MELT & POUR SOAPMAKING

For beginners



Learn the art of soapmaking
with our easy instructions,
recipes and soapmaking info

BY NICOLE & JESTER

About the authors

Hi, thanks for stopping by! Eight years ago, we moved from Holland to Bolivia to create a life that lets us explore our passions and live more in tune with nature. When the pandemic hit, our life in Bolivia changed a lot. Suddenly we spent much more time at home together with our two young daughters.

A welcome change that made us feel much closer as a family. We were lucky; we stayed (mostly) healthy. Nevertheless, the events in the past couple of years made us much more appreciative of our health and the life we have built here, in the heart of South America.



Nicole & Jester

Any questions, tips or comments? Reach out to us, we are happy to help: info@zenseme.com

Most of all, it allowed us to reevaluate our goals, take on new challenges, explore new hobbies and deepen existing ones.

We are both creative types – Nicole is a designer and makes clothing made from Alpaca wool and in her free time she loves to make soaps, sometimes with our children and sometimes on her own.

We couldn't help but think 'if we love doing this, other people may love it too!'. So what started as a hobby has since grown into a family business. We started creating our own soap making kits, and now also have 2 different types of soap bases with a specific focus on natural ingredients.

We want to continue to make products that people would truly love: of superior quality, with exquisite scents from essential oils, thoughtful packaging, and an artisan feel. So we hope that this book and the soapmaking craft will bring you all the joy, relaxation, and fun it has given us. You deserve it.

All the best from Bolivia,

Nicole & Jester

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Introduction

If you are reading this there is a good chance you have bought one of our soap making kits or our soap base. Even if you didn't then you'll find this E-book still very useful to start and learn the art of soapmaking.

When we designed and created our soap making kits there were a few things we took into account. First, it has to be as natural possible. That's why you will find essential oils in our kits instead of fragrances, and that's also why our soap base is made out of the most natural ingredients possible. Second, it has to feel natural and be easy to make soaps. Melt & Pour soapmaking is the easiest way to start. In this book we will guide through those first steps.

In Part 1 you will find background knowledge on melt & pour soapmaking, techniques and what we will use to create soaps, like our soap base, essential oils and dried flowers. Then Part 2 is about getting ready and in Part 3 we get to it, soapmaking time! You will find a bunch of recipes for you to try out. Remember that these are just guidelines, apply your own creativity, adjust and add ingredients where you like.

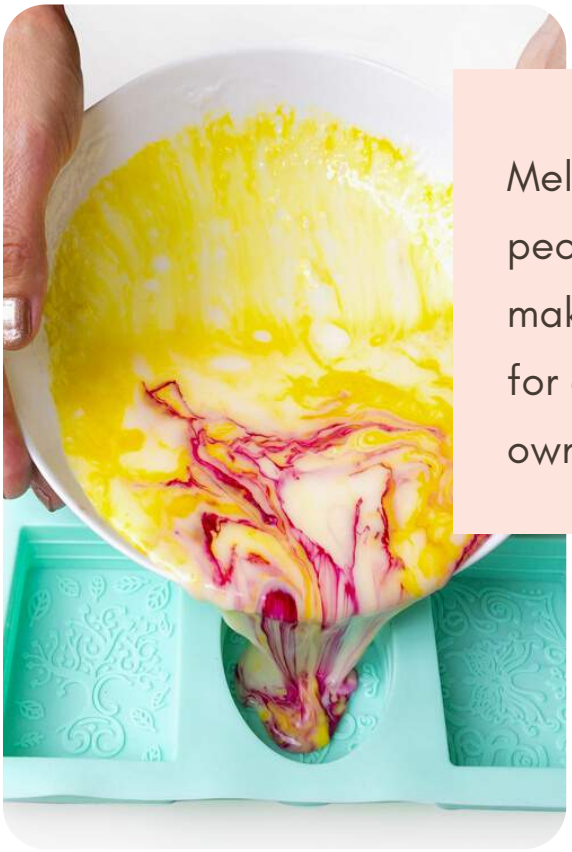
Let's get started!

Part 1:

Melt & Pour Soapmaking



Chapter 1: What is Melt & Pour Soapmaking?



Melt and pour soap is the best option for people who are just starting out with soap making or for those who are just looking for a fun activity or hobby to do on their own or with their family members.

Basically all you have to do is melt the soap base and then add your favorite essential oils, colors and herbs or flowers and then pour it into a soap mold and let it cool off for a an hour or so and there you have it: a beautiful, natural and homemade soap bar.

In other words, you don't need any special equipment and you can it with the comfort of being in your own kitchen.

The soap base that you are using is a pre-made soap base, meaning that it has already gone through a process and is now ready to just melt and pour.

There is no chemical processing involved. This is why it is such a great option for beginners. And once you get the hang of it, you can start experimenting with more advanced techniques like the ones we explain in Chapter 5: swirling, layering and embedding.

So whether you bought our soap base, or the soap making kit, both come with soapbase that has already gone through this process that we call the 'saponification' process.

What is the 'saponification process'?

In the saponification process mostly different types of oils like for example shea butter are combined with lye to form solid soap. The word 'sapo' actually comes from Latin and translated it means 'turning into soap.
So like mentioned, the product is solidified soap base, but chemically this soap base is a fatty acid salt and the distribution of the saturated and unsaturated fatty acids makes all difference. This can make a soap base hard or soft, lather better, moisturize better or clean better.

At ZenseMe, when creating our soap base we have already done all this hard work and tested out a lot of different soap bases to come to the best one, with the best ingredients. This saponification process normally takes 24-48 hours to complete once poured into a mold. But after it has to airdry for another 4 to 6 six weeks.

The process itself also requires a lot more caution. The lye involved is a very caustic chemical and produces dangerous fumes. You would have to wear protective gear and work out of a place much more ventilated than your kitchen.

So when you are just starting out it is just better to avoid handling lye and use our soap base straight out of the package, making it a safer alternative to this, what they call ‘cold process’ soapmaking.



Soaps made with Melt & Pour soapmaking

Chapter 2: Soap Base

You skin deserves only the best. When you use products like soaps and cleansers, the ingredients in these products are absorbed into your skin - both the good and the bad. If you want to care for your skin to keep it healthy and protected, the best thing you can do is to learn about the most popular soap base ingredients and their role in skincare products.

Our ultimate guide to soap ingredients takes you through the different ingredients that we use for our soap bases. We have 14 ingredients in total and are transparent about the roles that they play in our soap products. This guide takes you through each ingredient individually, highlighting their purpose and benefits, so that you can confidently buy our Glycerin, Goat's Milk and Shea Butter soap base.

When you're using our 'melt and pour soap base', you want to account for what each of these ingredients has to offer. Making handmade soap bars is a chance for you to take control of your skincare and give your skin the nourishment it needs.

Read on to find out more about each of our 14 soap ingredients to discover the role that they can play in your homemade soap bars.



Coconut Oil

What is coconut oil?

Coconut oil is a hydrating ingredient that is rich in lipids, which moisture and replenish your skin. It contains a blend of highly concentrated lauric acid, which protects, hydrates, and nourishes. Coconut oil is rich in fatty acids and acts similarly to mineral oil but is a non-fragrant plant kernel oil that acts as an emollient.
This soap base ingredient is made up of a mixture of fatty acids, including lauric, linoleic, oleic, palmitic, stearic, and myristic acid.

What does coconut oil do?

Coconut oil is primarily used for its hydrating properties as it limits moisture loss to brighten your complexion and prevent your skin. You can think of coconut oil as a natural anti-aging ingredient as it plumps your skin to prevent sagging and wrinkles. It helps to diminish the appearance of fine lines by promoting cellular turnover.



What are the benefits of coconut oil?

As it contains lauric acid, coconut oil is an antibacterial that works to kill bacteria and prevent inflammation in your skin. We incorporate coconut oil into soaps for its exfoliating properties as it helps to exfoliate dead skin cells to smooth the texture of your skin.
It leaves your skin silky-smooth, while helping you achieve all-day hydration.



As an anti-inflammatory, coconut oil can also boost your skin's natural protective barrier to prevent free radical damage. As an antimicrobial, coconut oil is an ideal treatment for acne and to prevent breakouts and inflammation.

Glycerin

What is glycerin?

As a humectant, glycerin attracts moisture to your skin. It's helps to protect and hydrate your skin and is used in virtually every beauty product. A 2014 Cosmetic Ingredient Review named it as the third most popular ingredient after water and fragrance. You'll struggle to find any moisturizer that doesn't contain glycerin.

What does glycerin do?

Glycerin is typically used as a moisturizing agent, helping to lock-in hydration for your skin. As a natural product, your risk of having a reaction to glycerin is extremely low. Glycerin is derived from plant-based oils and has been used in soaps since the mid-19th century. It's the perfect ingredient to add to a vegan soap and is suitable for sensitive skin, while also helping to treat conditions like acne, dermatitis, and rosacea.



What are the benefits of glycerin?

Glycerin works to hydrate the outer portion of your skin, while improving your skin's natural protective barrier to prevent against free radical damage. It also soothes your skin and protects against irritation, while accelerating the healing process for scars and other imperfections.

EDTA

What is EDTA?

It's easy to overlook EDTA on an ingredients list and shrug it off as another chemical. EDTA – otherwise known as ethylenediaminetetraacetic acid – helps to improve the foam produced by soaps and personal care products. It's suitable for all skin types and is safe to use in beauty products.

What does EDTA do?

EDTA is used in soaps and beauty products as a preservative to prevent the development of bacteria in the product. It helps to extend the life of your soap and prevent contamination, which can lead to irritation in your skin. We add EDTA into soaps to prevent them becoming mouldy or producing scum.

What are the benefits of EDTA?

EDTA as a soap base ingredient serves two primarily functions. It helps create a lather with your soap, making it easier to cleanse your skin, while also acting as a preservative to extend the useability of your soap. If you want to create a soap with a velvet lather that you can enjoy for weeks on end, EDTA is an essential ingredient.

Propylene Glycol

What is Propylene Glycol?

IAnother humectant is propylene glycol, which helps give your skin the extra hydration it needs to develop a silky-smooth texture. This water-soluble ingredient is found in almost all personal care products as a multi-tasking ingredient that protects and rejuvenates your skin. Propylene glycol works in soaps to help the water-based ingredients absorb into your skin.

What does Propylene Glycol do?

Like EDTA, propylene glycol acts as a preservative to extend the lifespan of your soap. Propylene glycol can also boost the effectiveness of the other active ingredients in your soap to help you achieve the maximum results. It also helps ingredients penetrate deeply into your skin.

What are the benefits of Propylene Glycol?

As an emollient, this ingredient attracts and locks-in water to give your skin all-day hydration. It acts as an anti-aging ingredient to diminish the appearance of fine lines and wrinkles, while keeping your skin moisturised to prevent dryness and irritation. This ingredient is suitable for all skin types, including sensitive skin. As a moisturiser, it helps to diminish the appearance of imperfections, including acne scars.

Goats Milk

What is Goats Milk?

Goat's milk isn't just for your friend. It's a popular moisturizing ingredient that hydrates and nourishes your skin, while helping to prevent premature aging. Goat's milk has been used for generations to treat sensitive skin and is ideal for those who want a gentle soap to cleanse and moisturize your skin.

What does Goats Milk do?

Goat's milk is gentle soap base ingredient but effective as it has the same pH as your skin, meaning you can avoid irritation and inflammation. One of the main components in goat's milk is lactic acid, which hydrates and gently exfoliates your skin to repair damage.

What are the benefits of Goats Milk?

As a natural humectant, goat's milk helps your skin attract and retain moisture to keep it hydrated all-day long. It's rich in vitamins, fatty acids, and probiotics that repair, rejuvenate, and protect your skin.

If you want to create an all-natural soap, goat's milk is one ingredient you'll be reaching for. It helps to smooth and brighten your complexion as an all-in-one ingredient.



ZENSEME

Benefits to your skin:

- Real liquid Goat's Milk
- Full of Vitamin E
- Excellent moisturizer



Safe & easy to work with!
& Foams and lathers well

Myristic Acid

What is Myristic Acid?

IMyristic acid is an emulsifier and surfactant that adds stability to your soaps to prevent the different ingredients from separating. It's a fatty acid – also known as tetradecameric acid – that is naturally occurring in palm kernel oil and coconut oil.

What does Myristic Acid do?

When you use myristic acid in your soaps, it helps to prevent the water-based and oil components of your soap from separating, helping to thicken the emulsion to make it more stable. As a surfactant, myristic acid works to gently cleanse your skin and is easy to rinse off.

What are the benefits of Myristic Acid?

Using myristic acid helps you get the most out of your soap by preventing it from breaking apart while in use. It works to thicken the ingredients in your soap, while providing a natural base for your product.



Lauric Acid

What is Lauric Acid?

ILauric acid is one of the fatty acids that you'll find in coconut oil, along with other natural facts. It is a saturated fat and medium-chain fatty acid, containing twelve atom carbons.
It's commonly found in beauty products as it has a pleasant natural scent that gives a refreshing fragrance to your soap. It has antimicrobial properties that help to cleanse and smooth your skin's texture, making it a popular ingredient for anti-aging products.

What does Lauric Acid do?

We primarily use lauric acid in soaps for its antibacterial and anti-inflammatory properties. It's also a preservative that helps to extend the shelf life of your soap. It works to repair and cleanse your skin, while tackling acne and breakouts. Lauric acid is popular for its antimicrobial properties, which helps your skin fight against bacteria and breakouts.

What are the benefits of Lauric Acid?

As lauric acid is anti-fungal and anti-microbial, it's ideal for tackling acne by cleansing your skin and removing bacteria. It can also help to tackle inflammation and soothe your skin. If you suffer from psoriasis, lauric acid can help moisturize your skin to prevent dryness.

Sodium Hydroxide

What is Sodium Hydroxide?

Sodium hydroxide is an alkaline ingredient that helps soap maintain its pH level. Also known as 'lye', it's a common ingredient for soaps and cleansers. It acts as a film for amino acids and oils, helping to protect your skin from oxidative stress and free radical damage.

What does Sodium Hydroxide do?

It's used in soaps to help incorporate oils into the formula and is suitable for all skin types. The primary purpose of this ingredient is to maintain the soap's pH level, which is important to prevent irritation. It's considered a 'basic'ingredient that you'll find in almost all soaps and cleansing products.

What are the benefits of Sodium Hydroxide?

Sodium hydroxide is a cleansing agent that has a highly alkaline concentration, helping to establish and maintain the soap's formula. It's a necessary ingredient in soaps to maintain a specific pH level to allow the soap to gently cleanse your skin.

Shea Butter Oil

What is Shea Butter Oil?

Shea butter oil comes from shea nuts that are processed to create a hydrating oil. This natural ingredient is rich in magnesium, protein, and potassium. It's also made up of essential fatty acids that hydrate and replenish your skin. As a non-reactive ingredient, it works as a moisturizing and conditioning agent in your soap.

What does Shea Butter Oil do?

This ingredient acts as an anti-inflammatory that soothes your skin to tackle redness and irritation. Shea butter oil is rich in antioxidants that protect your skin against free radical damage, preventing premature aging. It helps to smooth your skin to create a dewy, natural glow.

What are the benefits of Shea Butter Oil?

Shea butter oil is a multi-tasking ingredient that moisturises your skin, helping to diminish the appearance of everything from blemishes to stretchmarks and acne scars. It helps to boost your skin's natural protective barrier to prevent UV and free radical damage.



Sodium Methyl Cocyl Taurate

What is Sodium Methyl Cocyl Taurate?

Sodium Methyl Cocoyl Taurate is derived from fatty acids in coconuts, acting as a foaming agent and popularly used for its moisturising properties. This ingredient is safe for sensitive skin and is typically found in baby products. It's also eco-friendly as a biodegrable ingredient.

What does Sodium Methyl Cocyl Taurate do?

It acts as a surfactant in soaps and cleaners, allowing the oils within the soap and the water to blend. You'll typically see Sodium Methyl Cocoyl Taurate being used as a natural alternative to sulphates and silicones, which can irritate your skin. It's a popular ingredient for anti-acne products as it prevents inflammation and breakouts.

What are the benefits of Sodium Methyl Cocyl Taurate?

What makes this ingredient so popular is that it gently cleanses your skin to remove impurities without stripping your skin of its natural oil. It leaves your skin feeling soft and smooth. This mild surfactant nourishes your skin and helps keep your skin hydrated, without using harmful sulphates.

Sodium Stearate

What is Sodium Stearate?

Sodium sterate is an emulsion stabilizer and is one of the 'stearate salts'. It's a fine white powder that is popularly found in personal care products, including skincare and soap. This ingredient is a stabilizer that helps to thicken your soap, allowing you to mould it into any desire shape or size.

What does Sodium Stearate do?

It acts as a lubricating ingredient that prevents the emulsions in your soap from separating with use by thickening the lipid ingredients in your soap. This vegetable-based material typically comes from coconut and palm oils, helping to create a rich later for your soap.

What are the benefits of Sodium Stearate?

The benefit of using sodium sterate is that it hardens your soap, allowing it to take whatever shape or size you desire. You'll find this ingredient in almost every soap on the market as it acts as a mild cleanser, acting as an alternative to harsher surfactants.



Sorbitol

What is Sorbitol?

When you hear that sorbitol is a sweetener, you might wonder how it ended up in your soap's ingredient list. It's a naturally occurring sweetener that you'll usually find in plants and fruits. Sorbitol is a humectant that helps to smooth your skin, while also thickening the soap. You'll typically find it used in soaps as a conditioning agent, preventing moisture loss to keep your skin hydrated and protected.

What does Sorbitol do?

Sorbitol is used in soap as a prebiotic ingredient, helping to promote the healthy bacteria in your skin, meaning it can fight off harmful bacteria. It works as a hydrating and moisturizing agent that visibly brightens your complexion, improving the texture of your skin and its overall health.
Within your soap, sorbitol acts as a thickening agent that helps you apply the soap evenly and smoothly against your skin, it also helps to create a gentle lather.

What are the benefits of Sorbitol?

This ingredient is suitable for all skin types and won't cause irritation. It also works well with most ingredients, making it ideal for your homemade soaps. You can use sorbitol as an anti-aging ingredient as it acts as a humectant that attracts water to your skin, giving it a healthy, dewy glow.

Betaine

What is Betaine?

Betaine is an ingredient that naturally occurs in the body. It's a gentle hydrator that keeps your skin plump, healthy, and youthful. This amino acid is found primarily in hair and skincare products to soothe, hydrate, and prevent premature ageing.

What does Betaine do?

The primary purpose of betaine is to hydrate your skin as its molecular structure allows it to deeply moisture your skin for all-day hydration. It gives your skin a smooth, silk-like feel. Betaine also protects and soothes your skin, making it ideal for sensitive skin types.



It boots your skin's natural protective barrier to prevent free radical damage.

What are the benefits of Betaine?

TAs a hydrating ingredient, betaine is typically used in anti-aging products to diminish the appearance of fine lines and wrinkles. It helps to plump your skin, while softening and smoothing its texture. For the same reasons, you can use betaine to diminish the appearance of acne scarring.

Betaine is an ingredient that protects, repairs, and rejuvenates your skin. Whatever your skin type is, betaine is an essential ingredient that will help balance your skin's moisture levels and prevent dryness.

100% Organic

Care about today and the future. Be organic! Our soap base has no SLS/SLES, is PEG & Soy Free, Phthalate free, Paraben free, Cruelty free and Non-GMO.



Stearic Acid

What is Stearic Acid?

Stearic acid - also known as octadecanoic acid - is a long-chain fatty acid that is derived from plants and animals. It is a natural cleansing agent that works to remove excess oils, bacteria, and dirt from your skin. It's a multi-tasking active ingredient that acts as an emollient, emulsifier, and lubricant.

What does Stearic Acid do?

Steraic acid works to harden your soap to create a rich lather that feels like velvet against your skin. It's ideal for using on soap that you intend to use before shaving as it helps promote your skin's overall hydration.

Steraic acid helps to remove excess oils from your skin to tackle breakouts and blackheads. What makes this ingredient ideal for soaps is that it creates the smooth and creamy feel that soothes your skin.

What are the benefits of Stearic Acid?

In soaps, steraic acid acts as a natural emulsifier to harden and prevent the ingredients within your soap from separating. It's considered a safe ingredient for all skin types and is commonly found in other moisturizing ingredients, such as cocoa and shea butter.

WHAT OUR SOAP BASE DOESN'T CONTAIN

When you're looking through our 'Melt & Pour Soap Base' products Glycerin, Goat's Milk and Shea Butter, you'll find several characterises used to describe these soaps bases. Instead of describing what is in the soap, they also state what isn't in your soap base.

We believe that education is an important part of soap making and it can help you make the right choices when buying any product for your skin, including other beauty and skincare products.

Here we explain to you the 6 characteristics of our soap bases, that we specifically **avoid**. It helps to understand better what we have to offer for your skin, taking your homemade soap bars to the next level. These characteristics are an easy way to differ cheap and low quality soap base from the gently soap base that will nourish and protect your skin, without causing irritation.

Read on to find out more about these six characteristics.

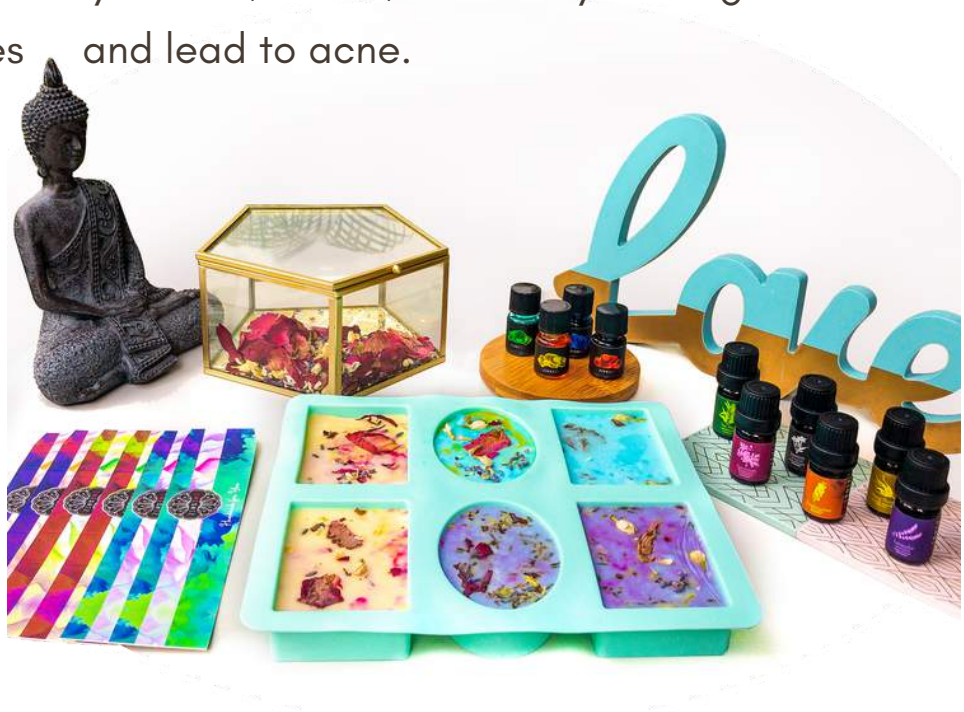


SLS

When a product is labelled with ‘no SLS’, it means that it does not contain sodium lauryl sulphate. You’ll also see ‘no SLS’ being referred to as ‘sulfate-free’. SLS is a foaming agent that you’ll find in dozens of cleansing products, including shampoos and soaps. SLS can cause irritation to your skin, with ‘no SLS’ formulas giving you a gentler cleanse that soothes your skin.

You typically find SLS in inexpensive brands, who use it as a cheap cleansing agent that produces an excessive foam when used. While it cleanses your skin, it also stripes your skin of its natural oils, leaving it dry and dehydrated. One reason why you want to avoid SLS is because it’s an ingredient that was originally developed to wash your clothes – and not your skin!

If you have sensitive skin – including eczema – you want to avoid SLS at all costs. Using products that contain sodium lauryl sulphate can result in irritation to your skin, mouth, and also your lungs. It can also clog your pores and lead to acne.



SLES

SLES stands for ‘sodium laureth sulphate’, a chemical with a similar composition and used as SLS. In fact, SLES is a by-product of SLS, which goes through a process known as ethoxylation. You’ll typically find SLES used alongside surfactants within the beauty industry.
While SLES is not as harsh on your skin as SLS, it can be just as damaging. It’s used in shampoos and soaps for the same reasons of a cheap ingredient that creates a lather when used.

When a product states that it contains ‘no SLES’, it means that the product is free from sodium laureth sulphate and uses alternative ingredients to create a lather. A more nourishing alternative to SLES is sodium cocoyl isethionate and sodium lauroyl sarcosinate.
Just like SLS, this ingredient is harmful for your skin as it strips away your skin’s natural oils. It can cause your skin to become dry or develop conditions like eczema.

Soaps that contain no SLES typically use glycerin as their primary ingredient to create a lather. Not only is glycerin a popular ingredient for homemade soap, but it’s also one of the most used in the industry. It works to hydrate and moisture your skin, acting as a humectant to attract water.

PEG

Our soap bases are 'PEG free', which means that it does not contain polyethylene glycol, an ingredient that derived from petrochemicals. Not only is it harsh on your skin, but it's also damaging for the environment. Just like SLES and SLS, PEG is a cheap ingredient that is used to keep the price of cosmetics low.

PEG is used as an emulsifying agent, as well as being an emollient that softens and smooths your skin. While this might sound like a good thing, the dangers of using PEGs far out weight the benefits. There are wide-ranging concerns around the health risks associated with PEGs, including their ability to cause dermatitis.

The environmental impact of PEG is one of the reasons why we do not include it in our soap bases. One of its primarily components is ethylene oxide, a toxic and sensitising chemical that is damaging to the environment.

As PEG is not bio-degradable, this ingredient makes its way into the water system and is harmful to marine life and the local community.



PHTHALATE

Phthalate is a man-made chemical that is typically used to make plastics more flexible and durable. So, why does it end up in bodycare products? It's usually included as a fragrance agent to amplify the scent of your soap. When you're breathing in the floral aroma of your favourite soap, you might also be breathing in chemicals like phthalate.

Our soap bases are proudly phthalate free, meaning that you won't find any traces of this chemical in our formulas. Phthalate is a chemical that can negatively impact your hormones and even increase your risk of cancer.

PARABEN

Our soap bases are paraben fee, meaning that they're made without harmful chemicals that can irritate your skin. These chemical preservatives have been commonly used in the personal care industry since the 1920s and have come under question in recent years for their long-term consequences.

The danger behind parabens is that they mimic oestrogen, a human hormone, meaning that they interfere with your hormone balance. Parabens are quickly absorbed into your skin and can lead to allergic reactions, typically causing issues like redness, irritation, and flaking. The most common parabens that you'll find in soaps include methylparaben, propylparaben, and butylparaben. We've skipped all these chemicals and other parabens when making our soap bases to create a product that won't negatively impact your health and hormones.

Animal Testing

In the personal care industry, 'cruelty free' is quickly becoming the gold standard and something that consumers have come to expect. When a product – like our soap bases – are cruelty free, it means that they are developed without any aspect of the process involving cruelty against animals.

Our soap bases are proudly cruelty free, with none of the ingredients tested on animals. When a product is cruelty free, none of the activities involved in the creation of the product – and its ingredients – involve harming or killing animals. A product is not considered cruelty free if it is tested or made from animals.

One thing to consider when you see that a product is 'cruelty free' is whether the product is truly cruelty free or whether it's simply no longer tested on animals in its final form. There are no regulations around the use of the term 'cruelty free', so it's always worth doing your research – even when you see the label on a product.



We make our famous 'Melt & Pour Soap Bases' products Glycerin, Goat's Milk and Shea Butter with ingredients and formulas that are kind to your skin and the world around us, including animals. As most of our ingredients are naturally derived, there's no need to test them on animals.

Chapter 3: Essential Oils



The ZenseMe Soap Making Kit for Adults contains 6 Essential oils: Lavender, Jasmine, Geranium, Frankincense, Tea Tree and Ylang Ylang. All **100% pure, natural, unfiltered and undiluted**. For the best skin care girls needs!

Essential oils are a gamechanger for homemade soaps. Not only do they bring a natural fragrance, but they also bring with them nourishing benefits for your skin.

We're sharing with you the essential oils that are included in our Melt and Pour Soap Kits. We'll take a look at each of our six therapeutic essential oils, including their benefits, and recommend which ones you can mix and match.

What are the benefits of our essential oils?

Essential oils are a hallmark piece of the ZenseMe soap making kit. They're one of the most important parts of making your soap, adding a natural fragrance while infusing your soap with healing properties. You can personalise your soap by adding essential oils that work for your body and rejuvenate your mind.

Essential oils have a high concentration of plant essence, meaning you only need a few drops for your soap. These oils are extracted through distillation from the plant. At ZenseMe, we use 100% pure and undiluted essential oils to give you all the benefits of the plant.

Fragrance vs. Essential Oils

Fragrance and essential oil are as different as day and night. While your essential oil will give you a natural scent, fragrance oils create a synthetic scent that is made using chemical compounds. Fragrance oils can often irritate your skin, particularly if you are sensitive to certain chemicals. Synthetic fragrance is something most people try to avoid, whether it's in skincare or beauty products. You'll even find these in everyday cleaning products to give them a potent scent.

Essential oils are more environmentally friendly and come packed full of nutrients and vitamins that will nourish and protect your skin. If you're looking to create a luxury experience with your soap, then essential oils are a perfect choice.

We're running you through the six therapeutic essential oils that come with our Melt and Pour Soap Kit, so you'll know exactly which ones to use for your homemade soaps.

Jasmine



Jasmine oil comes from the white flowers of the Jasminum officinale, which can be found in warm climates and is believed to come from Iran. It's synonymous with its romantic scent and is used in some of the most famous women's fragrances in the world, including most of the scents by Chanel.

Jasmine oil is an antiseptic that will cleanse your skin and combat bacteria while treating infections. Essential oils have been commonly used to help relieve the symptoms of menopause, with jasmine being one of the most popular choices. It's a must-use essential oil for anyone looking to use their soaps for aromatherapy.

Frankincense



Frankincense oil has been nicknamed the 'liquid gold' for your skin. It protects your skin from oxidative stress while tackling bacteria and blemishes on your skin to keep your skin clearer. Frankincense oil is largely thought of as a miracle ingredient for its anti-aging properties.

As an anti-inflammatory, it can help relieve the symptoms of arthritis and joint pain.

Using frankincense oil can help improve asthma, which is what this essential oil has been used to treat for generations. It adds a spicy scent to your soap that is perfect for a musky soap.

Lavender



Lavender essential oil is one ingredient you'll find in a myriad of beauty and skincare products. It can treat acne by unclogging your pores to treat it at the source and reduce the redness left behind on your skin. As a hydrating ingredient, it can soothe dry skin and even treat conditions like eczema and psoriasis.

With its anti-inflammatory properties, lavender essential oil can lighten your skin and diminish the appearance of dark spots and blemishes. It protects your skin from free radical damage to boost your collagen and elastin supply, preventing fine lines and wrinkles.

Lavender is the perfect choice for helping you to relax at the end of a long day.

Tea Tree



The best way to use tea tree essential oil is through a soap, as you should never apply it directly to your skin. You only need to add one or two drops of it to your soap batter.

This essential oil has something to offer every skin type. It will reduce the symptoms of dry skin, including itching and irritation.

If you have oily skin, the antiseptic properties in tea tree essential oil mean it can help stabilise your oil production and balance your pH levels. As an anti-inflammatory, it works to soothe redness and reduce swelling.

Ylang Ylang



Ylang Ylang is a powerful anti-bacterial that acts as a cleanser for your skin. It balances your skin by helping to regulate your sebum production to reduce excess oil production.

You can add it into your soap as an anti-aging ingredient as it protects your skin from free radical damage to reduce collagen and elastin loss.

It's known as the 'flower of flowers' and is considered one of the best essential oils for your skin.

Geranium



This essential oil is derived from the leaves of pelargonium graveolens, which originates from South Africa.

It's packed full of antibacterial and antiseptic properties that can treat acne breakouts, irritation and reduce skin infections.

It's a popular choice for reducing stress and anxiety as an aromatherapy scent. Geranium essential oil will help you relax and reduce depression.

What to consider?

You want to make sure you use only a small amount of your essential oil and don't overload your soap with it. Using too much essential oil could cause an allergic reaction.

If you have sensitive skin, it's usually a good idea to do a patch test on your skin with a little drop before making your soaps. If you don't see any reaction on your skin after 24 hours, then you'll be good to go!

Pregnant women should avoid essential oils or get advice from their doctor before using them.

Which essential oils should I mix?

You might find that you want to use more than one essential oil for your soaps. When it comes to blending your essential oils, you want to decide if you're focusing on fragrance or therapeutic properties. Here are a few of our favourite essential oils to mix and match together to create a personalised soap.

- Lavender + Ylang Ylang
- Lavender + Frankincense
- Ylang Ylang + Frankincense
- Frankincense + Tea Tree
- Geranium + Ylang Ylang
- Geranium + Frankincense

Our Soap Making Kit for Adults provides you with all 6 essential oils, and everything else you need to make your own organic homemade soaps.



Chapter 4: Dried Flowers & Herbs



Making your own at-home soaps is a hands-on hobby that can nourish your skin and allow you to embrace your inner creativity. At ZenseMe, we love to add herbs and flowers to our homemade soaps to make them unique. It's the perfect way to infuse a little personality into your soaps.

If you've ever found yourself walking around smelling soaps in a store, it's usually the herbs and flowers that draw you in. These natural ingredients can protect and hydrate your skin, giving you better results than over-the-counter products.

We're telling you all about our favourite herbs and flowers and how you can add these to your soap recipe.

The herbs to use for your soap

You're spoilt for choice with herbs that you can add to your homemade soaps. It's a good idea to consider things like therapeutic benefits and smell when choosing your herbs.

We've rounded up a few of our favourite herbs that we love at ZenseMe.

• Chamomile has a soft fragrance that is perfect for a relaxing homemade soap.
• Lemon balm will kill bacteria, making it a great choice to add for a soap you intend to use in place of handwash.
• Peppermint is a natural antibacterial and will give your organic soap a squeaky-clean scent. It cleanses your skin without causing irritation.
• Rosemary is an anti-inflammatory that can treat skin conditions like eczema by hydrating the skin. It's also good at tackling acne breakouts.

The flowers to use for your soap

Flowers are the perfect way to add a botanical twist to your homemade soaps. You'll get a lovely natural fragrance and scent that will linger without irritating your skin.



Here are a few of our favourite flowers to use in your homemade soap:

· Calendula is a nourishing flower that tightens your skin to create a plumper appearance while protecting your collagen and elastin.
· Dandelions have been shown to help with cellular turnover to prevent premature aging while also reducing skin inflammation.
· Lavender gives you a relaxing scent that will put you straight to sleep. This flower is an antibacterial that will help treat body acne, scarring, and wounds. You can add it into your soap to make it a gentle exfoliator to help remove dead skin cells.
· Rose petals will soften your soap and nourish the skin, thanks to their vitamin-rich composition. It'll hydrate your skin and help with moisture retention. (It's best to add rose petals on top of your soap!)

Compared to soaps you purchase in department stores, adding herbs and flowers can help you make an organic and vegan soap that gives you a luxury experience. You can customise your choice of herbs and flowers to address specific skin concerns to make it one of a kind.

What to look out for

Before using your herbs, you want to make sure they're stored in a dry place, like a sealed container. It's worth investing in a few glass jars if you're intending to turn your homemade soaps into your new hobby.

If you want to cut the herbs and flowers down into a smaller size, you can use a spice grinder to turn them into a powder-like consistency.

It's easy to go a little overboard with your herbs and flowers. You want to usually weigh it out with 1-2tsps for every pound of oil that you're using.

Dried vs. fresh herbs & flowers

It's a good idea to opt for dried herbs where possible. If you add a fresh herb to your soap batter, you risk issues like mould occurring. The water that is still inside the herbs and flowers allows microorganisms to continue to grow when you add it to your soap. The drying process for herbs removes the water and means you don't have to worry about bacteria or microorganisms reducing the life span of your organic soap.

Not every herb falls into this category! Some herbs are drier by nature and can be added in fresh. These herbs include lavender, rosemary, and thyme.

When it comes to flowers, the rules are slightly different. You want to avoid using dried roses and lavender as these will lose their colour. If you want to use a flower that will maintain its colour, keep an eye out for yellow flowers like calendula. You can keep your more vibrant flowers and add them to the top of your soaps, so you can still get the look and benefits of the flower.

Fresh flowers are just like herbs and can be a breeding place for bacteria and mould. If you decide to use fresh flowers, it's a good idea to puree them beforehand, but this should only be used for yellow and gold flowers to avoid browning.

How to add herbs & flowers to your soap

It's worth noting that if you place your dried herbs in whole, they will often look darker in your soap once it's all set. If you want a more sprinkled effect, you can pulse your herbs using a blender or by cutting them up beforehand. The same tip applies to flowers, although you may want to cut these by hand for a more uniform look.

One of the easiest ways to incorporate your herbs and flowers into your handmade soap is through essential oils. You can add them alongside the essential oils to the batter of your soap. When you infuse these with your essential oils, you'll get a more potent colour and the added benefit of the therapeutic properties.



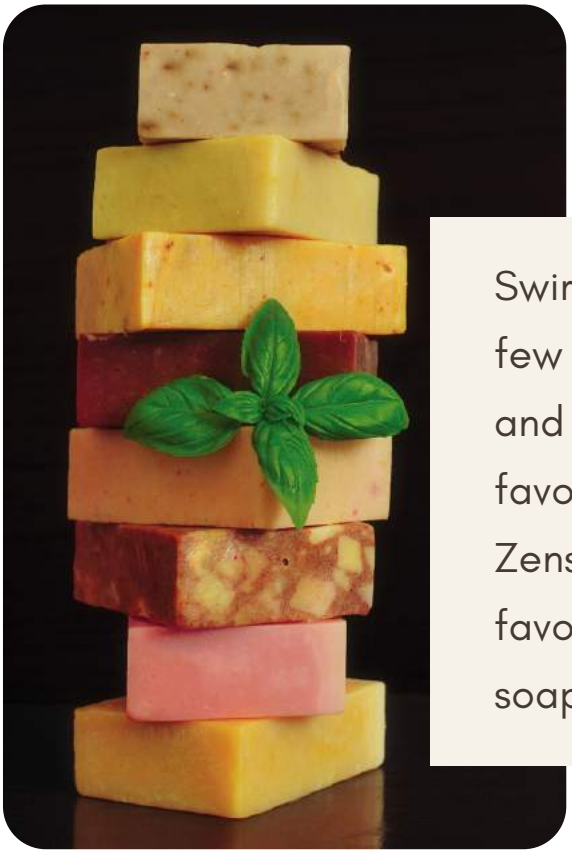
IIf you want to create an Instagram-ready soap, you can get creative and add flowers or herbs to the top of your soap. You can sprinkle these on top of the soap after it's set and add a few sprays of witch hazel to help the petals stick to your soap.



You want to avoid putting the soap into a box or covering it, as this can cause your herbs and flowers to lose their colour.

Are you looking to experiment with handmade soaps? At ZenseMe, our luxury melt-and-pour soap making kit is the perfect way to get started with your new hobby!

Chapter 5: Swirling, Layering & Embedding



Swirling, layering and embedding are a few techniques you can use with your melt and pour soap. These are some of our favourite melt and pour methods at ZenseMe, so we're sharing with you our favourite tips and tricks to help with your soap making.

Once you've made your first few soaps, you'll be looking to experiment and change up the look. You can make your soap reflect your aesthetic and personality through little tips and tricks that change its appearance.

What is melt & pour?

Before we jump into these popular techniques, we want to quickly recap on how melt and pouring works. This is the easiest way of making your homemade soaps. You don't have to worry about dealing with lye, and you can be inventive with your soap design. We've already dealt with the saponification process for you, so it's a more streamlined process for your soap making. It's the perfect choice for anyone making soaps at home as a hobby or as gifts for friends and family.

You can even get your children involved as the melt and pour method is easier to control. You'll still want to make sure that you're taking all the health and safety precautions, regardless of which melt and pour method you use.

Layering with melt & pour soap

Layering is the easiest technique for you to use and the perfect choice for beginners. It'll give you the appearance of clean lines as you will pour each layer individually, placing them on top of each other to create a crisp contrast.

When you're using this technique, the emphasis is on getting the temperatures right. If you make a mistake, you could end up making one layer melt into the other. Your first layer should be allowed to cool after you pour it. You don't want it to become hard, but it should have formed its top skin before you go in with the second layer.

Rubbing alcohol is your best friend to keep the layers together but separate. You can add it to the top of each layer to help each layer adhere to the other.

When you're adding in your second layer - and any others after that - you want to make sure they're not too hot. If the temperature is too high, you could end up melting the layers underneath.

You can keep repeating these steps until you have all the layers on your soap and achieve your desired look.

Swirling with melt & pour soap

Swirling is one of the trending techniques in soap making right now, driven by the love for tie-dye and ombre effects. With this method, you can mix and match colours to create a work of art. Depending on your aesthetic, you could use pastel shades for a romantic look or similar shades for a uniform and minimalistic look.

The advanced method

Swirling takes a little more time and patience to achieve. It's a good method to try after you've mastered the art of layering your melt and pour soaps.

If you have it, get some rubbing alcohol, along with stir sticks to help create the swirl. Your soaps should be at a lower temperature, around 130 degrees, so that they don't melt into each other and create a less structured look.



Start by adding your first layer of soap. Leave it to sit until it has already formed its top skin, but before it goes entirely hard. Take your stir sticks and soak them in rubbing alcohol to stop them from sticking to your soap.

You have two options when it comes to adding your second layer. You can use the stick to scrape along the first layer of soap before pouring on your next layer. Alternatively, you can pour it directly onto your first layer.

Once you've got your second layer down, you can move the stir sticks in circles along the layers to create a distinctive swirl. It's best to start small and not do too many swirls as this can create a less uniform look. If you're experimenting with brighter colours, it's best to choose white as your base colour to create a stronger contrast.

It may take you a few times to get the hang of the swirling method. With a little practice and some patience, you'll be able to master the art of swirling in no time.

The easy method

There is also an easier way to create swirled soaps with our Soap Making Kit. This way is to simply add the color dyes after you melted the soap base, and then stir. Use 2-5 drops of our dye per 2 soap bars.
You can add more drops if you want to enhance the color. And you can mix the colors as you wish.

The next step in your soapmaking journey is embedding. This method allows you to let your imagination run wild by embedding items into your soap for a textured look. You can even make your soap look like a garden if that tickles your fancy.



Embedding with melt & pour soap

This method is another one where the temperature is important. You don't want to add in the embellishments too early in case they melt, but you also don't want to wait until your soap has completely hardened as it won't set properly into the top layer.

For this method, you want to pour your soap into half of your mould. Wait until this base layer has started to harden so that your embellishments won't sink and disappear into the soap.

Take each embellishment, whether it's a seashell or an artificial flower, and add rubbing alcohol to help them stick to your soap. You want to decide your placement for each embellishment before pressing down on gently to keep them in place. Once you've got your embellishments secured, you can fill your mould with your remaining soap batter.

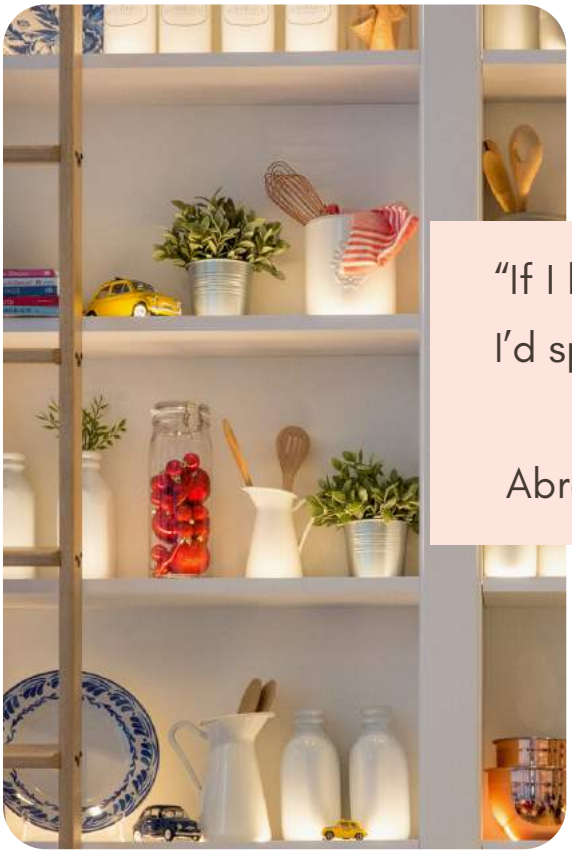
These three methods will take some trial and error to get right. If you're a beginner, we recommend starting with the layering technique and gradually working your way up to swirling and embedding. While these two techniques are a little harder to master, they'll help you add a touch of luxury to your handmade soap, whether you're planning to give it as a gift or add it to your bathroom countertop.

Part 2:

Getting Ready


ZENSEME
Shea Butter
Melt & Pour Soap Base
5.5 Lbs / 2.5 Kgs
Shea Butter
Melt & Pour Soap Base
5.5 Lbs / 2.5 Kgs

Chapter 6: What you need



"If I had eight hours to chop down a tree, I'd spend six hours sharpening my axe"

Abraham Lincoln

Creating high-quality and beautiful soaps isn't hard at all. In fact, it's quite simple, fun and you will find that with some experience you'll end up with amazing soaps. In this Chapter you will find the items you need to start making your soaps.

It is always good to prepare yourself, get everything in order and know what you soap you want to make. It will save you time, money and avoid the build-up of stress and anxiety while making soap.

So let's get ready!

Kitchen equipment

1. A cutting board: a simple wooden cutting board to cut your soap base in smaller pieces

2. A sharp knife: a large sharp knife to cut your soap base in smaller pieces

3. A microwave: by far the easiest way to melt your soap base is by using a microwave. If you don't have a microwave then you will need a saucepan

4. 1 or more microwave heat-safe bowls: in this bowl you will place the soap base and mix colors and essential oils. While soapmaking you might want to experiment with different mixes and wait with washing the bowls until after soapmaking. In that case, you will need multiple bowls to satisfy your creativity.



Essential Oils

1. If you have purchased one of our soapmaking kits, then you will find that it comes with a set of 6 essential oils: Tea Tree, Frankincense, Jasmine, Lavender, Ylang Ylang, Geranium

Dried flowers

1. If you have purchased one of our soapmaking kits, then you will find that it comes with dried flowers, mostly rose pedals and lavender.

If you have any other essential oils, or dried flowers and herbs, then feel free to get them ready as well.

Some of the recipes we have listed do you other essential oils, but you can always just replace them with the ones you have.



Colors / Colorants

1. IIf you have purchased one of our soapmaking kits, then you will find that it comes with a set of 4/6 colorants.



Chapter 7: Instructions

In this Chapter we will go through the soap making instructions. There are a few steps and it's really quite easy, but it's best to have a read so you know what's coming. That way you can prepare yourself better.

Along the way you can always choose to apply one to the soap making techniques we've explained in Chapter 5. The instructions you will find here can be applied for each of the recipes in Part 3. With it you'll become an expert in no time.



Become a soapmaking expert in no time with these simple instructions

Preparation

You now know that a good preparation increases your possibilities of getting the results that you wish for. So it's time to get ready, get all your kitchen equipment, soap base, essential oils, dried flowers/herbs and colors ready. (For recipes, see Chapter 8)

Cut your soap base

For whatever amount of soap base you will need for a specific recipe we always advise you to cut your soap base into 1-inch chunks. The size of the chunks do not need to be exact, it will help melt the soap base more evenly and faster.

Melt your soap base

Option 1 - Microwave: Place the soap chunks in a microwave-safe bowl. Gently heat on 'high' and stir at 15-second intervals until completely melted. If your soap starts to 'foam', heat slower or at shorter intervals.

Option 2 - Saucepan: Fill with 2 inches (5 cm) of water and place the heat-safe bowl on top of the saucepan. Bring the water to a low simmer, the steam will gently melt the soap base. Stir occasionally. If your soap starts to 'foam', heat slower.

Once melted, set it down on a heat-safe surface.

Add essential oils

Add essential oils. Combine 2 or more oils to create a unique fragrance. The amount of drops to add depends on the soap base quantity.

Amount of essential oil for soap base

Silicon mold (of ZenseMe Soap Kit)	Drops	Fl. Oz	ML	Teaspoon
For 1 soap bar of 4 oz (113 gr.)	approx 30	0,051	1.5	0,3
For 2 soap bars of 4 oz (113 gr.)	approx 60	0,101	3	0,6
For 3 soap bars of 4 oz (113 gr.)	approx 90	0,152	4.5	0,9
For 4 soap bars of 4 oz (113 gr.)	approx 120	0,203	6	1,2
For 5 soap bars of 4 oz (113 gr.)	approx 150	0,254	7.5	1,5
For 6 soap bars of 4 oz (113 gr.)	approx 180	0,304	9	1,8

Wooden mold (of ZenseMe Soap Kit)	Drops	Fl. Oz	ML	Teaspoon
For entire wooden mold of 2 lbs	approx 270	0,456	13.5	2,7
For a 2 layered soap of 1 lb each	approx 180	0,304	9	1,8
For a 3 layered soap of 0.67 lb each	approx 90	0,152	4.5	0,9

For example: if you are preparing soap base for 3 bars of soap, then you will need approximately 90 drops in total of essential oil. If you are using 3 essential oils as a combination, then add 30 drops of each essential oil.

Add colorants

Now it is time to add the color dyes and stir. Here are a few combinations of colors if you like to mix and create your own colors:

Color combinations: Red + Yellow = Orange, Red + Blue = Violet/Purple, Green + Blue = Cyan, Green + Red = Brown.

So choose your color or color combination and add the amount of drops mentioned in the table below. The amount of drops to add depends on the soap base quantity.

Amount of colorants for soap base

Silicon mold (of ZenseMe Soap Kit)	Drops
For 1 soap bar of 4 oz (113 gr.)	2-3
For 2 soap bars of 4 oz (113 gr.)	4-6
For 3 soap bars of 4 oz (113 gr.)	6-9
For 4 soap bars of 4 oz (113 gr.)	8-12
For 5 soap bars of 4 oz (113 gr.)	10-15
For 6 soap bars of 4 oz (113 gr.)	12-18

Wooden mold (of ZenseMe Soap Kit)	Drops
For entire wooden mold of 2 lbs	16-24
For a 2 layered soap of 1 lb each	8-12
For a 3 layered soap of 0.67 lb each	5-8

For example: if you are preparing soap base for 4 bars of soap, then you will need approximately 8 to 12 drops in total of colorant. If you are using 2 colorants as a combination, then add 4-6 drops of each colorant.

Pour

Place some dried flowers on the bottom of the mold if you like. Then carefully pour the melted soap into the mold up until the edge. Try not to splash the soap. If you have any (rubbing) alcohol, then spray on top to help remove the bubbles that form. Don't move the mold after pouring to prevent wrinkles.

Finishing touch

Add as many dried flowers on top as you wish. Now you can start cutting and melting your next soap block.

Once finished let it cool and harden completely before popping from the mold. Wrap and gift, or use them yourself! Don't hesitate to contact us at info@zenseme.com if you had any issues or for questions.



Part 3:

Recipes


Get Creative!

Before we get started...

It is time to get creative. Let's start making some soaps. To make it a bit easier for you to find your perfect recipe we divided this Part into a few different Chapters based on what kind of recipe you are looking for.

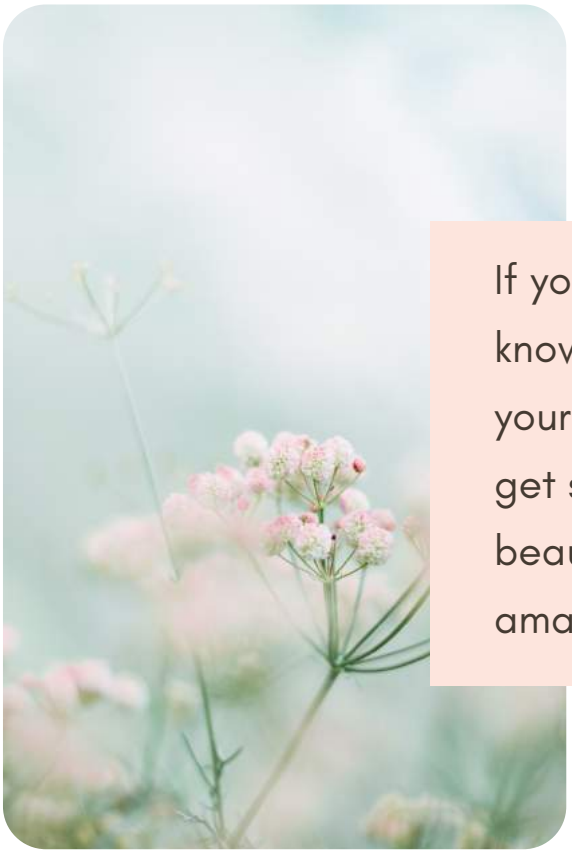
In Chapter 8 you can find recipes for Shea Butter and Goat's Milk and in Chapter 9 Glycerin soap base.

Each of the recipes has a table, in which we take into account the different quantities of essential oils and colorants for our Soap Making Kit with wooden mold or the Soap Making Kit with the silicon mold 6-cavity.

The recipes don't contain instructions, these you can find in Chapter 7.

Good luck making soaps!

Chapter 8: Recipes for Shea Butter & Goat's Milk



If you read the entire E-book then you know everything to get going and make your own soap. And even if you didn't, just get started and you'll create some beautiful soaps in no time with these amazing recipes.

In each of the recipes below you will find one common item: Shea Butter and/or Goat's Milk. Although there are differences in ingredients, these two soap bases can often be used interchangeable for these recipes.

If you like to read more about our Soap Base, the ingredients and why we think it is the best out there, then read Chapter 2 'Soap Base'.

Enjoy the sunset soap

Imagine a warm sunny afternoon with the most lovely sunset you've ever seen. This soap bar with Lavender essential oil is perfect for helping you relax at the end of a long day but beautiful day. The Shea Butter works as a moisterizing agent, protects your skin and also helps to smooth your skin to create a dewy, natural glow

It’s sunny, it's natural, and fun!

Soap Base: Shea Butter
Essential oils: Lavender
Colorants: predominantly yellow, which a drop of red



Honey Spider Soap

The best soap for sensitive skin is made with the help of honey and glycerin. It doesn't cause the skin to dry after showering while gently exfoliating, moisturizing, and to hydrate the skin. Thus, it is the perfect soap for both skin and the body thanks to its mild and natural formula. Shea butter softens the skin, and jasmine oil reduces skin wrinkles.

Soap Base: Shea Butter
Essential oils: Jasmine
Colorants: Prominently Blue with few drops of red

Floral Soap

This soap is ideal for your skin because it is manufactured with genuine lavender extract. Lavender is utilized for its calming and unwinding properties. Bathing in a tub with lavender bar soap will enable you to relax after a demanding day. Your skin is refreshed and left feeling soft after using it. This soap can refresh your skin and encourage wrinkle-free skin. Lavender helps in clearing acne, pimples, and other skin problems.

Soap Base: Goats Milk
Essential oils: Lavender
Colorants: combinations of Orange, Red and Blue



A Woodsy, Earthy and Floral Blend

This soap has essential oil that is warm, rich, and floral. They provide a solid foundation for a blend that surrounds you in smell. These essential oils are preferred by males and are excellent options for homemade perfumes. Typically, this floral essential soap has a powerful, pure aroma that encourages us to reconnect with nature and help it achieve its rhythm. The result is a marbled soap with distinctive, strongly sexual scents comparable to those in the best women's perfumes. Make various items to offer as gifts to the women in your life.

Soap Base: Shea Butter
Essential oils: Jasmine
Colorants: Red + Blue = Violet/Purple + a few drops of brown

Lavender Buds

The aroma of lavender oil is sweet, flowery, and just a little herbal. Because of its lovely scent, lavender is used in soaps, perfumes, and other items. Among the most often utilized essential oils in massage, the oil is thought to offer to calm and relaxing characteristics that can help with sleeplessness, stress, and tension. Shea butter and lavender oil make a bursting soap that smoother the skin.

Soap Base: Goats Milk
Essential oils: Lavender
Colorants: Violet/Purple





Organic Care

Utilizing natural, chemical-free products makes a difference. You can enjoy the advantages of organic soap for sensitive skin. When it comes to assisting sensitive skin, nothing compares with nature. Shea butter and other basic, plant-based components are the finest way to cleanse and hydrate your skin. Despite being more sensitive, they also have many amazing health benefits to promote. There are numerous ways to treat the skin, using Lavender oil. It cleanses the skin's surface organically and lowers discomfort and inflammation.

Soap Base: Shea butter
Essential oils: Lavender
Colorants: Red + Yellow = Orange

Transparent soap

This soap makes your skin clean, smooth, and healthy with this glycerin soap for face washing. It cleanses your skin gently and removes itself without leaving any pore-clogging residue because it is made with high-quality ingredients. No harmful dyes are present in the homemade solution. It is appropriate for sensitive skin. Add in a shell for an extra effect. Great and useful decoration for your bathroom.

Soap Base: Glycerin
Essential oils: Tea Tree
Colorants: no color



Fun Exfoliating Soap

Making loofah soaps is simple. Melt the base, add excess, and cut the loofahs to suit the mould in the desired color. This soap is renowned for its ability to exfoliate the skin because it combines the loofah and soap properties. Some people believe that using soap on particular body parts, such as the elbow, knee, thighs, and legs, where regular exfoliation is necessary to maintain them smooth, is highly useful.

Soap Base: Goats Milk
Essential oils: Jasmine
Colorants: Green

Antibacterial Soap

The finest antibacterial soap for the skin is this one. It looks fantastic with its vibrant texture. Many germs that cause colds, flu, and other illnesses may be killed by using tree oil as an organic hand sanitizer. Tea tree essential oil can alleviate dry skin by being applied directly.

Soap Base: Shea butter
Essential oils: Tea Tree Oil or Jasmine Oil
Colorants: combinations of Orange, Red, + Blue = Violet/Purple plus drop of yellow



A Fresh Citrus Soap

This melting and pouring soap formula are easy because it is pre-mixed, but with some customization, it can be turned into an artistic product. With a melt-and-pour foundation, there is no need to deal with unpleasant chemicals like caustic. Although fresh, dried orange slices are essential because of their energizing aroma.

Soap Base: Glycerin, adding a fresh, dried orange slice
Essential oils: Jasmine
Colorants: A few drops of orange (Red + Yellow = Orange)

Pacific Sparkle

Transparent soaps are excellent for oily skin and acne. Additionally, they may be shaved into various forms and are rather slippery. A moisturizing ingredient called glycerin draws moisture from the air and deeper layers of your skin into the epidermis. The skin is nourished and made to shine with coconut it contains.

Soap Base: Glycerin
Essential oils: Tea Tree
Colorants: no color, place a shell inside the soap base for a decorative effect



Skin Nourishing Soap

This double butter luxury soap recipe combines two superb butter components with a little innovation. Shea butter is necessary for skin nourishment and to enhance radiance in addition to being healthy for the skin. The hydrating properties of tea tree essential oil assist in relieving skin problems and lessen itch and discomfort.

Soap Base: Shea Butter
Essential oils: Tea Tree
Colorants: Yellow

Wildflower Soap

This wildflower soap is healthy, beautiful, and organic while also friendly to the environment. It brings to mind strolling through a bunch of wildflowers. Tea tree oil is a well-liked alternative to other acne treatments because of its anti-inflammatory and antibacterial properties. It is said to decrease inflammation, stiffness, and burning. You could get smooth, clear skin by avoiding and reducing acne scars.

Soap Base: Goat's Milk
Essential oils: Tea Tree or Geranium Oil
Colorants: prominently Green with a drop of blue.



Lavender Energizing Soap

Shea butter's fatty acids make the complexion softer and fairer while helping regenerate damaged skin tissue. Benefits of lavender oil include improving concentration, memory, and clarity of mind. It increases energy and sharpens the mind. They both also smell fantastic due to this striking, energetic morning shower soap.

Soap Base: Shea Butter
Essential oils: Lavender
Colorants: Red + Blue = Violet/Purple



Pure Bliss

This lovely soap has soothing, creamy shea butter and a mild lavender smell. Make your soap appealing by adding garden flowers and scraping at dry skin areas with no immediate treatment. Your skin's hydration shield is balanced by lavender oil, ensuring it is neither too oily nor too dry—this soap aids in achieving soft, itch-free skin in especially dry areas.

Soap Base: Shea Butter
Essential oils: Lavender
Colorants: Combination of Red + Blue = Violet/Purple



Shades of Love

This soap's buttery base provides skin-softening properties. It draws attention with its bright color. Ylang Ylang Essential Oil works brilliantly as a skin cleanser due to its strong antibacterial qualities. It also enhances the epidermis's repair process, acting as a repairing star. Ylang Ylang Essential Oil is a miracle worker for controlling sebum production.

Soap Base: Shea butter
Essential oils: Ylang Ylang
Colorants: yellow with a drop of red



Kindred Spirit Soap

The curving path of life may sometimes be rocky and dirty, but it is always better when travelling with a close friend or loved one with a good quality bar of soap. This all-natural bath bar's sweet lavender smell represents luck, fresh starts, and hope for the future. It is used to clean the whole body, perfect for all skin types, very silky, and suitable for men, women, and children at home, on the go, or as gifts.

Soap Base: Shea Butter
Essential oils: Lavender
Colorants: Green + Red = Brown

Organic Care Soap

The collection of organic soap bars is professionally made with natural and organic products and is free of dangerous chemicals like sulfates and irritant foaming agents. Because they are made entirely of plant nutrients, organic soaps are safer. Jasmine oil has been a popular ingredient in some of the best-selling perfumes in the world because of its sweet, heavenly scent. Antioxidants found in soaps and butter significantly contribute to your skin's health.

Soap Base: Shea butter
Essential oils: Jasmine
Colorants: Predominantly Red, a drop of red



Relaxing Spa Day Soap

The atmosphere of a peaceful spa day is ideal for this Ylang Ylang dream soap. This kind of soap is used to reduce stress instantly. Fresh flower petals can be mixed into soap to give this soap an extra floral effect. Once finished, let your soap harden a few hours before popping it from the mold. Then smell the delicious Ylang Ylang and you feel a different person.

Soap Base: Goat's Milk
Essential oils: Ylang Ylang
Colorants: prominently Red with a drop of yellow

Scented Soap

Organic soaps can assist in repairing the skin by lowering inflammation and keeping skin moisturized, enabling the user to have youthful skin because many of the components used in them are natural antioxidants and because the procedure doesn't remove these substances for other purposes. Smooth skin is achieved with a base of shea butter.

Soap Base: Shea butter
Essential oils: Lavender
Colorants: Prominent Green with a few drops of yellow



Tea Time Soap

The aroma of this homemade herbal and Tea Tree soap will make you feel as though you've just walked into a spa when it's ready for use. The essential oil comes with the Soap Making Kit that ZenseMe offers. This soap not only helps with exfoliating but also looks after your skin and keeps it glowing daily. Natural components are commonly used to make soaps, which safeguard the skin without adverse effects. Shea butter, essential oils, and other ingredients that are hydrating and good for your skin are used to make soap.

Soap Base: Shea butter
Essential oils: Tea Tree
Colorants: Prominently Yellow with a few drops of green

Beauty Soap

It promotes collagen formation and aids in the fading of dark spots. It relieves oily skin prone to acne and helps reduce pore size. Natural Tea tree oil and shea butter lighten your skin in a non-toxic way that is safe for age spots, black spots, and skin tone evenness.

Soap Base: Shea Butter
Essential oils: Tea Tree
Colorants: Green + Blue = Cyan







Pure Bliss

This fragrance whisks you away on delightfully scented journey filled with joy, love, and glorious castles. The soft Shea butter base of this kid-favourite, combined with the skin-calming properties of Frankincense Essential Oil, is an efficient natural cure. Frankincense Oil repairs the epidermis and soothes sensitive or damaged skin. This healing ingredient calms and moisturizes the skin, treating sunburn or breakouts.

Soap Base: Shea butter
Essential oils: Frankincense
Colorants: Prominently yellow with a drop of red



Jasmine Kissed Soap

The desire to make your soap recipe more complex is alluring, but there are occasions when keeping things easy is preferable. If you're sending soap as a present, think of an appealing scent most recipients would appreciate, like Jasmine essential oil. For a lovely, subtly colored, and creamy soap, mix a little yellow soap colorant into a foundation of melt and pour Goat's Milk. And then as a final touch add some of the rose pedals that come with the Soap Making Kit. The result is an amazing soap that everybody will love!

Soap Base: Goat's Milk
Essential oils: Jasmine
Colorants: Drop of yellow

Waves

This soap's tint is inspired by calm ocean crashing waves softly on a beach's lush, fine sand. The cold blue hue forms an imaginative scene. The sky blue hue dazzles the eyes. The goat's milk pleasant jasmine smell leaves the skin feeling smooth and glossy. The benefits of jasmine's essential oil have made it a treasured flower for generations, in addition to its elegant appearance and wonderful aroma. It helps in retaining moisture.

Soap Base: Goats Milk
Essential oils: Jasmine
Colorants: Green + Blue = Cyan



Cafe Soap

Coffee soap is one of the soap varieties that everyone has a go with. Solid coffee soap is a fantastic natural booster for smoothing and shining the skin because it is extremely exfoliating. You may have a one-of-a-kind experience knowing that each ingredient in a stunning, unique coffee soap is 100 % natural and organic. Coffee is a natural polisher, so using it daily in soap can provide flawless skin advantages essential to your skincare routine.

Soap Base: Shea butter & coffee beans
Essential oils: none
Colorants: few drops of brown (Green + Red = Brown)

Dove Soap

This homemade soap with a base of butter is soft, economical, and mild and effectively cleanses the skin without causing moisture loss or dryness. It also has ingredients that help improve your skin's texture and remove extra oil and sebum.

Soap Base: Shea butter
Essential oils: Tea Tree
Colorants: A drop of yellow.



Milk and Honey soap

A Goat's milk melt-and-pour base, raw honey, soap colorant, and fragrance are the only four essential materials needed to make this easy soap recipe. Because of its antimicrobial qualities, which can also brighten a dull look, honey is a natural ingredient that helps the skin in all soaps. Make milk and honey soap using a honeycomb mould for the cutest result.

Soap Base: Goat's Milk & Honey
Essential oils: Tea Tree
Colorants: Prominently Blue with a drop of Orange

Orange balm soap

This orange balm soap's high glycerin content and excellent moisturizing properties make it smooth and rich. Its vibrant orange shaves pieces of another soap makes this an energizing soap with a clean, fresh scent that is ideal for use in the kitchen to wash and moisturize dirty hands. Natural anti-oxidant and anti-inflammatory geranium oil actively promote the health and natural glow of the skin. It protects against skin impacted by severe weather by keeping skin moisturized, calming irritated or breakout-prone skin, and keeping skin in good shape.

Soap Base: Glycerin + shaves pieces of another orange soap
Essential oils: Geranium
Colorants: None



Milk bar Soap

This soap is well-known for calming sensitive, dry, and irritated skin. With a melt-and-pour foundation made of Goat's milk, it is also simple to create at home. Since goat milk doesn't have a flavour, it pairs beautifully and is beneficial with honey, coconut oil, and a pleasant tea tree scent.

Soap Base: Goat’s milk, honey and coconut oil
Essential oils: Tea Tree
Colorants: No color

Exquisite Botanical Soap

These floral soap bars have an almost too-cute-to-use appearance due to the inclusion of flowers, herbs, and garden petals. Because of its anti-inflammatory qualities, shea butter can help calm the skin and lessen redness and swelling. Natural skin care for the body, mind, and spirit. It is made with the finest plant-based and herbal ingredients. Use dried lavender from your own garden and it on top after pouring the soap base.

Soap Base: Shea butter
Essential oils: Lavender
Colorants: Red + Blue = Violet/Purple



Foaming Clay Soap

You may modify the recipe to fulfil your skin's needs, which is a significant advantage of producing your own soap. Try using a soothing Goat's milk base if your skin is dry. On the other hand, if you have acne-prone skin, add clay to aid with impurities. This soap is perfect for skin problems because it is both gentle and relaxing at the same time. Many believe that tea tree oil has to purify and healing properties.

Soap Base: Goat's Milk
Essential oils: Tea Tree
Colorants: Dark brown color used (Green + Red = Brown)

Sky Soap

Skye Soothing Soap is the ideal product for you if you want to give your skin the healing and calming effects of time-tested classic ingredients, including She Butter, Hasmine oil, and coconut oil (as part of the soap base). Its relaxing white and cyan colors are pleasant for the eyes.

Soap Base: Shea butter
Essential oils: Jasmine
Colorants: Cyan + white



Epsom Soap

When using Epsom salt in soap it can make muscular relief more enjoyable. This is a simple but interesting way to use soap in the shower or soaking tub. This muscle-relaxing component can be added to a goat's milk melt and pour soap base. To make it attractive, add blue food coloring and essential oil.

Soap Base: Goat's Milk & Epsom Salt
Essential oils: Jasmine
Colorants: Blue

Sunflower Soap

This soap is made using organic goat milk, shea butter, and healthy plant oils. Every bar is made to produce a rich, creamy lather that lasts and leaves the skin feeling super smooth. Fatty acids in goat milk promote skin barrier repair, probiotics promote the development of healthy skin flora, and vitamin A works as a mild exfoliation. The skin is significantly softer as a result of those fatty acids. Tea tree oil enhances your skin's lustre and provides a milder aroma.

Soap Base: Goat's milk + Shea Butter
Essential oils: Tea Tree
Colorants: Yellow



Whitening Soap

A great moisturizer for dry skin is Goats Milk. It keeps the skin fresh and soft by helping in its ability to maintain moisture. Utilizing organic skin-glow items with an organic recipe is always beneficial and safe. By lowering skin pigment and minimizing the release of excess sebum, or natural oil, this recipe's fewer ingredients work together to provide clean, brighter and soft skin.

Soap Base: Goats Milk
Essential oils: Frankincence
Colorants: No color



Rainbow Soap

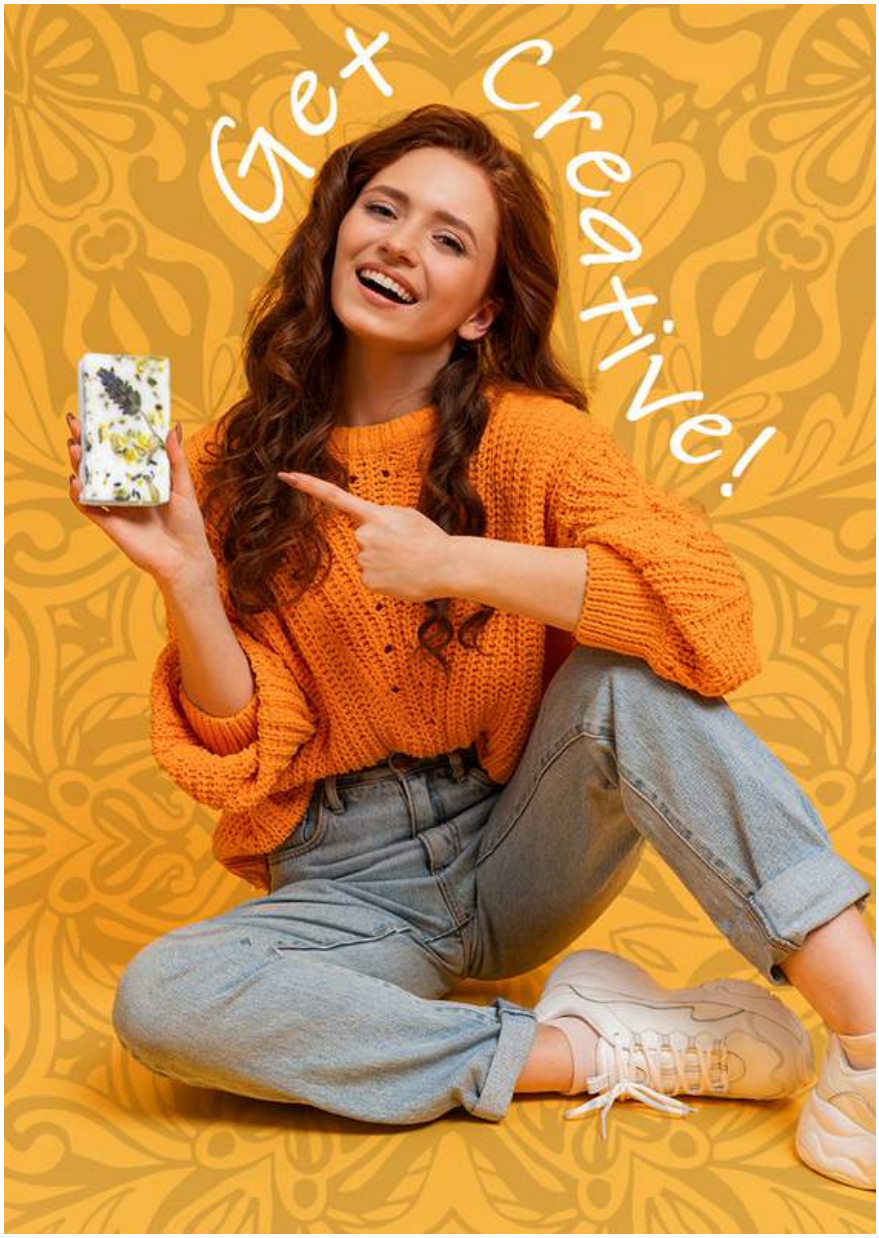
Lavender gives it a pleasant, sweet smell that is beautifully fragranced. The soaps are not only excellent for your skin, but they also look like rainbows. They are incredibly lathery and hydrate your skin with healthy oils. Mix in all different colors, but only slightly so that the colors don't mix together.

Soap Base: Goat's milk, shea butter or glycerin
Essential oils: Lavender
Colorants: Green, Yellow, Blue, Red or combinations

Coconut Shea Butter Soap

The soap has a wonderful aroma! The wonderful, creamy lather makes my skin feel silky and soft. Shea butter can help in defending the skin from deterioration brought on by exposure to sunlight and other environmental elements. Decorate with different flowers and leaves. It looks appealing.

Soap Base: Shea butter
Essential oils: Geranium
Colorants: No color



Dessert Soap

Use Frankincense oil in soap that has a dessert-like appearance and scent. The yellow color enhancer is needed for this melt-and-pour recipe. First you add a first layer with this Yellow colorant. Then let it harden slightly, but not completely. After that start creating the second layer, with Brown. The secret to this recipe is the care and skill needed to make the even layers.

Soap Base: Shea butter
Essential oils: Frankincence
Colorants: Green + Red = Brown

Exfoliating Soap

It contains the beneficial ingredients of glycerin, goats milk, and coconut oil. Your skin will be soft, shiny, and radiant after using this glycerin soap for oily skin since it gently exfoliates dead skin cells. Dull skin instantly glows due to its lightening apricot seed powder.

Soap Base: Goats Milk & Glycerin combination
Essential oils: Frankincence
Colorants: a few drops of red to get the desired color



Aqua Bath Soap

This soap works best for baths. Shea butter offers healing and anti-inflammatory effects. Vitamins A, E, and F are highly enriched in them. It assists with wrinkles removal, skin strengthening, and skin smoothing. It can shape, calm, and nourish the skin.

Soap Base: Shea butter
Essential oils: Tea Tree
Colorants: A few drops of brown (Green + Red = Brown)



Luscious Lather

It is the ideal soap for shaving; it softens the skin and hair and, after shaving, feels silky and smooth. Lather Luscious Soap Base is made with Goats Milk and will leave your skin smooth and creamy. It left a long-lasting soft skin impression on mine.

Soap Base: Goats Milk
Essential oils: Jasmine
Colorants: A drop of black and then slightly mix



Lavender Ombre Soap

This lovely Lavender gradient soap has nourishing, creamy shea butter and a subtle lavender aroma. Although it may appear to be a high-end colorful soap from a luxury store, it is simply homemade. Mix in the red and blue colorant and swirl them. Then add the dried flowers on top for a floral effect.

Soap Base: Shea butter
Essential oils: Lavender
Colorants: Red + Blue = Violet/Purple

Skin soft soap

Pure essential oils, fresh and organic herbs, and natural soap. A few drops of coconut oil can readily reach the skin's pores and provide deep moisture. It has built-in antifungal and antibacterial capabilities. Frankincense oil has gained popularity in skincare goods like lotions and moisturizers. The hydrating qualities of frankincense oil prevent the skin from drying out.

Soap Base: Shea butter + a few drops of coconut oil
Essential oils: Frankincense and Lavender
Colorants: few drops of brown (Green + Red = Brown)

