



CRAFT YOUR SOAP

DIY Rosemary Mint Cold Pressed Soap Recipe

Learn to make gentle & fresh soap

Imagis Natural Living





Rosemary Mint Cold Pressed Soap Recipe



Ingredients

- 12 oz Olive Oil (for gentle cleansing and moisture)
- 8 oz Coconut Oil (adds lather and cleansing power)
- 4 oz Shea Butter (for extra moisturizing and a creamy texture)
- 2 oz Castor Oil (boosts lather)
- 4.6 oz Sodium Hydroxide (Lye) – handle with care
- 9 oz Distilled Water
- 0.5 oz Rosemary Essential Oil (~1 tablespoon)
- 0.5 oz Peppermint Essential Oil (~1 tablespoon)

Optional:

Dried rosemary leaves (for decoration, sprinkle on top before curing)

INSTRUCTIONS

Yield: Approximately 6 bars (4 oz each)

1. Prepare Your Workspace: Make sure you're in a well-ventilated area. Wear gloves, goggles, and long sleeves to handle lye safely.
2. Mix the Lye Solution: Slowly add the sodium hydroxide (lye) to the distilled water (never add water to lye). Stir until fully dissolved, then set it aside to cool in a safe spot.
3. Melt the Oils: In a separate container, combine olive oil, coconut oil, shea butter, and castor oil. Heat gently until everything is melted and mixed, then let cool to about 100°F.
4. Combine Lye and Oils: When both the lye solution and oils are between 90-100°F, pour the lye solution into the oils. Use a stick blender to blend until you reach "trace" (a light, pudding-like consistency).
5. Add Essential Oils: Stir in the rosemary and peppermint essential oils until evenly distributed.
6. Pour into Mold: Pour the soap mixture into a mold and smooth the top. Sprinkle dried rosemary on top if desired.
7. Set and Cure: Cover the mold and let the soap sit for 24-48 hours. Once firm, unmold and cut into bars.
8. Curing Time: Place the bars in a well-ventilated space to cure for 4-6 weeks, allowing the soap to harden and the scent to mellow.

Notes:

Safety: Lye is necessary for soap-making, but it's neutralized in the final product. Handle with care, as it's highly caustic before it saponifies with the oils.