



Soap Making

SCHOOL

NATURAL SOAP AND COSMETIC MAKING CLASSES

Welcome to the Bath Indulgences Class

During this class you will be introduced to several bath goodies that are actually good for your skin.

Many Bath products on the market are filled with chemicals and artificial fragrances. Though they may smell wonderful, they can be very harmful to your skin and your body.

We will be exploring the world of bath products using natural ingredients that truly benefit you. Aromatherapy and detoxifying ingredient are the perfect way to end a hectic day.

Soy Candles

Why make and use soy candles?

- Good for the environment – no soot, clean burning
- Burns longer than paraffin candles
- Renewable resource
- Biodegradable
- Washes off with soap and water

Soy Candles are a very healthy alternative to paraffin candles. They are better for your lungs and the environment.

The fumes from a paraffin wax candle are as dangerous as second hand smoke and can cause issues like asthma.

Soy wax candles are healthy and are a great vehicle for those beautiful essential oil aromatherapy blends.

Soy wax is slightly lighter than water.

To find out exactly how much wax you will need, first place your candle mold on a scale and set the scale to "0". Fill the mold to the height where you want your candle to be in the mold. You will need 86% of that weight.

If your water weighs 40 grams, you would need 34 or 35 grams of soy wax.

Please check off each step as they are completed.

- Proceed to the Candle station**
- Grab a baking tin
- Add the soy wax that is in the paper cup to the baking tin
- Take your baking tin with your wax over to the melting station
- Once the wax is melted, you will take it over to the candle station

- Add a few drops of the wax to the bottom of 2 tea lite cup
- Quickly use that melted wax to anchor the wicks to the bottom of the tea lite cup. This will stop it from shifting when you add your wax
- Using the flat stir stick, add a small scoop of color to your wax.
- Mix in and let it cool for a minute. You will notice the wax solidifying
- Decide if you have added enough color to the wax to give you the intensity you are looking for. You can add another small scoop if you want the wax darker
- Take the baking tin with your wax back over to the heating station. Your wax will be too solid to pour at this point.
- Once the wax is melted, you can take it back to the candle station and add 10 drops of essential oil to the wax.
- Stir the essential oil to blend into the wax
- Pour your wax into the tea lite cups with the wicks anchored in the middle
- Make sure the wick is evenly placed in the middle by using your stick to straighten the wick
- Allow your candles to cool and solidify completely
- Put the candles in the take home box. Label with "candles" put your name on it.
- Proceed to the next station until you have completed all 6 products.

Bath Bombs

Making Your Own Bath Bombs

- Choose your ingredients
- Customize the colour using natural sources
- Use essential oils rather than harmful fragrance oil
- Choose to use alternative ingredients when allergies are an issue

Bath Bomb Recipe

56 grams baking soda

20 grams citric acid

20 grams potato starch

2 grams marshmallow root/hemp powder etc

10 drops essential oi

Witch hazel herb in a spray bottle

Please check off each step as they are completed.

- Proceed to the Bath Bomb station**
- Grab a bowl, spoon and a bath bomb mold
- Put your name on the bath bomb mold with a sharpie
- Add 56 grams baking soda to the bowl
- Add 20 grams citric acid to the bowl
- Add 20 grams potato starch to the bowl
- Mix well with a spoon

- ❑ Pour 2 grams powdered herb into a paper cup
- ❑ Add 10 drops of essential oil to this cup of powdered herb
- ❑ Mix well with a spoon until all the essential oil is absorbed into the powdered herb
- ❑ Put your long gloves on
- ❑ Add the 2 grams powdered herb and essential oil blend to your bowl with the other powders
- ❑ Mix well with your hands breaking up any chunks of solid powder
- ❑ Time to wet your bath bomb mix and make it a consistent texture by mixing it well and not allowing the powder to bubble
- ❑ Once you reach the texture of damp sand, you will push the bath bomb powder into the molds
- ❑ The tighter you push the bath bomb powder into the molds, the harder your bombs will be
- ❑ Let your bath bombs harden and dry for 15 minutes before you pop them out of the mold.
- ❑ Put the bath bombs into the take home box Label with "bath bombs" put your name on it.
- ❑ Proceed to the next station until you have completed all 6 products.

Bath Salt

Making your own bath salt allows you to:

- Choose the exact salts and salt blends you want in your mixture
- Colour and layer with natural colours to make a custom blend
- Add the essential oils that you like to appeal to your own taste
- Stay away from chemical fillers that are usually found in commercial salts

It's always a good idea to choose salts from both the ocean and from the earth to add to your blend. This gives you a nice balance to relax your body.

You can also add dried herbs to your salt to give you even more nutrients to soak into.

Recipe

98% blend of several salts to give you different textures

1% essential oil

1% natural colour

Blend together and bottle.

You can also choose to add the different salts into several layers and colours. Work out the amount of each salt colour and essential oil separately. You still follow the 98% salt, 1% essential oil, 1% natural colour portions.

Please check off each step as they are completed.

- Proceed to the Bath Salt station**
- Grab a bowl
- Pour the dead sea salt from the paper cup into your bowl

- ❑ Pour the Epsom salt from the paper cup into your bowl
- ❑ Mix the 2 salts until consistent with a spoon
- ❑ Decide on which essential oil you would like in your salt
- ❑ Add 20drops of essential oil to the salt and stir well to distribute the scent
- ❑ Decide if you want several different layers in your salt
- ❑ If you want layers, decide how many you would like and lay out the number of paper cups you will need for each layer
- ❑ From your bowl of salt, spoon out the salt into these paper cups
- ❑ Color each cup of salt with different herb powders. A little goes a long way, you don't want to spend the night cleaning out your tub after your bath
- ❑ With a funnel, pour each cup of salt into the clear bottle, shaking to even out the salt after each addition
- ❑ Once you have all the salt in your bottle, place the lid on
- ❑ Label with "Bath Salts" and put your name on it
- ❑ Proceed to the next station until you have completed all 6 products.

Bath Oils

Making your own Bath Oil

- Allows you to avoid harmful mineral oils
- Blend several oils together that appeal to you and your skin type
- Choose your own natural colour if you choose to colour your oils
- Choose your own essential oil blend and avoid harmful chemical fragrance oils

Choosing oils that appeal to you and your skin type is the first step.

Here are some choices:

Sweet Almond Oil- greasier, lighter / long shelf life, moisturizing, skin softening, restoring. Filled with vitamin E to protect your skin, keeps the PH of the skin at normal level. Great for dry and normal skin.

Olive Oil - greasier, heavier /longer shelf life but clogs pores. Not good for the face.

Grape seed Oil – drier, lighter / very light, absorbs quickly, wonderful for acne, full of antioxidants. Great for eczema. Long shelf life.

Bath Oil Recipe

98% Oil Blend

1% Essential Oil

1% Tween 80 - coconut oil ingredient - (emulsifier that allows your essential oil to blend into your oils and not sit on top)

Please check off each step as they are completed.

- **Proceed to the Bath Oil station**
- Grab a bottle and remove the lid
- Decide on your essential oil
- Add 20 drops of essential oil to your bottle
- Add 20drops of tween 80 to your bottle
- Fill your bottle with sweet almond oil, grapeseed oil, olive oil or a combination.

- Tighten the lid and shake to distribute the essential oil throughout the bottle
- Label with "Bath Oils" and put your name on it
- Proceed to the next station until you have completed all 6 products.

Body Sugar Scrub

Why make your own body sugar scrub?

- Most commercially made body scrubs contain lots of chemicals that are quite harmful
- You get to choose essential oils that are great for your body and mind
- The organic sugars you will use are environmentally friendly and pure
- The colours you choose are all natural
- Making body sugar is very creative. There are no limits to the creative ideas you can come up with

So many sugars, herbs and powders to choose from. Not to mention all of the colour and essential oil choices.

You are limited only by your imagination.

Body Sugar Scrub Recipe

36 grams sugar (blends or single type)
8 grams powdered herbs
9 grams oil (sweet almond, grape seed)
5 grams butter (cocoa or shea)
20 drops essential oil
1 spoon leucidal (natural preservative)

This scrub is wonderful either in the morning before a long day, or after a long day when you need a wake up shower. It will leave your skin feeling smooth and silky.

Please check off each step as they are completed.

- Proceed to the Body Sugar Scrub station**
- Grab a bowl and a spoon

- Add 18 grams of fine sugar into your bowl
- Add 18 grams of coarse sugar into your bowl
- Add 8 grams of powdered herb to your bowl
- Pour 9 grams of either sweet almond oil or grapeseed into your bowl
- Add 5 grams of cocoa butter or shea butter to your bowl
- Add 20 drops of essential oil to your bowl
- Add 1 spoon of leucidal (preservative) to your bowl
- Mix well with a spoon
- Pour your freshly made sugar scrub into a jar.
- Tighten the lid
- Label with "Body Sugar Scrub" and put your name on it
- Proceed to the next station until you have completed all 6 products.

Deodorant

Making your own deodorant

- Allows you to customize the scent
- You know exactly what you put in there
- All of the damaging reports on commercial deodorants will no longer apply to you
- This deodorant will not clash with any other scents you choose to wear because it is subtle.
- This deodorant is formulated for sensitive skin
- This deodorant will not leave you feeling sticky

I love this deodorant. It works and it's fun to customize. All of the active ingredients, alum powder, is actually food grade and used in making pickles.

Use daily or a few times a day if needed. A few sprays under each arm pit is all you need.

Enjoy the fact that your deodorant is not harming your body and you have customized it how you like it.

Recipe

1.6 grams alum powder
57 grams hydrosol, tea or water
1 spoon leucidal (preservative)

Please check off each step as they are completed.

- Proceed to the Deodorant station**
- Grab a baking tin and a stick
- Choose a Tea

- Add 10 grams of tea to the baking tin add 1.6 grams alum to the tin
- Take the baking tin with the tea and the alum to the heating station
- Mix the alum in the baking tin until it has melted
- Take the baking tin back to the deodorant station
- Grab a bottle and remove the spray lid
- Using a funnel, pour the alum and tea into the bottle
- Add 1 spoon of leucidal
- Fill the bottle with more tea and apply the spray lid
- Shake the bottle so all ingredients are mixed well
- Label with "Deodorant" and put your name on it
- Proceed to the next station until you have completed all 6 products.