

## Soap Lab - Equipment *Please read this page carefully.*

You can use your regular household items—they will not get “ruined” by making a batch of soap (with the exception of wood). They will clean up fine and can be put back in your cabinets for continued daily use.

### **Every Soap Lab participant must bring the following:**

- Safety goggles
- Long apron
- Durable rubber gloves (like Playtex--an extra pair is a good idea)
- Immersion blender (stick blender) **Egg beaters, hand mixers, etc. do not work.**
- Kitchen scale weighing in 10<sup>ths</sup> of ounces (or you can use mine)
- 4-cup **glass** measure
- 2-cup **glass** measure
- Plastic dishpan or shallow plastic tub with flat bottom
- **Stainless steel**\* mixing spoon (not huge--to be used w/4-cup measure)
- **Stainless steel**\* measuring spoons: teaspoon & Tablespoon
- Small measuring cup (1/4 cup with Tablespoons marked)
- Silicone spatula
- Small plastic scraper (Pampered Chef or Walmart, etc.)
- One-quart spray bottle filled with white vinegar
- Paper towels
- Plastic bag to use for garbage
- Shallow cardboard box to use as a mold (11" x 14" or equivalent for full batch, 11" x 7" or equivalent for ½ batch)
  - Butcher paper or parchment paper to line above box
  - Masking tape
  - Scissors
- Crock pot with ceramic liner (3 or 4 quart—no bigger)
- 2 pot holders or oven mitts

*Every item on the above list is ESSENTIAL to making soap at the lab. If you do not bring everything, you probably will not be able to make your soap. Please do not plan on borrowing from others, as all of the items will be used throughout the soap making process.*

### **PLEASE WEAR CLOSED-TOE SHOES AND LONG SLEEVES TO THE LAB—NO SANDALS OR FLIP FLOPS**

**A limited number of equipment kits (which include all of the above items) are available for use at the soap-making labs. The fee per use is \$15.00. Kits must be reserved in advance. Please make arrangements with the instructor.**

# Let's Make Soap! with Shady Lane Farm

Page 2

## Soap Lab - Ingredients *Please read this page carefully, too!*

The following ingredients are required for your batch of hot-process soap. *This is for a standard 4 lb. batch of soap*, yielding 20 - 4 oz bars. You may choose to make ½ this batch. Simply adjust ingredient quantities along with the size of your soap mold box, pan and/or crock pot accordingly. You may choose to purchase these items on your own and bring them to the Soap Lab, OR you can purchase them through the instructor, and they'll be available for you to use at the Soap Lab. (Items marked with an \* are certified organic when purchased from the instructor.) Please bring slightly more than the amounts listed, to allow for errors. You will be able to weigh out exact quantities using a digital scale (provided) at the Lab. A detailed recipe will be furnished at the Lab.

- Distilled water or filtered rainwater (24 oz)
- Lye (Sodium Hydroxide) (9.7 oz)
- \*Olive oil (42 oz)
- \*Coconut oil (21 oz)
- \*Castor Oil ( 4 Tbsp/2 oz)
- Additive, if desired (1/2 cup or so, \*lavender blossoms, \*chamomile tea or blossoms, \*rolled oats, clay powder, pumice, \*cornmeal, etc.)
- \*Essential oil(s), if desired: 10 ml for hot process. (Measurements are **not** the same for synthetic fragrance oils.)

The above listed ingredients are available for you to purchase from the instructor: **\$42.00** for a 4# batch of high-quality, *organic*, hand-made herbal soap. (**\$21.00** for ½ batch.) The cost of your finished product will be approximately \$2.00 per bar. **Please indicate your choice on attached form:** Oats 'n Honey (organic rolled oats, local honey), Pure Peppermint (peppermint essential oil), Lavender (lavender essential oil and lavender blossoms, Warm Calendula (patchouli & orange essential oils, calendula petals), Unscented Herbs and Flowers, or Unscented (no herbs or flowers).

**\*\*\*Please Note: if you purchase your ingredients from the instructor, your recipe will include palm oil, if you bring your own supplies, it will not.**

## **Places where you can purchase your own ingredients:**

- Distilled water: any grocery store, laundry or water section
- Lye: Ace Hardware Stores (read label carefully – look for 100% lye), online
- Olive Oil: any grocery store, Trader Joe's has organic for a good price
- Coconut Oil: some grocery stores, natural foods dept., Trader Joe's, health food stores (expect this to be expensive—even low grades), Walmart
- Castor Oil: health food stores, cosmetic dept.
- Additives: depending on what you choose to add and what quality you desire, you may find things like rose petals at a craft store (low quality), cornmeal or oats at the grocery store, or order on-line
- Essential oil: health food store, company reps (\$\$\$!) or order online

# Let's Make Soap! with Shady Lane Farm

Soap Lab - Plans *To reserve an equipment kit or purchase ingredients from the instructor, please make the following choices, and e-mail Nancy at [shadylanefarm@yahoo.com](mailto:shadylanefarm@yahoo.com)*

Name: \_\_\_\_\_

Your soap preference: (see descriptions on page 2)

- Lavender     Pure Peppermint     Unscented Herbs & Flowers  
 Oats & Honey     Warm Calendula     Unscented (plain)
- 

Batch Size (circle):    2 lb    4 lb

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Please check one:

I will furnish my own ingredients according to the list on Page 1. (Please note that this list does not include palm oil, as it is not readily available for purchase locally. Your recipe will be for the coconut oil/olive oil soap, superfatted with castor oil.)

I will purchase my ingredients from the instructor/Shady Lane Farm (this option will include organic oils of coconut, olive, palm, and castor (superfat), along with flowers or other additives, and essential oils, if your recipe choice calls for them.)

\$42.00 (4 lb. batch) \$ \_\_\_\_\_

\$21.00 (2 lb. batch) \$ \_\_\_\_\_

Equipment Kit Fee (see bottom of page 1) \$ \_\_\_\_\_

Total Amount Due: \$ \_\_\_\_\_

Payment for equipment kits and/or ingredients will be collected at class. Make checks payable to "Shady Lane Farm."

*Thank you!*