Cold Process Shaving Soap

<https://www.ellyseveryday.com/ellys-everyday-blog/cold-process-shaving-soap>

Ingredients

340g natural soy wax (Only Golden Brands GW402 and GW415 are additive free and skin safe)

Why soy wax? Soy wax is hydrogenated soy oil and is extremely high in stearic acid, which gives this soap its incredible hardness and tight, long lasting, creamy lather - perfect for shaving!

204g coconut oil

68g cocoa butter

68g castor oil

237g water (I used filtered rain water in my video demonstration. Distilled water or any other clean, soft water type is fine)

94g sodium hydroxide

20g bentonite clay (optional)

10g rosemary essential oil

10g cedar essential oil

You can use other essential oils in this recipe, just make sure you use the recommended usage rates for soap and check any contraindications or irritant qualities. You want nice gentle EO’s for shaving soap! Or leave it fragrance-free.

Specifications

This recipe uses a 7% superfat (as does Veronica’s original)

2.5 : 1 water to lye ratio

Method

Please follow the video for all the detail, but here are the basic steps:

Melt oils/fats/wax together in a soap making jug (polypropylene plastic) or gently on the stovetop. Just heat them until melted, about 60°C/140°F will be enough.

Prepare the lye solution. Gently pour the sodium hydroxide into the water and dissolve. Make sure you are wearing your PPE! (goggles and gloves minimum). Set aside somewhere safe.

Weigh bentonite clay and essential oils (if using, both are optional) into separate containers ready to use.

Prepare moulds. If using silicone moulds, make sure you have something rigid (cutting board etc.) underneath to make them easy to move once the soap is poured.

When ready, make the soap!

Add the clay to the melted fats/oils and whisk until completely incorporated.

Add essential oils and mix through.

Gently pour the lye solution into the oil mixture and whisk until you reach a light to medium trace.

Pour the soap into the mould, cover and move somewhere safe where it can rest for 18-24 hours. I place mine in my insulated cooler but on a table with cardboard and a blanket over the top would also be fine.

Unmould the soap when it has set and is nice and hard.

Cure the soap somewhere cool and dry for 4 weeks.

Make sure you pH test your soap before you test it out or give it to others!