Introduction
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Hi, I'm Anne-Marie from BrambleBerry.com and in today's video, I'm going to teach
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you everything you need to know about how to make cold process soap from scratch.
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So before we dive into the actual soap making process, I'm going to talk a
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little bit about safety and science. And if you want to hop around in this video,
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we're putting timestamps into the video so you can actually just figure out where and what
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you're most interested in and go right there. There's also a playlist down below that you can
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use to delve into any of these topics in the video even more. If you're just getting started on your
0:41
cold process journey. Please make sure you like this video, give it a thumbs up and of course
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subscribe to this channel, so you're notified every single time we come out with a new video.
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So what is cold process? So cold process soap is simply the product that comes out of combining oil
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and sodium hydroxide, and water. Water is used as the sodium hydroxide kinda mixer. When the
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sodium hydroxide or the lye mixed with the oils, it starts a process called saponification. And
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saponification is just a fancy way of saying turning the oils and the lye water into soap.
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On its own sodium hydroxide is an inorganic compound that always need to be handled with care,
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it actually is super caustic if it gets onto the skin. And when it mixes with water, it can create
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fumes that are pretty irritating to like your mucous membranes, or any children or pets in
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the area. But like any dangerous thing, once you know how to handle it safely,
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it's totally okay to us. Many beginners are surprised that you need to use lye with every kind
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of soap out there. That's right, everything is actual true soap started with light at one point,
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the light kicks off that saponification process that making of the soap process,
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but not to worry, a well balanced bar of soap won't have any lye in the final product.
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So why handmake cold process soap? Well, if you look at regular bars of soap that

Why Make Cold Process Soap
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you buy at the store, many of them have like really long ingredient lists where you have
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lots of unpronounceable names. And just because something's unpronounceable doesn't make it bad.
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But these are just really chemicals that have been shoved together to make something
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that approximates what you think or the consumer thinks is an actual bar of soap, right. So lather,
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lather must be good, you know, like, but I don't understand what's in here. handmade soap
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that you make from scratch actually has all those beautiful ingredients where you know exactly where
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the product was sourced, and you know exactly what it's going to do on your skin. Simply put,
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it's better for your skin and better for the environment. Making cold process soap is so fun
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and so rewarding. And yes, it's very creative. You can customize your ingredients, you can customize
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your colors, you can customize your molds, you can customize so much about the soap and really turn
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it into something that reflects you. At Bramble Berry we believe everyone is creative. And soap
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making is a fantastic way to showcase that. And when you're done, you have beautiful usable art
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essentially that you can use for yourself, give away or yes even start a small business.
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So now that we know what cold process soap is, let's talk about what you need to get started
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the ingredients. As I mentioned before, cold process soap is made by combining sodium hydroxide

Cold Process Ingredients
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or lye with water and oil. So about the lye, you always want to make sure you get sodium hydroxide,
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not potassium hydroxide, and you want to make sure that wherever you're buying it from is 100%
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pure. It's really tempting to buy sodium hydroxide or lye from the hardware store because sometimes

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it's used for cleaning drains but you know what the stuff that's used for cleaning drains usually
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has extra additives in it. So you need 100% pure sodium hydroxide. So make sure you're buying it
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from a reputable source that ships it in double sealed containers and also that are airtight you
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don't want to store your lye in say like a plastic bag. So in order to make the lye which is a
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flake form or it can be a pellet form, get into your actual oils, you first have to dissolve it
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in water. So a word about your water. You want to always use distilled water when you're making
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yourself this is because of water that comes from the tap whether it's well water or treated city
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water can often have little tiny minut impurities that you wouldn't expect. And in fact if it's an
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old piping system, sometimes the metal from the pipe comes off and that will cause your soap to
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go bad faster. So when you're making soap the most popular choice is yes water and it is the one for
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beginners but other people do use fruit juices, aloe vera, milk is a really popular liquid whether
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it's oat or animal milk. All of those are liquids you can totally use as a carrier to dissolve your
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sodium hydroxide and the third basic ingredient is your oils and there is a wide range of soap making
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oils available for you to use to combine to get the perfect hardness, the perfect lather and the
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perfect conditioning for your preferences. While it is possible to make soap with just one oil,
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castile soap, for example, is just 100% olive oil, that usually doesn't work great. And you want a
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combination of oils to get the perfect balance for what you're looking for. Learn more about choosing
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your oils and our formulating cold process soap recipes video. So once you have your lye,
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your oils and your water, everything else is the fun stuff, the colorants, the fragrances and the s
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the mold, but you have everything you need right here to make cold process soap. So let's talk

Tools for Cold Process
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about what tools you need to make cold process. So the first and foremost and most important thing is
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your safety gear. So that means goggles to protect your eyes. And I know it's really tempting to
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say I wear eyeglasses, that's enough, it's not enough, you actually want something that's going
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to give you a full coverage you only get one set of eyes. So let's not mess around with bat
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gloves because you want to protect your delicate skin from getting any sort of lye burns.
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And of course you want to wear long sleeve, long pants, close toed shoes, and make sure
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that all the kids and pets are in another area and that you're in a well ventilated room
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to learn more information about lye safety, especially if you're feeling a little nervous
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about it, we do have an in depth lye safety video. The link is down below.
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So next up is the heat safe container to mix your lye water in your actual large bowl
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that you're going to use to make your soap stirring utensils and a stick blender. Now,
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you can mix by hand, you could some people use egg beaters and some people just use like a
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whisk and I will tell you from experience because I back when I was 14 I mixed by hand with a whisk
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it literally takes hours like three to five hours. So a stick blender is a really good
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investment in your time and your sanity. And to get a really good finished bar of soap.
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Few other handy things is a thermometer so you can check the temperature of your lye water and your
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oils scale to measure everything precisely. So making is not done by volume. It's done by weight.
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And a whisk is really useful. Some extra spoons are really useful and of course spatula so you can
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scrape the side of the bowl down to get every last little bit of drop of soap is also really good
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to have on hand. The final thing you need is a mold. Now, my favorite to use is a silicone mold.
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They're pretty inexpensive, you can reuse them over and over again and the soap releases pretty
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easily. You can also use a wooden mold and with a wooden mold. If you're not using a silicone liner,
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you'll want to make sure that you are lining it with a parchment paper to ensure that the soap
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doesn't stick to the wood. Other inexpensive things to use, you could use a box lined with
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parchment paper and you can use Tupperware there's a couple of things to think about if
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you're choosing item to use as a mold from your house and you don't have a sip mold on hand one
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doesn't have give right Can you bend it will the soap actually come out of it easily. So that means
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no glass containers or say terracotta pots for example. A second thing to think about is what is
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the material made out of you cannot use aluminum. When aluminum and sodium hydroxide get together,
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they actually make a noxious or toxic explosive gas. So no aluminum utensils to steer your
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product with a no aluminum molds that pour your soap into I just gave you some very basic tools
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once you really get into soap making and you're going to really get into so making it is so fun.
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There's lots of other tools that you can buy to enhance your soap making experience everything
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from scraping tools to make cool designs to these cool wire things to make really interesting swirly
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delay loops inside your soap. So many cool tools, so many other things to play with. But
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the ones I just went over are the basics for making cold process soap your very first time.
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Now that we have our ingredients and now that we have all of our equipment, it's time to prep our

Prep to Make Soap
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area. So what does that mean? Well, I'm working on a surface that I picked specifically for soap
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making it is non porous and chemicals don't really like it's chemical resistant. If you are working
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on a wooden countertop or a delicate marble countertop, make sure you are covering your entire
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surface with cardboard or like newspaper so that way you keep and protect your gentle and delicate

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surfaces. Another important part of prepping your areas to make sure you actually have enough time
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to make so. So the least amount of time you're going to need is 30 minutes and quite frankly,
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that's pretty fast to like set up and clean up. So give yourself 30 to 60 minutes for your batch of
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soap. And finally, make sure you're working in a well ventilated area with plenty of airflow.
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Many soap makers really find the fumes from sodium hydroxide to be very irritating mucous membranes,
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their nose, their lungs, and so they'll actually wear a full face mask. Totally up to you total
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personal preference, ice open a well ventilated area. And so I just soap with my eyeglasses on
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or my safety goggles on, and my gloves. And I already said it once, but I'm gonna say it
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again because it is so important soap without pets around, I mean, a cat jumping into a fresh thing
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as soap not good, right and soap without children around like a tiny little hand reaching up to see
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exactly what's going on up here. Because your soap batter looks a lot like frosting or cake batter.
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Not good. So just make sure that there's no children, no pets around and you are good to soap.
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Now that we have our area prep, it's time to prep our ingredients. So what that means is that first
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of all, I like to prep my lye water first. That's because it needs time to cool down before you turn
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it into soap means you get your safety gear on. And every single thing that we're about to do,
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we have so many more videos on this channel that show you how to do each and every one
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of these things in depth. So make sure you're clicking on the resources below
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to see any of those extra videos especially for example, our How to Use Lye safely video.
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So I have my water already measured over here. And now it's time to measure out my lye,
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I'm gonna use a separate container. Why is this? Well, if I'm pouring directly into here, I can't
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take the lye out. So say I pour too much the night What am I going to do with too much lye in my lye
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water. So I always use a separate container to double weigh that light because

it's so
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important to get the lye proportion of your recipe correct. Now, I'm going to slowly pour my lye
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into the water stirring a little bit each and every time. You'll notice that the lye water
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starts to turn cloudy is totally normal. At some point very shortly, you'll also start to
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potentially see a little bit of steam rising to the kind of top of the mixing container.
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This is because it's starting to get very hot, the lye water actually gets to be 180 to 200 degrees.
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One of the ways you know you have bad lye is if your light water doesn't get hot enough, actually.
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So now this is getting nice and warm. We're starting to fog up here, which means of course
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there is fumes that are drifting up, which is why it's so important to work in that well ventilated
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area. One incredibly important safety component is you always want to add your lye to your water,
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never your water to your lye and think about what happens if you had your lye down here,
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new out of the water to it. It has ability to make a big chemical reaction all at once. And a
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big volcano of heat can erupt up and literally erupt out burning you burning surfaces. And
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that's the last thing you want to always add your LIDAR your water, never your water to your lye.
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And once this is fully mixed in, you can just set it to the side and that wait for it to cool down.
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This is just your classic combination of coconut oil, palm oil and olive oil. And that's when I'm
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going to use to make a really great basic cold process soap recipe. I do notice a little cloudy,
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which is a sign to me that this is just a little cold. So I'm going to work to bring this up to the
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correct temperature just going to make with this for about 30 seconds to 45 seconds. And if you're
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interested in learning more about how to formulate your cold process soap recipe, we do have a how
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to formulate cold process soap that talks all about the different kinds of oils that you can
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use and why you would use them the link will be down below. While your oils and lye are cooling

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go ahead and prep all your ingredients. In this case I just am going to use some green iron oxide.
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And when you're using a powdered color, you just premix it with a little bit of oil to make sure
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that it removes any lumps. So this is just one teaspoon of colorant and one tablespoon of oil.
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Just mixing it with little mini mixer. The last thing to measure out is my Fragrance Oil,
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fragrance oils. Definitely just like your regular oils need to be weighed out and not use volume.
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It's tempting to eyeball them but you want your fragrance to be strong enough and also safe.
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When you are buying your fragrances something to keep in mind is they need to actually be
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saved for use in soap and body products. So that means no popery. No just candle fragrances and so
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like@brambleberry.com For example, we do have a fragrance calculator so you know what the minimum
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to use, and the maximum you can safely use in your soap products is okay, now that our area

How to Make Cold Process Soap
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is prepped, and we have our fragrance in we have our colors and these are the correct temperature.
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Now we get to make soap. Tada. So, here's our lightwater. Here's our oils, we pour gently down
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the shaft of our little whatever we're pouring onto whether it's a stick blender or in this case,
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I'm just using a spatula. And the reason we do that is when you pour too quickly you get a lot
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of air bubbles in the soap and air bubbles aren't that big of a deal, but I don't like the way they
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look when you cut them. I'm going to just put this in the sink right now and rinse it out because I
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don't want an empty container with just a little bit of lye water sitting around just in case so.
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So now I'm just sort of this is just me messing around. I'm just mixing everything together with
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my spatula. And then I'm going to stick blender it so when you put your stick blender in, you just
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pop it to the bottom, you burp it. That's right, because air gets trapped under

the bulb and, and
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you don't want to put in a lot of air bubbles in here. And so then you turn
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your stick blender on. And right away, you can start to see the soap is emulsifying.
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And emulsifying is just a fancy way to say the oil and water are mixing together.
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As you stick plan, you're going to notice that this texture is going to start to change,
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it's going to become thicker, and of course get whiter, more white.
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And this is called Trace, you can have thin trace, or medium trace or thick trace. And you know what,
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we've got an entire video about that. It's called all about trace.
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So make sure to watch that to learn more about what you're looking for
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in the soap making process.
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Usually you just need to stick been for 30 to 60 seconds on average, this is going to be kind of
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what your texture is going to be. I have a very thin trace. I'm soaping in a very hot environment
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right now. And that definitely affects trace. So a very thin trace, but it is a real trace.
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It is however so thin that I won't be able to do like any cool textures on top, which is fine for
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this beginner soap. Having a flat bar of soap that's just a normal rectangle is just fine.
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Once you have a consistency I like cake batter, then you know you're at a solid kind of thin,
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medium trace. And then it's time to add our color and our fragrance, I usually add my color first,
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just in case the fragrance does anything like accelerate trace, which is a fancy way
16:50
of saying that your soap gets thicker, faster. I'm just gonna go ahead and eyeball this now.
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And so what you see when you're working with oxides is what you get. So I'm just gonna see
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how I like this. Once it starts to mix in. I'm hand mixing now, because I'm at a pretty decent
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trace. And I don't really want this trace to get much thicker. It's a beautiful pale green.
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And that's kind of perfect for our fragrance because we chose the rejuvenating eucalyptus
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fragrance. And you know what I can't ever leave well enough alone, I'm just

going to add a little
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bit more green. And hamster that in. And then I'm going to add my fragrance and I'll hand stir
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that fragrance in as well. But I want to make sure my green is mostly mixed in before I pour
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because any kind of streaks of oxide can lead to bubbles that lather colors because you end up with
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the oxide not being really fully mixed into the soap. So this is just beautiful. I love that. Now
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I'm going to add my pre measured fragrance. And now I'm just adding slowly, while hand stirring,
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you'll notice that there's liquid floating at the surface this is totally normal. It's because you
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know what there's liquid floating at the surface, you just have to slowly work in that fragrance.
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Now at this point in the soap making process, I'm so thankful I have a fully tested Fragrance Oil,
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that's not going to do anything to really hurt or damage my soap. The consistency is seeing
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beautiful, it's just like a gorgeous cake batter or melted ice cream. It's just lovely. And now
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I can go ahead and just pour into my mold once I am sure that that fragrance is fully mixed
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in and that colors makes sense. I'm gonna look from the side. Everything looks really even. It
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smells delicious. And here I go. And I'm just going to pour slowly and gently into my mold
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going back and forth for a slightly more even poor, and I don't want to waste any my precious
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soap. So I'm gonna use my spatula, just to kind of get all that last little bit of soap out.
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So now that the soap is down, it doesn't need to sit in the mold for two to three days.
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And then after that it's time to unmold and the way you figure out if you can mold is you pull
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gently away from the sides of the mold. And then if it starts to pull away easily and cleanly,
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you can pull that soap out and get ready to cut it and let it sit for four to six weeks
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before giving it away or using it yourself. Most of the saponification reaction actually starts
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right during right now. It's actually about 97% saponified. But you know what that last

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3% the part that makes it the most gentle that's the part that takes the four to six weeks and so
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you're not only evaporating out the extra liquid, meaning that water that was the carrier for the
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lye but you're making sure that you have the most gentle most skin loving most skin conditioning and
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safe bar of soap you can by letting it sit for four to six weeks in a well ventilated area.

Cleaning Up Cold Process Soap

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So, once you're done with your soap making process, all you need to do is clean up. Now some
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soap makers just let all their dirty dishes just turn into soap right, it just takes a couple days
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turns into soap, it's pretty easy to wash out. If you're like me though, and you need your dishes
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sooner, I just wipe out all of the kind of greasy fresh soap out of the container and then just dunk
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the entire thing in some really, really really hot water and some grease cutting detergent soap
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so be thinking like a dawn type of dishwashing detergent soap and that will help you get all of
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your dishes clean easily. might be tempting to put this into a dishwasher. You don't want to do that.
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You'll get excess suds and all of this oil your dishwasher is really not meant to handle that.
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Thanks so much for watching. I hope this inspired you to make your very first or second or third
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batch of soap. We have so many more videos right here at this channel or at BrambleBerry.com We
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have an entire section called In the studio with lots of free recipes, tips and tricks.
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I can't wait to see what you create when you post it on social media hashtag #BrambleOn
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so you can inspire me and everyone that watches this channel Until next time, happy soaping.

Answering Your Questions!

21:32
So, we have a question here from YouTube, Robert D asked "Will storing it-" and he's referring to
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soap, "in a hot room do anything to it melted, degraded, etc." Oh my goodness, I'm so glad you
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asked. That's a great question. The answer is yes. So when you're carrying your soap in that very
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important four to six week window, you want to keep it in a cool, dry environment that's not
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too humid and definitely not too warm. It's just like any delicate say cooking product. You keep it
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in the refrigerator often. Same exact concept when you're carrying your soap. Now once your
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soap is fully cured, and all that excess oil is out and all the oil has been turned into soap,
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the temperature is a little less concerning but that first four to six weeks.
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Make sure you are turning your soap every four to four to six days to ensure that
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you get good airflow and yeah, make sure it's in a cool environment that has good airflow.