

One of the recipes that can be used for creating soap was taken from: "The Soapmaker's Companion" by Susan Miller Cavitch.

*Homemade Soap Recipe*

Sodium carbonate — Mix in large pyrex measuring cup, stir with a chopstick saved from order-in Chinese food. Again, do not breathe the fumes. Wear goggles.

700 milliliters purified water

270 grams or 9 1/4 ounces sodium carbonate (one small container)

Oils (Mix in a big pot.)

Olive oil 955 grams or 4 1/2 cups (Use the cheap pomace olive oil; virgin doesn't work as well.)

Coconut oil 390 grams 500 milliliters 2 cups

Grapeseed oil 515 grams 500 milliliters 2 cups

Let sodium carbonate mixture cool to 110 degrees F. Warm oils to 110 degrees F. When both are at the same temperature, slowly pour sodium carbonate mixture into oils. Mix with a stick blender until trace, periodically scraping sides and bottom of pan with a spatula.