**Honey Castile Soap Recipe**

Derived from https://www.ellyseveryday.com/ellys-everyday-blog/small-batch-honey-castile-soap-recipe-shaker-bottle-method

**Ingredients:**

* **105 g Water (divided)**: (90g for the lye solution, 15g for the honey solution)
* **8g Honey**
* **60g Sodium Hydroxide**
* **465g Extra Virgin Olive Oil**
* **7g Sodium Lactate** (approximately 1tsp)

**Recipe Calculations:**

* **Superfat**: 3%
* **Water to Lye Ratio**: 1.7:1 (water weight is 1.7 times the weight of sodium hydroxide)

**Method:**

1. **Prepare the Honey Solution**:
   * Dissolve honey in 15g of water. Set aside.
2. **Prepare the Lye Solution**:
   * Weigh 81g of ice water into a jug.
   * Carefully add 58.5g of sodium hydroxide to the ice water, stirring gently until fully dissolved.
   * Add 6.75g of sodium lactate to the lye solution once it has cooled slightly. Stir to dissolve and set aside in a safe place.
3. **Prepare the Oils**:
   * Weigh extra virgin olive oil into a large mixing container.
4. **Combine Lye Solution and Oils**:
   * Slowly pour the lye solution into the container with the olive oil.
   * Use a stick blender to mix until the soap reaches light trace (when the mixture starts to thicken but is still pourable).
5. **Add Honey Solution**:
   * Pour the prepared honey solution into the lightly traced soap batter.
   * Use the stick blender to thoroughly incorporate the honey solution, bringing the soap batter to full trace (a thicker consistency).
6. **Pour into Molds**:
   * Pour the soap batter into your prepared molds. Use individual cavity silicone molds or a log mold.
7. **Gel Phase (Optional)**:
   * Preheat the oven to 150°F (65°C).
   * Place the molds in the oven and leave for 1-2 hours to ensure the soap reaches the gel phase.
   * After this period, turn off the oven and allow the soap to cool slowly inside the oven.
8. **Unmold and Cure**:
   * Once the soap has hardened and cooled, remove it from the molds.
   * Place the soap bars on a rack in a dry, airy place to cure for a minimum of 6 weeks.