



A Brief History of Soap

An excavation of ancient Babylon revealed evidence that Babylonians were making soap around 2800 B.C. Babylonians were the first one to master the art of soap making. They made soap from fats boiled with ashes. Soap wasn't made and used for bathing and personal hygiene but was rather produced for cleaning wool and cotton used in textile manufacture, cooking utensils or used medicinally for at least 5000 years.

An Egyptian papyrus from 1550 BC revealed that the ancient Egyptians mixed animal and vegetable oils with alkaline salts to produce a soap-like substance. Early Romans made soaps in the first century A.D. from urine due to its ammonia content. The Celts made their soap from animal fat and plant ashes and they named the product saipo, from which the word soap is derived.

Soap has become an essential part of our personal hygiene and daily life. Here you will have an opportunity to make bars of soap using the melt and pour method.

Melt & Pour Soap Making

Ingredients

3 - Bags of Melt & Pour Soap

Goat's Milk, Shea Butter, Clear Glycerin

2 - Molds

4 - Essential Oils in Pipettes

3 Single Note Oils (Vanilla, Peppermint, Orange or Lavender)

1 Oil Blend (Immunity- Tangerine, Lemon, Clove, Rosemary, Cinnamon, Eucalyptus)

4 - Mini Bags of Coloring Squares

Red, Green, Blue and Glitter

3 - Bags of Add-Ins

Coffee Grounds, Oatmeal & Lavender Buds

2 - Popsicle Sticks for Stirring

Organza Bags, Tissue Paper, Paper Bags & Christmas Gift Tags

Blend Ideas

- Use the Vanilla Scent with Coffee Grinds for an exfoliating, energy blend.
- Add Lavender buds to any blend for a beautiful touch.

- Use Goat's Milk Soap with Oatmeal for a moisturizing & exfoliating blend.

Tips & Tricks

- When choosing scents to blend, hold the 2 or 3 scents together that you would like to blend and smell them together. This will give you an idea of what it will smell like.
- Lavender Buds will float to the top.
- Coffee Grounds will sink to the bottom.
- Goat's Milk & Shea Butter soaps are moisturizing.
- Any of the soaps or coloring squares can be blended together.
- Leftover Lavender Buds can be placed in the organza bags and added to a dresser drawer or closet that will scent your clothes beautifully.
- If your soap starts to harden while you are adding your scents or add-ins simply microwave it for a few seconds to melt it again.
- Don't be afraid to have fun!

Instructions

1. Choose what blend of ingredients you are going to create first.
2. Cut the tips off of the pipettes of oils you plan to use. It might be useful to prop them up in a small cup while you are creating.
3. Place soap mold on a microwave safe plate. This is important because the soap gets HOT!
4. Add soap cubes into the mold. Do not overfill as the soap will melt down & you can always add more if needed.
5. Microwave on HIGH for 30 seconds at a time. Watch the soap because it melts quickly! Stir the soap with a popsicle stick when you check it.
6. Once melted, add your colors of choice. Use 1 square at a time. Stir until dissolved. Add more if desired.
7. Add scents of choice ONE drop at a time. Mix and smell until you are happy with the scent.
8. Add in Lavender or Coffee Grounds. Mix well.
9. If using Oatmeal add-in, let soap start to harden then add the oatmeal to the very top of the mold. Do not mix in.
10. Once your soap is done to your liking place the plate into the refrigerator (or outside) to harden. Wait at least 30 minutes then check it for firmness.
11. Once the soap has hardened, pop it out of the mold. Now it's ready to be wrapped & gifted!

