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## **Make Soap Three Ways** with Arina from BellaCreme

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### **Chapter 1 - Make Soap Three Ways**

#### Overview

(upbeat music) - Brighten your day by bringing a glow to your skin. Hi, I'm Arina Soler, owner and operator of BellaCreme, an all natural skincare business operating out of the Hudson Valley in New York. I began making my own soap during my quest to find a cleanser that would both clean my skin and treat it very gently. Soap making may seem difficult, but I assure you it is really quite simple, and in this class I'm going to show you three different methods in which you can create your own soap. We are going to explore the cold process, hot process and glycerin soap making methods. But as long as you are equipped with care, consciousness and consideration, you are already on the right path. (bright upbeat music)

#### Materials

- The ingredients and materials that you'll need to make the soap for this class are, a carrier oil. I'm using soybean oil but there are many options available including almond, coconut and various other options. Vegetable glycerin, the highest proof of alcohol that you can find, a sugar solution which includes a one-to-one combination of sugar and water, shea butter, coconut oil, distilled water. Distilled water is very important. You can source it from any local grocery store, it might say distilled water, it may also say spring water on it but it's very important that you do not use tap water. If you use tap water it can interfere with the soap making process and cause your creation to be ruined. You have the option to add colorants and scents to your liking. For instance we're using lavender essential oil and lemon grass essential oil in class. You also have the option to add a botanical, once the soap making process is complete, such as rose petals, a colorant like turmeric or in the glycerin soap making process you can actually add food colorant, whereas in the other processes you cannot do that. The next ingredient is sodium hydroxide also known as lye. Lye is a very corrosive and caustic chemical and you must exercise extreme caution when using it. For this purpose you must have safety equipment, gloves, a mask and goggles. In addition to that, you also need vinegar. Please keep in mind that it must be distilled vinegar not apple cider vinegar. Vinegar will neutralize any spills and any burns. If you don't have vinegar on hand, you can also use milk, in which case the lactic acid that is present will also neutralize any spills and burns. An optional measure of safety equipment would be a candy thermometer. We would use this to check the temperature of our lye solution. The tools you need include a stainless steel measuring bowl, stainless steel and glass measuring cups, a scale, an immersion blender, silicone spatulas, silicone molds, soap cutters, a Crock-Pot and a towel to insulate your mold. The importance of using stainless steel and glass over other materials is that the materials may break down over time. As long as you use dirty materials you should be absolutely fine. However, do not ever use aluminum as it will react with the chemicals present and destroy your soap making process. You can find the recipes for the three processes that I'm going to teach you in your PDF.

#### Cold process soap

- We're going to make cold process soap. The first step is to turn on your slow cooker to high heat. The next step is to take your measuring glass or bowl, place it onto your scale, power your scale on. Once your scale has reached zero, you can begin to add the oils. In this case, we're using soybean

oil, but again, you have the option to choose whichever oil you'd like. Don't be confused about us using a measuring glass. We're measuring out 19.2 ounces, however, if your scale reads pounds to ounces, it may read as one pound and 3.2 ounces. Once you have completely measured out your oil, you can add it to your slow cooker. Be sure to use your silicone spatula to scrape out the sides and remove all of the oil that may be present. Replace your measuring glass back onto the scale. As soon as it reads zero, you can begin to add the rest of your oils. For coconut oil, we're measuring out 9.6 ounces. You may add your coconut oil to your slow cooker. Again, scrape the sides. This is a little easier with coconut oil, especially if it's a solid at the moment that you're applying it. For the shea butter, we're measuring out 3.2 ounces. If you come out 0.1 of an ounce over or under, it isn't a huge deal, however, you don't want a huge variation in weight. For instance, 3.8 or 4.0 or anything like that. But here we have 3.2 and we are done with our oils. We're going to add this to the slow cooker. Now you're going to cover your oils and allow them to melt. The next step would be to measure out your water. Turn off your scale, place your bowl on top of your scale. Once it reaches zero, you can measure out 12.2 ounces of water. Again, remember not to use tap water, but any bottled water will do. Remember, small variations in weight are okay. Here we have 12.2. Remove your bowl, turn off your scale. Place your new bowl on top and be prepared to pour in your lye. For this step, you'll need to don your goggles, your gloves, and your N95 mask. We're measuring 4.5 ounces of sodium hydroxide. You're wearing your goggles and your gloves and your mask now, because at times when you open up a bottle of sodium hydroxide, the fumes are very strong and powerful and they can be irritants for both your lungs and your eyes, any of the mucus membranes. You're wearing gloves because again, sodium hydroxide is corrosive and it can get on your skin and cause burns, even when water has not been introduced to the equation. Lastly, you're wearing the goggles because this is a beaded lye with granules that can bounce off, and again, get into your eyes, onto your face, into your mouth, and we want to be absolutely safe. Add lye to your water, never the opposite. Add slowly and stir gently. Sometimes lye will get stuck inside of the glass. You can remedy this by tapping the glass and also using your spatula to remove any leftover lye bits. Since you measured out 4.5 ounces, you don't want to lose any of your measurements, it will affect the outcome of your finished product. You want to stir your mixture until the lye is completely dissolved. Whenever adding lye to water, a chemical reaction occurs that causes the mixture to heat up upwards of 220 degrees. Take caution, especially when using a glass or stainless steel bowl, as heat is transferred externally and can cause you to burn your skin. If there is lye along the sides of the bowl, it is okay to tilt the bowl briefly and scrape any bits of lye that may have settled there. Once your lye mixture is settled, we can add a colorant. Here, we're using turmeric. One tablespoon of turmeric is sufficient to color your soap. However, you have the option to add more. Stir gently. You can allow your lye mixture to cool for 15 to 20 minutes. And if you wanted to use a candy thermometer, this is where you would use it. After 10 to 20 minutes, and your oils are fully melted, your lye solution is ready to be added to your oils. Be sure to pour slowly and avoid splashing. Scrape the contents of your bowl out so that you get every bit of lye solution into your oil. Right after adding your lye solution to your oil, you can turn off your slow cooker. And once this is done, you want to stir with your spatula or a stainless steel spoon for at least two minutes to allow all of the contents to combine. Once combined, you can use your immersion blender to facilitate trace. Trace is going to be similar to a pudding consistency and I'll show you exactly what it looks like once we reach that step. Again, be sure to leave your goggles on because there will be a lot of splatter from the immersion blender. (blender whirring) Every so often you can remove your immersion blender and swirl it over the top. Once there are pathways left, in the pattern that you

may have drizzled it, and they stay atop, then you know that you have reached trace. We're not there yet. (blender whirring) So here would be a great example of medium trace. In this case, we're making a soap that is unscented but this is the stage in which you would add your botanicals and any scents that you may desire. If you blend your mixture for too long, it will become too thick, and it makes it difficult to work with and difficult to pour. As you see here, it has reached full trace. The longer that you allow it to thicken, the harder it will be to manage. Now that you've reached trace, again, notice the pudding-like consistency, your soap is ready to mold. Grab your silicone mold and add your soap mixture. Gently tap your mold to settle any air bubbles, however, it's unlikely that there will be a lot. Place your mold in an area where it will be undisturbed for 24 hours. Cover it with as many towels as you can in order to facilitate gel phase and proper curing of the soap.

### Hot process soap

- Now we are going to make hot process soap. All of the steps are the same as the cold process method, the only difference is that once you reach trace, you are going to recover your slow cooker and cook your soap for an additional 90 minutes. For this hot process method, we have chosen different botanicals and scents. For instance, we have a rose botanical here as well as a lemongrass essential oil. Additionally, we will be adding one tablespoon of glycerin. It's also important to note that we did not add a colorant this time around, so our soap will not be yellow. We'll start by stirring our soap and making sure all of the ingredients are combined. When you stir your soap, you are looking for a consistency that is similar to petroleum jelly. You want the strands to be uniform in appearance and somewhat translucent, although this soap will have a final presentation of being opaque. Once you're sure that you have reached the consistency that you like, your soap is ready to have colorants and botanicals added. For this soap, we are using lemongrass essential oil and a rose botanical. The first thing that you're going to do is apply a couple of crushed petals of rose to your soap. Not the entire amount, because you also want to be able to add it to the top and bottom of your soap when you mold it. The next thing you're going to do is put your measuring cup onto your scale, power it on, and measure out 0.5 ounces or more of essential oil. If you go over by 0.2 or so, it's not a big deal, it will just make your soap's scent a lot more powerful. Then you want to apply your essential oil to your soap mixture. And now you can add the glycerin. One tablespoon of glycerin is sufficient. Gently combine and fold in all of your ingredients. If you like, you can put a few petals at the bottom, not too many, because you want them to be able to combine with the soap. There has to be enough wet material. You can also tap your soap after each layer and add additional rose petals. How you do it and what you choose to add is completely up to you, these are just suggestions. Adding glycerin helps with additional conditioning and increased lather in your soap. Now that you've put all of your soap inside of the mold, you would gently tap your mold again to release any trapped air bubbles. And then you would put more rose petals on top. Remember not too much, or it won't stick to the soap. Another option would be to take your spatula and gently tap or fold the rose petals into the first layer of your soap. Once you're done and you've put all of your ingredients into your soap, you want to place your soap in its mold into a refrigerator or our freezer, and allow it to cool down as much and as quickly as possible in order to maintain the potency of the botanicals and the essential oil that you may have added to it. Allow your soap to cool for two to four hours prior to removing it from the mold. Ensure that it is completely firm at the bottom and along the sides before unmolding your soap. The soap is safe to use right away, however, the longer you allow your soap to dry, the longer the bar of soap will last.

### Glycerine soap

- Now that we've learned the cold process and hot process method, we can move on to glycerine soap making. Glycerine soap making is super cool because not only is it often transparent, but it allows you to access the most conditioning components of your soap. To get to this point, we have done everything exactly the same as the hot process method, up to the point of adding essential oils and botanicals. We will now add glycerin, alcohol, and after 30 minutes or so, a sugar solution. You can start with your bowl on top of your scale. Power it on and wait until it reads zero. For our glycerin, we're measuring out 7.8 ounces. If you go over just slightly, again, there's no need to worry. Here, we have measured out 8.1 ounces. That's not a huge difference, you can continue to move on. Turn your scale off, turn it back on, allow it to read zero, and now you're ready to pour in your alcohol. We're measuring out 13.8 ounces of alcohol. If you can, try to get the highest proof of alcohol that you can. The higher the proof, the more likely it is to dissolve the solids in your soap and allow it to become as transparent as it can be. Okay, so we're at 13.8. You can power down your scale, stir it up and combine your alcohol and glycerin. Uncover your soap and add it in. You're going to hear a lot of sizzling. You're going to see a lot of the solids be displaced, no need to worry, this is normal, and it's actually what you want to see. You can stir it a little bit, but not too much to help with the breakdown of the fats and solids. Turn your slow cooker to high, cover your soap back up, and if you have tape, I recommend that you cover this vent hole here. It helps to trap the alcohol inside and it makes it easier for the alcohol to do its job in dissolving the solids. No peaking until most of your fats have dissolved. This can take up to 30 minutes. As we open our slow cooker, we want to be mindful of whether all of the fats have dissolved, but if they haven't, it's okay. As you stir your mixture, just be mindful of the skin here, that gives you a great idea of progress. At this point, we are going to add our sugar and water solution. Put your bowl on the scale, power it on. I'm measuring out 4.8 ounces of sugar solution. The sugar solution is going to help you obtain a clearer bar. Again, if you go over slightly, there's no need to worry. Just add it to your mixture. Cover your mixture again. At this point, you can wait an additional 30 minutes. Our soap is ready for fragrances, botanicals, and any colorants that you choose to add. Glycerin is the only soap in which you can use a standard food coloring. We're going to uncover our soap. Power down our slow cooker. Place our measuring cup onto our scale, power it on. We're measuring out 0.5 ounces of essential oil. You can choose to add more or less based on your scent preference. Take care when you're adding food coloring, it can stain. We're going to use five to 10 drops of food coloring because we're making a rose lavender soap. Give it a stir. And if necessary, you can add more. Once you have added any fragrances, colorants, or botanicals to your soap, you are ready to mold it. We've added additional liquids, so to avoid overfilling one mold, we're going to be using two. Your basin is going to be very hot, so you can use a towel or a potholder or anything you may have on hand to protect your hands. Slowly pour your mixture into your molds. Be careful of splashing from the solids. You can fill both molds halfway and backfill whatever may be left over. Wherever you see these solids, your soap will not be clear, but don't worry, it adds a nice fun and whimsical appearance to your creation. Place your soap in the refrigerator, not the freezer, and allow it to cool for four to six hours or until the bottoms and the sides, as well as the top are completely firm.

### Cutting and packaging

- We have three varieties of soap here, one from each method. We have a cold-processed, unscented turmeric bar, a hot-processed rose limon lemongrass-scented bar, and a rose lavender glycerin bar. To cut the soap, I have two types of soap cutters, one wavy, and one straight. I highly

recommend that you do not use a kitchen knife to cut your soap. Let's start with our cold-processed unscented turmeric bar. Depending on the size that you wish to have each bar, you can cut one inch or thicker, whichever you prefer. Be careful as the cutter is very sharp. You also have the option of cutting the tops off of your bar, if you want a bar that is a little smoother. In addition, you can use a grater or potato cutter to edge around the sides. Now we'll move on to our hot-processed rose limon lemongrass-scented bar. If you take a look at your bar of soap and all the beauty it has within and at the top, of course you don't want to cut this top off. It's full of rose petals and it smells delicious. Finally, we'll move on to our rose lavender glycerin bar. And for here, we're going to use the wavy cutter. Now, glycerin is a lot softer. It's going to take a little longer for it to cure. And remember those solids that I told you about? they're here and they're clouds. Isn't that nice, like being in the sky, a pink sky? Once your loaves are firm, it is best to cut them right away because the drier that they get, the more difficult it will become to cut them. After you've cut your bars into your desired thickness, you can place them on top of parchment paper, on top of a wire rack, just anywhere where they'll be allowed to dry and have access to free flowing circulation. The cold-processed unscented turmeric bar is unsafe to use until after six to eight weeks of curing. And although the rose limon lemongrass and the rose lavender glycerin bar are safe to use right away, it is highly recommended that you allow additional drying time of anywhere between a few days to a few weeks. The dryer the bar is, the longer it will last. I know that this seems very overwhelming right now, but I assure you, once you get the hang of it, you're going to love it. It allows you to share community and love with all of those around you.