



# Soap Making

## SCHOOL

---

NATURAL SOAP AND COSMETIC MAKING CLASSES

### Welcome to the Butters and Balms Class

This class is all about making butters and balms without water.

#### Benefits:

- You don't need to worry about emulsifying (mixing oil and water together).
- You don't need to worry about using a preservative to help your lotion fight off fungus, mold and bacteria since they need water to survive and thrive.

# Body Butter

The main function for body butters and waterless products is

- Protect your skin
- Long lasting moisture
- Bonds moisture into your skin
- Soothing

You will be making 3 products with your body butter base

- Body butter
- Body sugar scrub
- Foot scrub

You will not be adding any water soluble ingredients to your product (ingredients that melt or bond to water).

This product is called Anhydrous

Anhydrous: a substance that contains no water.

Here are a few ingredients that we will be using that are not water soluble (do not mix into water)

Cocoa butter

Coconut oil

Sweet almond oil

Grapeseed Oil

Soft oils (oils that are liquid at room temp)

Bees wax

Soy wax

Shea butter

## Body Butter, Body Sugar Scrub and Foot Salt Scrub

Body Butter Recipe:

48 grams cocoa butter

36 grams Coconut oil

36 grams Sweet Almond or Grapeseed oil

Let's begin by creating a body butter that will be separated into 3 different products.

Please check off each step as they are completed.

- Proceed to the Butters station #1**
- Grab a bowl
- Pour the cocoa butter into the paper cup up to the fill line
- Add this to your bowl
- Pour the Coconut Oil into the paper cup up to the fill line
- Add this to your bowl
- Pour the Grapeseed (lighter oil) or Sweet Almond (richer oil) to the fill line
- Add this to your bowl

**Proceed to the Butters station #2**

- Place your bowl on top of the ice so your butter will solidify as you mix it.
- Begin mixing with the blender until it becomes smooth and thick like whipped cream

**Proceed to Butters station #3**

**Making your Body Butter**

- Grab another bowl (you now have 2) and a spatula
- Put ½ of the body butter into the other bowl. You now have ½ of the body butter in each bowl.
- Put 1 of the bowls down for now. You will be working with 1 of those bowls as your body butter.
- Add 20 drops of essential oil of your choice into the bowl you are working with
- Mix with your spatula until the butter is smooth and the essential oil is mixed in well
- Pour your body butter into a jar and label this jar as “Body Butter” put your name on it.

## **Making your Body Sugar Scrub**

This is a great way to make an exfoliating body scrub that is full of moisturizing benefits. A butter based scrub will allow your sugar to suspend into the butter without falling to the bottom of the container.

Recommended use is about 2 teaspoons per shower.

This scrub leaves your skin feeling extra smooth and takes care of removing the dead skin cells that hide your glowing healthy skin. Be careful it can make your tub quite slippery.

- Pick up the other bowl with the other half of the body butter in it
- Proceed to Butters station #4**
- Grab another bowl (you now have 2 again) and a spatula
- Once again split the body butter evenly into the 2 bowls
- Move over to the sugar side of the table
- Put 1 paper cup filled with the fine sugar into 1 of your bowls
- Put 1 paper cup filled with the coarse sugar into the same bowl
- Choose which essential oil you would like to have as a body scrub
- Add 20 drops of this essential oil to your bowl with the sugar and body butter. Mix well with your spatula
- Pour your sugar scrub into a jar and label this jar as "Body Sugar Scrub" put your name on it.

## **Making your Salt Foot Scrub**

This is a very moisturizing way to remove dead skin and detoxify your feet.

There are many ingredients that can be added including essential oils, salts and sugars, even sand makes a great foot exfoliant.

- With your last bowl, move over to the Salt side of the table
- Put 1 paper cup filled with the dead sea salt into your bowl
- Put 1 paper cup filled with the epsom salt into the same bowl
- Choose which essential oil you would like to have as a foot scrub
- Add 20 drops of this essential oil to your bowl with the salt and body butter
- Mix well with your spatula
- Pour your salt scrub into a jar and label this jar as "Foot Salt Scrub" put your name on it.

## Massage Bars

This is a great way to work out those tired and sore muscles without making a mess with massage oil. The bars soak in quickly and don't leave you feeling greasy.

### Bees wax Massage Bars

11.2 grams bees wax  
17.6 grams cocoa butter  
11.2 grams almond or grapeseed oil  
10 drops essential oil

### Soy wax vegan Massage Bars

20 grams soy wax  
5 grams Shea butter  
5 grams cocoa butter  
10 grams sweet almond or grapeseed oil  
10 drops essential oil

Please check off each step as they are completed.

- Proceed to the Massage Bars station**
- Choose between the beeswax or the vegan soy wax massage bars
- Grab a baking tin cup

- Add the wax, cocoa butter and shea (if you are making the vegan balm) to the tin cup
- Measure out either the sweet almond or the grapeseed up to the marked line in the paper cup
- Add this oil to the tin cup
- Take the tin cup to the heating station.
- As soon as the content is liquid and melted, take it back to the massage bar station
- Add 10 drops of essential oil to your massage bar tin cup
- Stir with the stir stick to combine the essential oil into the oils and wax
- If your massage bar ingredients have cooled for too long and it's starting to solidify, take it back to the heating station to re-melt
- Pour the massage bar mixture into the trays. Put your name on the tray.
- Let the massage bars cool.
- Pop out the massage bars after at least 15 minutes
- Put them in the take home box
- Label with "Massage Bars" put your name on it.

## Lip Balm

Most people are very specific about what they like in a lip balm. Texture and feel is everything.

Very emollient, very protective, almost not there, heavy feeling, etc. We are all different.

Not only do you get to explore textures, you also get to choose flavours.

Every ingredient that goes into your lip balm needs to be oil soluble. If you add a water soluble ingredient, it will float on the top and will not mix into your balm. Keep it simple and leave the water soluble ingredients out of the balm.

### **Bees Wax Lip Balm Recipe:**

4 grams beeswax  
5 grams coconut oil  
3.2 grams cocoa butter  
8 grams almond oil or grapeseed oil

### **Soy Wax Vegan Lip Balm Recipe:**

7 grams organic soy wax  
4 grams coconut oil  
2.6 grams Cocoa Butter  
6.6 grams almond oil or grapeseed oil

Please check off each step as they are completed.

- Proceed to the Lip Balm station**
- Choose between the beeswax or the vegan soy wax lip balm

- Grab a baking tin cup
- Add the wax, coconut oil and cocoa butter to the tin cup
- Measure out either the sweet almond or the grapeseed up to the marked line in the paper cup
- Add this oil to the tin cup
- Take the tin cup to the heating station.
- As soon as the content is liquid and melted, take it back to the lip balm station
- With the flat part of the stir stick, you can add a small amount of the powdered beet for color **\*\*optional\*\***
- Stir until combined
- Add 3 drops of the Loranne food grade essential oil to your lip balm **\*\*optional\*\***
- If your lip balm has cooled for too long, take it back to the heating station to re-melt
- Pour the lip balm into the small jars.
- Let it cool before covering it
- Label with "Lip Balm" put your name on it.

## Moisturizing Balm

This balm is healing and protective, glide it onto your skin for extra moisture and protection from the elements.

This balm is also great for the pads of you pooch's paws. Leave out the grapeseed (toxic for dogs) and the essential oils (too potent for our furry friends).

### Beeswax moisturizing balm

7.2 grams beeswax  
7.2 grams coconut oil  
4.2 grams cocoa butter  
11.4 grams sweet almond or grapeseed oil

### Soy wax vegan moisturizing balm

12.3 grams soy wax  
6.3 grams shea butter  
4.2 grams cocoa butter  
7.2 grams sweet almond or grapeseed oil

Please check off each step as they are completed.

- Proceed to the Moisturizing Balm station**
- Choose between the beeswax or the vegan soy wax moisturizing balm
- Grab a baking tin cup

- ❑ Add the wax, coconut oil, cocoa butter and shea (if you are making the vegan balm) to the tin cup
- ❑ Measure out either the sweet almond or the grapeseed up to the marked line in the paper cup
- ❑ Add this oil to the tin cup
- ❑ Take the tin cup to the heating station.
- ❑ As soon as the content is liquid and melted, take it back to the moisturizing balm station
- ❑ Add 10 drops of essential oil to your moisturizing balm
- ❑ Stir with the stir stick to combine the essential oil into the balm
- ❑ If your moisturizing balm has cooled for too long and it's starting to solidify, take it back to the heating station to re-melt
- ❑ Pour the moisturizing balm into the small jars.
- ❑ Let it cool before covering it
- ❑ Label with "Moisturizing Balm" put your name on it.