



HFOSTER & Co Ltd

78-80 High Street, Theale, Reading RG7 5AR

BEAUTIFUL SOAPS MADE WITH



A BEGINNERS GUIDE TO MELT & POUR SOAP BASE

Make the most of your ideas.



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GUIDE TO MELT & POUR SOAP MAKING

Melt & Pour is the safest way to make soap, melt the vegetable base and pour it into mould... that is it!

A word of warning though, making soap is extremely addictive and many people turned a hobby into business.

Equipment

Small batches of circa 70g of soap:

Microwave

Jug or bowl

Cheese grater

A plastic chopping board

Silicone cake moulds (small cupcakes silicone) or any plastic container (empty tub of butter for example)

Spoon (plastic or silicone)

Cup or clear glass to mix powder colours.

Larger batches of 1kg of soap or more:

Saucepan

Bowl

Cheese grater

A plastic chopping board

Silicone loaf mould or any plastic container

Spoon (plastic or silicone)

Cup or clear glass to mix powder colours.

INSTRUCTIONS

Have all the equipment ready and start by mixing the colours. Place a tiny amount of cosmetic colour (just a pinch) in a cup or glass. Dilute with water. Add water as you go stirring up the colour with a teaspoon until you achieve the colour you have in mind.

Warning: *colour powder (dye) is a very fine concentrated dye; it is much easier to control if diluted.*

Dyes can be mixed to create other colour for example: blue + yellow = green.

Select the Essential Oils* and any special additives (lavender flowers, field poppy seeds, finely ground herbs, desiccated coconut etc.) that you would like to add to personalise your creation and put aside. Please see the caution paragraph on how to handle essential oils.



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MELTING THE SOAP BASE

Small batch

If you want to start with a small batch of 3 soaps, weight 210g of Melt & Pour soap base and cut it in chunks with a kitchen knife. Grate them onto a chopping board as you would do with a piece of cheese, this will allow the base to melt quickly in the microwave.

Warning: *use the microwave on full power for a few seconds at a time, checking to see if the soap base has melted fully. Around 15 seconds for a single soap bar batch using a typical domestic microwave is a guide, but be vigilant as overheating is easily done. Melt & Pour should not be overheated and should not be left on continuous heat as this can damage the soap causing moisture to be driven off and affecting the texture of the finished soap.*

Larger batch

Pour water in a saucepan and warm it up on the stove. Grate chunks of soap base on chopping board and put them in a container that sets properly in the saucepan. This technique for melting is called Bain-Marie.

The soap will melt by gentle warming and with a typical melt point of 60°C.

Warning: *Stirring the soap too often when melting will create small air bubbles that will be trapped inside the soap and spoiling the final result. Melt & Pour should not be overheated and should not be left on continuous heat as this can damage the soap causing moisture to be driven off and affecting the texture of the finished soap.*

NOW THE FUN BEGINS:

The soap has melted and you need to work **fast!**

Add the Essential Oil, between 5-10ml for 1kg of soap, a few drops for smaller batch, the special additives (dried flowers, poppy seeds etc.) and the colour mixture that you made earlier as required.

These added ingredients should be added whilst the melted base is cooling but still liquid, stir well to disperse them. Pour into the moulds before a skin forms as this will spoil the finish of the final bar of soap.

You can add dry flowers on top of the soap once it is poured into moulds.

Once all the ingredients are added, pour carefully and slowly into the mould and allow cooling.

Warning: *dried flowers, poppy seeds will sink to the bottom of the mould if added in too larger amount, so be sparing for best result.*

There is nothing stopping you re-heating a ready made mixture whilst it is still in its container (if for instance you notice a skin forming and you have not blended all your ingredients) but do not overheat as the delicate essential oil will evaporate.



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REMOVING SOAPS FROM THE MOULD

Removing individual soaps from moulds is perfectly simple. Leave the soap to cool completely. If you used a silicone mould, just peel it off. If you used a more rigid plastic mould and you are experiencing some difficulties in releasing the soap put the mould with the soap in the freezer until quite cold throughout (don't freeze it though!). When you remove the soap from the freezer the change in temperature on the surface of the soap will help it release from the mould.

WHERE TO KEEP YOUR SOAPS

Melt & Pour is water based and over time may shrink by up to 9%. Wrapping the product and storing it in airtight containers will substantially reduce this natural occurring phenomenon, the soap remains entirely usable.

Melt & Pour soap is best kept on a soap rack when in use and exposure to water (on the sink for example) will cause the product to soften considerably. Cold temperature will also force moisture to accumulate on the surface of the soap if not covered and you soap may develop a sticky/wet surface. Removal to a warmer place will rapidly resolve this slight problem.

Caution: when melted the soap base will be hot. Always take care and do not allow small children to play with the hot liquid of leave unattended when heating.

***Essential oils:** Take care when using essential oils of fragrances. Always check a small amount of soap base to make sure the product is compatible. Always add essential oils and fragrances when the base is cooling rather than hot. Many essential oils are flammable so keep away from any naked flames of sources of ignition. All essential oils are very concentrated. You need only small amounts in most cases. Never take these products internally and always keep out of reach of children. Keep essential oils away from plastics and polished surfaces.

Melt & Pour should suit all skin types but in the event that any irritation or adverse reaction is experienced wash well with cold water and discontinue use. High levels of essential oils may irritate the skin. Use sparingly and consult a good aromatherapy book or recipes or for oils to avoid or which have specific hazard.

The potential for creativity is very strong!!!!!!!!!!!!!!