



Spring Carrot & Lemongrass Ginger Cold Process Soap

A bright and sunny soap bar with rich lather

Makes about six 3.25 ounce bars

Ingredients

- 6.10 ounces (38% water as percent of oil weight) water
- 2 tablespoons of Carrot Root Powder
- 2.20 ounces (6% superfat) lye (sodium hydroxide)
- 4.0 ounces (25%) Babassu Oil
- 2.4 ounces (15%) Cocoa Butter
- 6.4 ounces (40%) Olive Oil
- 2.4 ounces (15%) Apricot Kernel Oil
- 0.8 ounces (5%) Castor Oil
- 0.2 ounces Ginger Essential Oil
- 0.1 ounces Lemongrass Essential Oil

Directions:

1. Get started by measuring all of your ingredients individually using an accurate scale. Be sure and take the proper safety precautions when measuring, handling, and working with lye. For more information on prep-work for soap-making, check out our Cold Process Method post.
2. In a heavy-duty plastic pitcher or stainless steel pot combine the water and Carrot Powder. Mix well, then add the lye. Mix slowly, then set the mixture aside to cool. Use a thermometer to keep an eye on the temperature. Ideally the lye water will cool to 100 F around the same time that the oils reach the same temperature. Be sure to stir the mixture occasionally as it cools to stop the Carrot Powder from settling. The mixture may take on a pasty texture as it cools, but as long as you stir it well before adding it to the oil mixture this should be fine.
3. Meanwhile, gently heat the Babassu Oil and Cocoa Butter until fully melted. Add the Olive Oil, Apricot Kernel Oil, and Castor Oil, then heat until the mixture reaches 100 F degrees.
4. When both the lye water and oil mixture reach about 100F add the oil mixture to the soap pot followed the lye water. Immediately begin stirring the mixture with a large whisk or stick blender. Continue to mix until the mixture begins to trace. The texture should be similar to a custard or pudding, leaving a thick coating on the back of your spatula and a drizzle across the surface of the resting soap.
5. Add the essential oils, and any optional exfoliants, then stir or mix again until the essential oils have been evenly dispersed.
6. Carefully transfer the soft soap to lined molds and insulate. Allow the soap to harden for at least 24 hours before un-molding and slicing.
7. Place the sliced bars of soap on a drying rack and allow them to cure for at least four weeks before use.

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