



DIY Exfoliating Soap



Materials

Makes make six 100 g (3.5 oz) soap bars

240 g (8.4 oz) goat's milk melt and pour soap base

300 g (10.6 oz) clear melt and pour soap base

100 g (3.5 oz) Himalayan salt

pink soap colourant

fragrance or essential oil

1 tsp vitamin E oil

rubbing alcohol

flower mould

How to use the exfoliating soap bars

Use the exfoliating soap on your hands and body like you would use any other soap. You can exfoliate your body in the shower or when you take a bath. Wet your skin and rub the soap over your skin using gentle pressure. Rinse off any excess soap and continue with your skincare routine.

Instructions

1) Melt the white soap base

Using a soap cutter, cut the goat's milk or shea butter soap base into 2.5 cm (1 in) cubes and place them into a microwave-safe jug. Melt the soap cubes in the microwave set on low in 60-second bursts and stir gently in-between until the soap is liquid.

2) Add the liquid ingredients

Add a small drop of pink soap colourant, the vitamin E oil and up to 5 g (0.17 oz) fragrance or essential oil to the base and stir until the colour looks uniform.

Tip: One small drop creates a pretty pastel hue. Simply add a little more if you prefer a stronger colour.

3) Pour the flower embeds

Place the silicone mould(s) on a tray or cutting board. Slowly pour the soap into the flower part of the mould. Then spray the top of each cavity with rubbing alcohol to dissolve the bubbles. Place the moulds in the fridge for 30 minutes or until the soap feels hard to the touch.

4) Refine the floral embeds

Release the flowers from the mould and using a painting knife cut away any excess soap between the petals (see photo above). Return each flower embed back into the cavity. This step is optional. If you're short on time skip it and continue with the fifth step.

5) Melt, tint and scent the clear soap base

Repeat steps 1 and 2 with the clear soap base. Scent the soap with up to 7 g (0.25 oz) of fragrance or essential oil. For a light hue, only add the tiniest amount of pink as the soap colourant will be much stronger in a clear soap base than an opaque one.

6) Layer the clear soap base and Himalayan salt

Pour a small amount of clear soap base into each mould, just enough to cover the flower embed. Then sprinkle on a layer of Himalayan salt. Follow with another soap pour and so on until the mould is filled. Finish with a layer of Himalayan salt.

7) Let the soap set

Allow the soap to harden for several hours at room temperature or in the fridge for about an hour.

8) Release the DIY exfoliating soap

Once the soap is fully hardened, gently flex the mould to release the soap bars.