cold Process Soap Recipes***, has taught soapmakers all over the world how to create skin-loving recipes. Amanda teaches at conferences and seminars, spreading the craft of soapmaking far and wide.

Benjamin Aaron has been handcrafting and selling soap and body care products since 2007. From wholesaling nationwide to health food chain stores to running a retail storefront, Benjamin has learned countless lessons through trial and error, failing and learning. His book, ***How to Wholesale Handcrafted Soap***, has helped many soap makers get into the wholesale arena. His other book, ***Essential Oil Blends for Handcrafted Soap***, inspires soap makers to creatively blend scents for soapmaking.

Through Benjamin's **8-week life and business coaching program**, he has helped many handcrafters take their business to higher degrees of success.

Amanda and Benjamin reside in Kansas City, MO in a tiny minimalist apartment/studio and both enjoy black coffee, craft beer, writing and connecting with soap makers all over the world!

A Community of Soap Makers

Think of Amanda and Benjamin as your soapmaking friends and guides. We want to see you succeed on this journey. We want to hear your stories and want to know how else we can help you. By teaching, we learn, and together we can grow as a community!

Sign up for [Soap Week Update](#) to get soap making tutorials, recipes, news and supplier sales delivered right to your inbox every Friday!

Join us online!



Your Purchase Makes a Difference

A portion of all purchases at [LovinSoap.com](#) goes to support Lovin' Soap Project! Your purchase is helping to empower women all over the world!

Amanda and Benjamin Aaron started Lovin' Soap Project in 2013. They travel to developing nations and teach women how to make soap and start businesses. The women are then able to provide soap to their local communities to tackle hygiene issues and are able to sell their soap in the international market to earn an income. These women simply want to earn an income to provide healthcare, education, safe homes and food for their families.

To learn more about Lovin' Soap Project visit [LovinSoapProject.org](#). To best help Lovin' Soap Project, sign up for a monthly donation. As a thank you for providing monthly support of \$10 or more, you will receive Soap Collaborative Magazine, a monthly publication of soap making articles, recipes, tutorials and business advice from industry leaders. Learn more about Soap Collaborative Magazine by visiting [SoapCollaborative.org](#).

LOVIN' SOAP PROJECT
Soapmaking & Business Training in Developing Nations

Thank you for your purchase and your help in empowering women all over the world!
For more soap making articles, tutorials and recipes, please visit my soap making blog,
[LovinSoap.com](#)!

**The LovinSoap.com blog and how it can
benefit you as a soapmaker!**



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The LovinSoap.com blog has over 300 articles about soap making including design tutorials, recipes, troubleshooting tips and more! Here are some of our top pages and posts. Simply click on an image to view the page. Enjoy!

Top Resource Pages



Free Basic Soapmaking Guide

If you are new to soapmaking, start here! We'll teach you how to make soap from start to finish.



Soap Making Oil Chart

Learn about oil properties of common soapmaking oils once saponified. This chart also recommends usage rates to help you formulate.



Soap Making Additive Chart

This chart has a list of common soapmaking additive, such as oatmeal, coffee, seeds and herbal powder, and their suggested usage rates for soap.



Troubleshooting

Visit this page to learn about common soap making troubleshooting topics such as overheating, ricing, seizing and more.

Top Blog Posts



How to Make Goat Milk Soap



How to Make Coconut Oil Soap for Homemade Laundry Detergent



Top 10 Essential Oils for Soap



Color Soap Naturally – Infusing oil with herbs and spices



How to Formulate Soap Salt Bars



Saponification Versus Cure Time in Soap Making



Understanding IFRA Guidelines for Essential Oil Use in Soap

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from our more popular eBooks! Enjoy!**



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Basic Essential Oil Blends

These first 16 blends are basic blends for soapmaking. They use more common essential oils such as lavender, peppermint and citrus oils. The more complex blends start on the next page.

Lavender 50%
Orange, Sweet (10x) 50%

Lavender 40%
Lemongrass 60%

Peppermint 60%
Anise 40%

Lavender 70%
Peppermint 30%

Peppermint 30%
Spearmint 30%
Lemongrass 40%

Orange, Sweet (10x) 75%
Cinnamon Leaf 25%

Grapefruit 40%
Orange, Sweet (10x) 30%
Lemongrass 15%
Litsea 15%

Lavender 40%
Patchouli 20%
Ylang Ylang 20%
Grapefruit 20%

Rosemary 20%
Peppermint 20%
Tea Tree 20%
Lavender 40%

Geranium 50%
Lavender 50%

Lavender 50%
Cedarwood 50%

Lavender 60%
Cedarwood 20%
Ylang Ylang 20%

Patchouli 20%
Lavender 20%
Geranium 20%
Cedarwood 20%
Ylang Ylang 20%

Patchouli 50%
Lime 50%

Lemon 34%
Patchouli 33%
Litsea 33%

Litsea 34%
Lavender 33%
Peppermint 33%



This is an excerpt from *Essential Oil Blends for Handcrafted Soap*. View the eBook info [here!](#)



The Herbal Goat Goat Milk Soap

Base Oils

Coconut Oil - 288 grams (32%)
Mango Butter - 72 grams (8%)
Olive Oil - 342 grams (38%)
Avocado Oil - 72 grams (8%)
Rice Bran Oil - 126 grams (14%)

Lye Solution

Sodium Hydroxide - 128 grams
Goat Milk - 256 grams

Essential Oil Blend

Rosemary Essential Oil - 20 grams
Peppermint Essential Oil - 20 grams
Lavender Essential Oil - 20 grams

Additives

Dried Peppermint Leaves - 1 teaspoon
crushed leaves added to oils



This is an excerpt from *Goat Milk Soap Recipe Book*. View the eBook info here!



Oatmeal & Lavender Goat Milk Soap

Base Oils

Babassu Oil - 270 grams (30%)
Shea Butter - 72 grams (8%)
Olive Oil - 360 grams (40%)
Avocado Oil - 72 grams (8%)
Rice Bran Oil - 126 grams (14%)

Lye Solution

Sodium Hydroxide - 125 grams
Goat Milk - 250 grams

Essential Oil Blend

Lavender Essential Oil - 60 grams

Additives

Ground Oatmeal - 1 tablespoon added to base oils



This is an excerpt from *Goat Milk Soap Recipe Book*. View the eBook info here!



Mocha Mint

Yield: QTY 10 - 1" Wide Bars

Description: Is there any better partnership than that of mocha and mint? This soap is actually made with real cocoa powder! I like to use instant coffee for a smooth bar but you could use coffee grinds to add some grit.

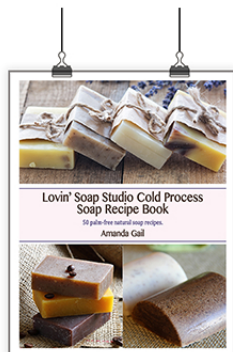
Coconut Oil - 288 grams (32%)
Olive Oil - 306 grams (34%)
Castor Oil - 36 grams (4%)
Avocado Oil - 72 grams (8%)
Rice Bran Oil - 90 grams (10%)
Cocoa Butter - 108 grams (12%)

Lye - 127 grams
Water - 254 grams

Peppermint Essential Oil - 30 grams
Cassia Essential Oil - 15 grams
Peru Balsam Essential Oil - 5 grams
Vanilla Oleoresin - 15 grams

Instant Coffee - 1 tablespoon
Cocoa Powder - 1 tablespoon

Process: Follow the basic steps from the beginning of this book.



This is an excerpt from *Lovin Soap Studio Recipe Book*. View the eBook info [here!](#)



FROSTED SPRUCE COLD PROCESS SOAP



I don't think anything takes me back to childhood like seeing a beautifully decorated spruce Christmas tree. This soap is fun and colorful. Just a sniff and people will be transported back to their favorite holiday memory.

Yield: 12 Bars

Mold: QTY 2 - Bramble Berry Round Cupcake Silicone Mold

Frosted Spruce Recipe

Coconut Oil - 10 oz.

Mango Butter - 4 oz.

Olive Oil - 12 oz.

Rice Bran Oil - 6 oz.

Castor Oil - 2 oz.

Sodium Hydroxide - 4.7 oz.

Distilled Water - 9 oz.

Lettuce Entertain You Mica (Mad Oils) - .75 teaspoon

Vanna White Mica (Mad Oils) - .75 teaspoon

Harlequin Shimmer Mica (Rustic Escentuals) - .75 teaspoon

Fragrance Oil - 2 oz.

Directions:

Step 1 - Wearing safety gear, weigh out the lye and water into two separate containers.

Step 2 - Pour the lye into the water while stirring. Place in a safe place and let cool while you prepare the oils.

Step 3 - Weigh out the hard oils/butters and melt.

Step 4 - Weigh the liquid oils into the melted oils/butters. This helps cool the oils down.

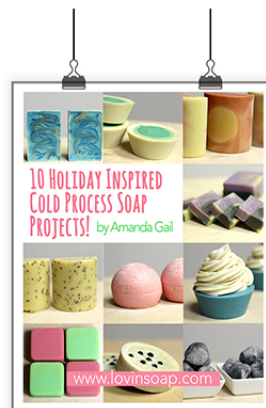
Step 5 - Add fragrance oil to the melted oils.

Step 6 - Once both the lye solution and oils have cooled to under 100° F, add the lye solution to the oils and mix to emulsion. Be sure to wear goggles and gloves!

Step 7 - Divide your soap into three containers. Color each container using one of the three micas. You should end up with two shades of green and one a shade of white.

Step 8 - Using a funnel pour technique (you don't need a funnel) pour the soap into the center of each mold, rotating colors to fill the mold up. As the soap is used, the inside colors rotate between all three colors as the soap dissolves away.

Step 9 - Let saponify for 24 hours. Unmold and cure your soap. ■



This is an excerpt from *10 Holiday Inspired Cold Process Soap Projects*.
View the eBook info here!



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SEA CLAY AND AVOCADO SPA BAR

This is one of my favorite salt bars. Dead Sea Clay comes from the Dead Sea in Israel. People bath in the waters to benefit from the healing effects of the salt and clay. Sea clay absorbs impurities, oils and toxins from your skin leaving it clean and tight feeling. Lather this bar up and apply it like a mask, leaving it on your face for a minute before you rinse.

Yield: 12 Bars

Mold: QTY 1 - Bramble Berry 12 Bar Square Silicone Mold

Sea Clay and Avocado Spa Bar

Coconut Oil - 810 grams

Avocado Oil - 90 grams

Sodium Hydroxide - 128 grams

Distilled Water - 256 grams

Fine Sea Salt - 450 grams

Sea Clay - 4 tablespoons

Orange Essential Oil - 70 grams

Peppermint Essential Oil - 20 grams

Directions

Step 1 - Wearing safety gear, weigh out the lye and water into two separate containers.

Step 2 - Pour the lye into the water while stirring. Once dissolved, place in a safe place and let cool while you prepare the oils.

Step 3 - Weigh out the coconut oil and melt. Add the avocado oil to melted coconut oil.

Step 4 - Weigh out the fine sea salt and put aside.

Step 5 - Add the sea clay to the melted oils. Stir.

Step 6 - Once both the lye solution and oils have cooled to under 90° F, weigh your essential oils and add to melted oils.

Step 7 - Pour lye solution into oils and mix until light trace.

Step 8 - Add the sea salt to traced soap and stir.

Step 9 - Use your stickblender to thicken if needed. Once at thick trace, pour into your molds. Tap mold on hard surface to flatten soap.

Step 10 - Allow your soap to saponify overnight. Remove from mold the next day and cure for 4-6 weeks.



This is an excerpt from *Making Salt Bars*. View the eBook info here!



Mineral Pigments: Oxides and Ultramarines

Oxides and ultramarines are some of the easiest colorants to use in cold process soap. They are pH stable and don't tend to fade or morph. These days, both oxides and ultramarines are synthetically produced to insure purity and reduce the level of heavy metal content.

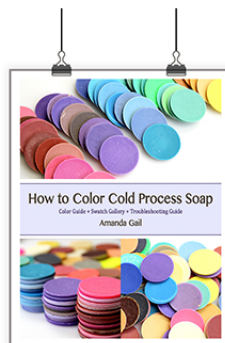
Oxides

- **Colors produced:** Iron oxides produce shades of red, orange, brown and black. Chromium oxide produces shades of green and teal.
- **Color fading:** Oxides are not light sensitive.
- **Color bleed/migration:** Oxides will not bleed (between layers or swirls) in soap, though can bleed onto a washcloth or color lather if too much is used.
- **pH sensitivity:** Oxides are not effected by the high pH of soap.
- **Natural or synthetic:** Oxides are synthetic, though they are “nature identical”, meaning they have the same molecular makeup as the once mined pigment from the earth.
- **Usage rate:** 1 teaspoon per pound of soapmaking oils. Use less for a lighter color.

Oxides Available to Soapmakers

Make sure that the oxides you purchase are suitable for cosmetic use. There are commercial-use oxides, which are not as pure—or—powdered enough for cosmetic use. Here are some oxides that you'll find from suppliers.

- Yellow Oxide
- Red Oxide
- Black Oxide
- Brown Oxide
- Chromium (Green) Oxide



This is an excerpt from *How to Color Soap*. View the eBook info here!



- Hydrated Chromium (Teal Green) Oxide

Some suppliers get creative in their pigment naming. For instance, if you read the INCI for Wholesale Supplies Plus pigment named *Crafters Choice™ Matte Woodland Green Pigment Powder*, you will see that is simply Chromium (Green) Oxide.

Ultramarines

- **Colors produced:** Shades of pink, blue and purple.
- **Color fading:** Ultramarines are not light sensitive.
- **Color bleed/migration:** Ultramarines will not bleed (between layers or swirls) in soap, though can bleed onto a washcloth or color lather if too much is used.
- **pH sensitivity:** Ultramarines are not effected by the high pH of soap.
- **Natural or synthetic:** Oxides are synthetic, though they are “nature identical”, meaning they have the same molecular makeup as the once mined pigment from the earth.
- **Usage rate:** 1 teaspoon per pound of soapmaking oils. Use less for a lighter color.

Ultramarines Available to Soapmakers

Make sure that the ultramarines you purchase are suitable for cosmetic use. There are commercial-use ultramarines that are not as pure—or—powdered enough for cosmetic use. Here are some ultramarines that you’ll find from suppliers.

- Ultramarine Blue
- Ultramarine Violet
- Ultramarine Pink
- Ultramarine Purple

As with oxides, some suppliers get creative in their pigment naming. Check the INCI and if it says ultramarines, then you’ll know what it is.

Supplier Modifications for Use (Oxides and Ultramarines)

Liquid Pigment - You will find that some suppliers sell liquid pigment for ease of use. This is simply pigment in glycerin. You can purchase the powders and create your own liquid pigment (I'll show you how below).

Soap Color Bars - Some suppliers also sell pigment color bars. These are simply pigment in melt and pour soap and should not be used for cold process soap.

Creating Your Own Liquid Pigment

Creating your own liquid pigment is as easy as mixing pigment with vegetable glycerin or a light soapmaking oil, such as sunflower. I like to use the ratio of 1:2 (pigment:glycerin) when premixing my colorants. Let's create a premixed pigment using 1 teaspoon of ultramarine violet and 2 teaspoons of vegetable glycerin:

- **Step 1** - Measure 1 teaspoon of ultramarine violet into a small container.
- **Step 2** - Measure 2 teaspoons of vegetable glycerin into the same containers.
- **Step 3** - Using a mini-mixer, mix until completely blended.
- **Step 4** - Store in an airtight container. The shelf life of your pre-mixed colorant is as long as the shelf life of the oil or liquid glycerin that you used (probably 1-2 years).



How do Oxides and Ultramarines Color Soap?

Oxides and ultramarines color soap by suspension of their particles. Unlike dyes (which dissolve) they simply disperse throughout the soap mixture. Oxides and ultramarines like to clump. They are hard to mix and disperse by hand. **The use of a stick blender or mini-mixer helps to disperse the pigment.**

On the following page is soap base with Chromium (Green) Oxide. On the left I stirred by hand for several minutes without much luck. On the right I stirred using a stick blender.



When do you add them to your soap?

- If you are making a **single colored soap**, you can add them to the oils before pouring in the lye solution. You can also add to traced soap, but adding them to the oils allows you to have enough time to mix in without your soap getting too thick.
- If you are making a **swirled soap**, you can add each color to thinly traced soap. I personally add the pigment dry in a scoop on top of the surface. I then place my stick blender right on top of the scoop of colorant, push down and pulse quickly.

Usage Rates for Cold Process Soap

Dry pigment - 1 teaspoon per pound of soapmaking oils. Use less if you desire a lighter color.

Liquid Pigment - 3 teaspoons per pound of soapmaking oils. 3 teaspoons of liquid pigment would contain 1 teaspoon pigment and 2 teaspoons of glycerin, which would equal the above usage rate of 1 teaspoon per pound of soapmaking oils for the dry pigment.

*Please note that suppliers do not share their liquid pigment ratios or recipes. You will need to test liquid pigments that you buy, starting with the usage rate recommended by the supplier.

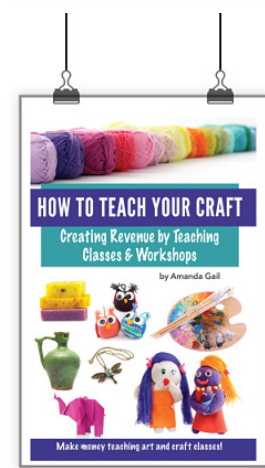
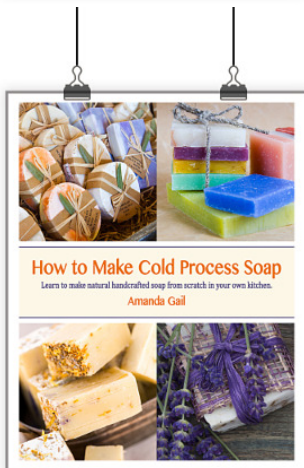
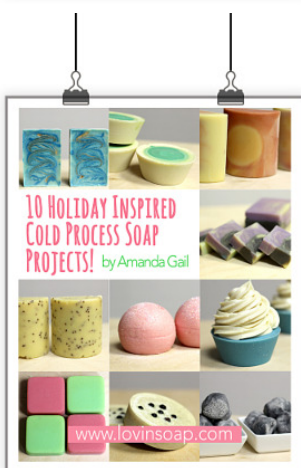
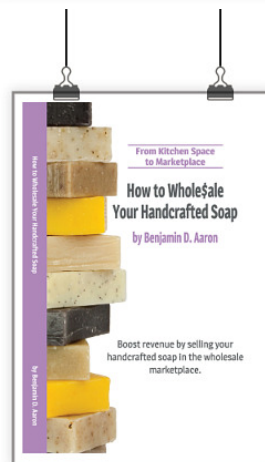


The above are soaps colored using 1 teaspoon of colorant per pound of soapmaking oils. The colorant was added dry and mixed in using a stick blender. Starting from top and moving clockwise, ending in middle, the colorants are Ultramarine Violet, Hydrated

Chromium (Teal Green) Oxide, Chromium (Green) Oxide, Ultramarine Blue, Yellow Oxide, Brown Oxide and Brick Red Oxide from Wholesale Supplies Plus.

Note on red oxide: It is hard to get a saturated red that doesn't color the lather. The lather on this soap was tinted pink.

More products from LovinSoap.com



Ultimate Soap Maker eBook Bundle + Free Formulation Course (\$283 Value) - only \$100!

This bundle includes 92+ palm-free cold process soap recipes and 162+ essential oil blends for cold process soap!

If you are a beginner just learning to make soap, this bundle includes guides to teach you the basics of cold process soap and the process for making decadent goat milk soap. If you are an advanced soap maker, this bundle includes loads of recipes and essential oil blends to inspire you. Once you're at the point of selling, you'll learn how to price and wholesale your handcrafted soap in Benjamin's book, How to Wholesale Your Handcrafted Soap.

You will receive 13 eBooks written by Amanda Gail and Benjamin Aaron!

Goat Milk Soap Recipe Book (\$15)
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Lovin Soap Studio Cold Process Soap Recipe Book (\$15)
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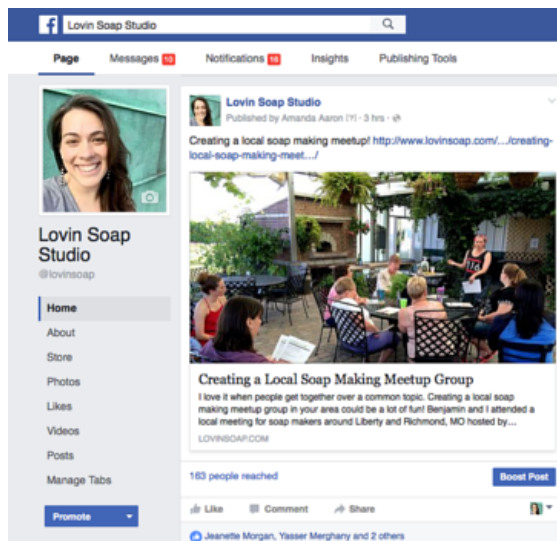
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