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How To Make Pure Coconut Oil SoapMommypotamus |

1 message

SusanJoy <creekridge@gmail.com>

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To: Susan <creekridge@gmail.com>

<http://www.mommypotamus.com/how-to-make-pure-coconut-oil-soap-for-cleansing-and-laundry/>

AFFILIATE DISCLOSURE | IN DIY BEAUTY | BY HEATHER | WITH 433 COMMENTS

Amazing Lather? Check!
Simple ingredients? Yep, only three.

When it comes to soap, this is probably the easiest recipe you'll ever make. And if you're willing to break a few rules it can one of the most versatile, too. Here's what I mean:

Traditionally, soaps are made from 5-7 oils blended to balance cleansing/moisturizing/and lathering properties. One of the well known "rules" is that a soap should be made of more than 30% coconut oil because it's so effective at breaking up oil/grease that it can be drying.

Fortunately, there's a way to simplify things without skimping on the end product – it's called "superfating." Basically, you add the equivalent of "one quarter moisturizing cream" like big brands do, only you leave out the toxic slew of chemicals that usually go with it. By adding 20% more coconut oil than the lye can convert to soap, you end up with a luxurious body bar. Of course, this doesn't work with most vegetable oils which go rancid easily – coconut oil's high shelf stability is what makes it a good choice here.

The best part? Not only can you superfat and get the best of both worlds for your skin, you can break another rule and get your laundry clean, too!

How To Adapt This Recipe To Make Laundry Soap

Normally it is not advised to make soap with under 4% superfat due to the fact that it can be excessively drying and even burn skin if some of the lye remains unconverted, but for laundry soap it's perfect!

I've found that using a 1% superfatted recipe yields a very cleansing bar with no extra oil. Since I'm washing my clothes to get oil OUT rather than put it IN, this totally works for me. I've actually washed my hands with this version and have never had any irritation from it, but it's really only recommended for laundry.

Here's the full scoop on making your own laundry detergent using just the laundry soap recipe below and one other ingredient. It's been a tried-and-true recipe in my house for years, and lots of people have written me to say they've had amazing results with it also. Here's a comment Hillary left after making laundry detergent with the coconut oil soap below:

"I washed a couple loads of laundry today- and it worked so well! Our laundry is always SUPER dirty too! My husband does mechanical work for a logging company and his clothes get REALLY dirty after crawling in, on, and under those greasy machines! I think the detergent cleaned it better than our natural detergent we were buying from Costco! I was very impressed, thank you! :)"

[Click here to get the laundry detergent recipe](#)

Now, About The One Rule You Can't Break

One of the most common questions I get about soapmaking is how to make it without lye. As I share in five myths that have kept you from making soap (but shouldn't!), both are needed to cause a chemical reaction called saponification – aka making soap.

Or, as Marie of Humblebee & Me put it, making soap without lye “is like trying to make a baking soda and vinegar volcano without the vinegar. No vinegar and you’ve just got a pile of baking soda. No lye, and you’ve just got a bucket of fat.” (Curious about the other four myths. [Click here to read the whole article.](#))

Technically, you can actually wash your face with oil using this method, but it’s a totally different approach.

Now that we’ve cleared that up, are you ready to get started?

How To Make Pure Coconut Oil Soap (For Cleansing And Laundry)

Ingredients

All amounts are per weight. You will need to use a digital scale for these measurements.

Lathering Skin Bar (20% superfat)

Note: Because this soap is highly superfatted it can create a very dense lather when rubbed directly on skin. For a light, bubbly effect I recommend lathering with a natural sponge like this one.

33 oz coconut oil, 76 degree* (where to buy coconut oil)

4.83 ounces lye (NaOH)** (where to buy lye)

12.54 oz water

.5 – 1 ounce essential oils (optional)

Laundry Soap (1% superfat)

All amounts are by weight

33 oz coconut oil, 76 degree* (where to buy coconut oil)

5.9 ounces lye (NaOH)** (where to buy lye)

12 oz water

.5 – 1 ounce lavender or other essential oils (optional) (where to buy lavender essential oil)

* For soap making purposes there are several types of coconut oil. The stuff I buy has a melting point of 76 degrees. This is the most commonly available kind and the preferred type for soap making. There is also a coconut oil that has a melting point of 92 degrees and another that is “fractionated,” meaning that the long chain triglycerides have been removed, leaving only saturated fats. I have not tested this recipe with either the 92 degree or fractionated oils, but it works well with the 76 degree type.

** You can often find 100% lye in the drain cleaner section of a mom n’ pop hardware store. Lye is a naturally occurring substance that can be made by burning hardwoods and boiling the ashes, but it’s much easier to just buy. If you don’t see it, ask a sales clerk for help. They may be keeping it behind the counter because it has multiple uses. Be prepared to explain that you want to make soap, not meth.

Equipment:

Note: According to Anne Watson, author of Smart Soapmaking, you can use your regular kitchen utensils as long as you follow these guidelines.

crock pot – 8 quart

stick blender

digital scale

thermometer

glass measuring cups

small glass bowls

plastic spoon with long handle (if you use a wooden spoon like the one pictured below, make sure not to use it for anything but soapmaking)

rubber spatula

sink or bowl filled with vinegar and water for cleaning anything that comes in contact with lye. Follow by cleaning with soap.

protective equipment: long-sleeved shirt, plastic/rubber gloves, safety glasses or protective eye gear

soap mold – (where to buy oval soap mold or square soap mold) A standard sized bread pan is perfect for this batch, cardboard boxes will also work

parchment paper for lining the soap mold (where to buy parchment paper online)

Photo Tutorial:

Step 1: Weigh your ingredients and set your crockpot to low

Step 2: Add water to a medium-sized glass or ceramic bowl and take it outside along with the lye and long-handled spoon. While wearing your protective gear and taking care not to breathe the vapors, slowly add the lye to the water while mixing gently. Order is important here, so make sure it is the lye you're pouring into the water.

The mixture will get very hot so be careful! Let it transition from cloudy to clear, then bring it inside. Let cool for 5-10 minutes while you work on step 3.

Step 3: Place coconut oil in a saucepan and heat to 120-130F. Make sure that your thermometer is not touching the bottom of the pot when taking your reading. (You can skip this step if you want to add your oil directly to the crockpot and wait for it to melt, but I prefer not to wait.)

Step 4: Place coconut oil in your crockpot and set to low.

Step 5: Add lye to crockpot (being careful not to splash) and stir a few times.

Step 6: Using the stick blender begin mixing toward "trace." You'll know trace is achieved when the mixture has the texture and thickness of a light pudding.

Step 7: Cover and let cook on low. During this process the oils should rise up the sides like a wave and then fold back into the mixture. Mine usually takes 45 minutes – 1 hour but the cooking time will vary depending on how hot your crock pot is. Check on it often.

Step 8: When the soap is ready it should look a little like semi-translucent vaseline with no oil puddles in the middle. There are two ways to test and see if it's done. First, dip a PH test strip and wait several minutes for it to fully change color. It should be between 7-10. If it is higher than 10 it's not done. For a slightly less scientific approach, take a little of the soap and rub it between your fingers. It should feel a bit waxy. Now touch it to your tongue. If it 'zaps' you, it's not done. Note: It is really important to make sure all the lye is converted – otherwise the finished soap can burn!

Step 9: If you're adding essential oils, wait until the mixture cools a little and then add them, otherwise they will lose their fragrance. (I skipped this, so no photo!)

Step 10: Spoon mixture into your mold and let cool. If you want to speed up this process put it in the fridge

Step 11: Unlike other bars which need to harden for 24 hours before being cut, coconut oil makes a very hard bar that will be difficult to cut if you let it dry too long. Cut as soon as it's cool and firm.

Step 12: In an area with good air flow, place bars on a rack/tray with about an inch of space between them. Allow them to dry out and harden for another few days. Though you can try your first bar right away, it's best to let them sit for 2-3 weeks to let the conditioning properties fully develop.

Shelf Life

About 1 year when stored in a cool, dry place.

Want more organic beauty tips and recipes?

Check out my latest e-book: [DIY Organic Beauty Recipes](#).

In this 180 page guide, you'll learn how ridiculously easy it is to make your own shampoo, conditioner, lotion, tooth whitener, body balm, soap, baby products and more.

Disclaimer: Sodium Hydroxide is highly caustic and should be handled carefully and knowledgeably. It is the soap makers responsibility to research safety procedures for soap making.

You might also like:

[Sea Mud Soap Recipe](#)

[DIY Bar Soap Gentle Enough for Babies](#)

[5 Myths That Have Kept You From Making Your Own Soap \(But ...](#)

[Rosemary Mint Shampoo Bar Recipe {Video Tutorial}](#)

[The Oil Cleansing Method: A How-To Guide for Clear, Radiant ...](#)

about the author: heather

Hi, I'm Mommypotamus. My mission is to help you put delicious, healthy meals on the table, find effective natural remedies for common complaints, make your own fuss-free personal care and home products, and save time and money in the process.

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[coconut oil](#), [Coconut Oil Soap](#), [Laundry Soap](#), [Iye](#), [Make Laundry Soap](#), [Oil Soap](#), [Oils](#), [Skin Care](#)

433 RESPONSES TO HOW TO MAKE PURE COCONUT OIL SOAP (FOR CLEANSING AND LAUNDRY)

MEGAN ALTON

April 8, 2013 at 10:25 am

This is great, I'm excited to channel my inner chemist. One question, is there any concern about the coconut oil melting when it gets hot outside? Like it does on my counter. Thanks!

Reply

HEATHER

April 8, 2013 at 12:40 pm

Unless it is hot enough to melt soap I wouldn't worry about it

Reply

DOUG

May 14, 2014 at 3:53 pm

Is there a way to do a cold pressed version of this soap recipe?

Reply

LYDIA

May 26, 2014 at 3:38 pm

I make soap, and the only difference between cold process and hot process is using the crockpot. Bring the soap to a trace, and then put it in a mold. It will have to cure for 2 weeks before using. I always make cold process. I usually cut the soap the day after I make it, but I have never used just coconut oil.

Reply

MICHELLE

August 22, 2014 at 3:19 pm

COULD YOU SEND ME THE RECIPE FOR COLD. THANK YOU

STACEY

April 8, 2013 at 11:50 am