

Everything You Need to Know About Melt & Pour Soap

YOUR CHEAT SHEET TO CREATING WITH MELT AND POUR SOAP AND ESSENTIAL OILS



simply earth.



Meet Your Soap Hero Guide, **KATIE VELDKAMP**

Store-bought soaps can be really fun to pick out. But they often contain SLS which is irritating to people with sensitive and dry skin. If you have persistent dryness or rashes, it is advisable to steer clear of products containing SLS.

Fragrance is another ingredient in almost all soaps that you'll see on the shelf, but its composition is usually not disclosed and it can be made with many different chemicals. Other ingredients like parabens and PEGs which should be avoided if you prefer a more natural lifestyle, are also found in many store-bought hand soaps.

If you're ready to create your own toxin-free hand soap, you are in the right place! In this guide you'll learn to use essential oils and other natural ingredients to customize Simply Earth's toxin-free melt and pour soap bases.

Want to know what got me interested in using essential oils and natural ingredients? My stinky feet. We needed a solution, so we developed a spray that used essential oils as its superpower. In our research for the foot spray, we learned that an essential oil is only considered pure if it passes a GC/MS test. We also learned that people overpay for pure essential oils, so we decided to do something about it. We believe that essential oils and natural ingredients should be affordable and easy to understand. At Simply Earth, you will find only pure essential oils at honest prices, and we'll teach you how to use them.

Making your own melt and pour soap is just the beginning of using essential oils to make your personalized products. If you really want to dive into learning how to use essential oils, check out our Simply Earth Essential Oil Recipe Box. This box is our way of teaching you how to use essential oils with confidence and clarity in your own home.

Our Recipe Box will help you learn how to make new products using essential oils and other natural ingredients each month. We even give you a different diffuser blend to try each month. Plus, you gain access to an online community of other Earthie subscribers AND free access to my Essential Oil Hero Course! I hope that you'll give our Recipe Box a try. See you in the Facebook group!

To try our Recipe Box, go to www.simplyearth.com/box

Let's get creating!

~ Katie





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What are Melt and Pour Soaps?



Melt and pour soap is a fantastic option for beginners and experienced crafters alike. It is a soap-making method that involves melting pre-made soap bases and adding your desired scents, colors, and other additives. Unlike traditional soap-making methods that require handling lye and waiting for curing times, melt and pour soap allows you to skip those steps and jump right into the creative process. With a wide range of pre-made soap bases available, you can experiment with different ingredients and create beautiful, customized soaps in no time. Whether you're making soaps for personal use or to give as thoughtful gifts, melt and pour soap offers a fun and convenient way to express your creativity while being selective in your ingredients.

GLYCERIN MELT AND POUR SOAP BASE

Our clear base is called glycerin soap. Glycerin soaps have the fats removed after the saponification process which leaves glycerin and soap as its end result. Glycerin soaps are hydrating and cleansing because glycerin draws water to the skin which hydrates it and improves its appearance.

When you first open a box of glycerin melt & pour soap, it may not look clear. But, once you re-melt it, Simply Earth's Glycerin Melt & Pour Soap will be like looking through a window.

Micas and other colorants can be added to this soap base. With coloring, the soaps will be bright and transparent.



SHEA BUTTER MELT AND POUR SOAP BASE

Our white base is named after the natural ingredient that is used in its saponification process: shea butter. Shea butter soap is moisturizing and cleansing.

When you add mica powder or other colorants to it, the soap will have an opaque pastel color.



Benefits of Melt and Pour Soap

Melt and pour soap offers a range of benefits that makes it a popular choice among DIY soap enthusiasts. Here are some key advantages:

EASY AND CONVENIENT

Melt and pour soap eliminates the need for complex soap-making processes like handling lye and waiting for curing times.



VERSATILITY AND CUSTOMIZATION

Melt and pour soap is an easy to use base to express your creativity. Natural colorants and additives can be added to soap for different benefits.

SKIN-FRIENDLY INGREDIENTS

Simply Earth's Melt and Pour Soap Bases contain natural ingredients that are gentle on the skin.



CREATIVE EXPRESSION

Making melt and pour soap provides an outlet for your creativity. Whether you're a seasoned crafter or a novice, you can enjoy the process of designing and crafting unique, beautiful soaps that reflect your personal style and imagination.

GREAT FOR GIFTS

Handmade soaps are always appreciated as thoughtful gifts. With melt and pour soap, you can easily create customized soaps for special occasions, holidays, or as personalized gifts for loved ones.



By exploring the world of melt and pour soap, you can indulge in your creativity, enjoy the benefits of natural ingredients, and create beautiful and skin-friendly soaps that bring joy to yourself and others.

Avoid These 5 Mistakes



Here are some common mistakes I've made and seen others make with melt and pour soap so that you don't have to make them:

OVERHEATING THE SOAP BASE

It's easy to overheat a soap base. When this happens, the soap will bubble up the side of your container as it melts. Once it's poured, the soap will still work but probably won't have the look you were hoping for.



ADDING INGREDIENTS AT THE WRONG TIME

Certain ingredients, such as fragrances, essential oils, or exfoliants, should be added at the right time during the melting process. Adding them too early can cause them to lose their potency or settle at the bottom of the mold. Follow the specific instructions for each ingredient to ensure optimal results.

USING TOO MUCH FRAGRANCE OR ESSENTIAL OIL

While it's tempting to add more fragrance or essential oil for a stronger scent, using too much can lead to skin irritation. It's important to follow recommended usage rates and test your soap before using it on a large scale.



NOT ALLOWING SUFFICIENT COOLING TIME

After pouring the melted soap into the mold, it's crucial to allow sufficient cooling time before attempting to remove the soap. The soap will cool on the outside first, so it can be tough to know if the soap has totally set in the middle. Premature removal can lead to funky looking soaps.

LAYERING SOAPS AT THE WRONG TEMPERATURE

If you're wanting to make a layered soap design, make sure to wait until the previous layer has set and the new layer you want to pour is close to 130°F. If the previous layer isn't set or the new layer you want to pour is too hot, the soap layers will melt together and you won't get clean lines.



By being aware of these common mistakes and taking the necessary precautions, you can ensure a successful and enjoyable experience with melt and pour soap. Happy crafting!

Best Essential Oils for Melt & Pour Soap



Cleanses Skin



Soothes Skin



Uplifts



Cleans





Best Ingredients & Tools For Melt and Pour Soaps

ESSENTIAL OILS

Essential oils add aroma and benefits to your soap. Based on the essential oils you pick, you can end up with skin soothing, muscle soothing, uplifting, or calming benefits. Any essential oil will work for melt & pour soap. However, you may want to stay away from oils that are irritating to the skin like Cinnamon or Cassia Essential Oils. If you choose to use a hot oil, make sure to use a small dilution rate.



CARRIER OILS

You can add a very small amount of carrier oils to your soap for skin care benefits. However, you don't need them to dilute the essential oils like you do in other recipes. Essential oils will be diluted into the melt & pour soap. Because adding too much carrier oil will change the consistency of the soap, carrier oils are not typically added to melt & pour soaps.

MICA POWDERS

To get naturally vibrant and beautiful colors, you can add mica powders to your soaps. Add it directly to your soap or first mix it in a small amount of isopropyl alcohol. Dispersing the mica powder in rubbing alcohol will help the mica powder mix more evenly into your soap.





OATMEAL

Oatmeal is commonly added to melt & pour soap bases for gentle exfoliation and skin soothing benefits

SUGAR

Sugar can be added to provide cleansing and exfoliating properties. Sugar is less abrasive than salt but more abrasive than oatmeal. Sugar shouldn't be used on the face but can be used on other parts of the body.



CLAY

Clay is a gentle exfoliant. It can add color to your soap and support skin care.

FLOWERS

Flowers, like lavender buds, can be added to your soap. However, keep in mind that flowers can cause the soap to discolor and turn brown.



SOAP MOLD

There are many different kinds of soap molds. Small, single cavity soap molds are perfect for making one bar of soap. Other soap molds have several cavities so you can make several soap bars at once. Loaf molds create one large soap bar that you will need to cut after the soap has cooled.

LOOFAHS

Loofahs are natural exfoliating sponges (that are actually a squash-like plant)! They can be added to melt and pour soaps to help cleanse and renew the skin.



Soap Molds

The design you want to use for your soap and how many bars of soap you want to make will determine what mold you should use.

SINGLE CAVITY MOLDS

Like our Simply Earth Soap Mold, single cavity soap molds are perfect for making a quick bar of soap as needed.

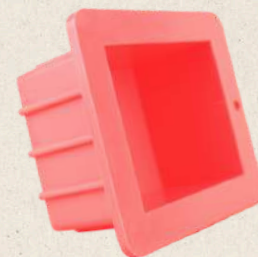


6 CAVITY SOAP MOLD

At Simply Earth, we also carry a 6 Cavity Soap Mold. This mold allows you to make up to 6 bars of soap at once.

SIMPLY EARTH LOAF MOLD

The Simply Earth Loaf Mold allows you to create designs in your soap that aren't possible in single cavity molds. Loaf molds allow you to make vertically oriented designs. For example, with this type of mold, it's easier to make an ocean themed soap, where the bottom looks like sand with different shades of blue going up the bar of soap. You can cut the bars of soap to be any size you choose.



12 CAVITY ROUND SOAP MOLD

This soap mold allows you to make 12 small round soaps perfect for gifting.



How to Create with Melt and Pour Soap

1. CUT THE SOAP BASE INTO 1 INCH CUBES

Cutting your soap into cubes allows the soap to melt more evenly and helps to prevent the soap from overheating.



2. MELT THE SOAP

You can add a very small amount of carrier oils to your soap for skin care benefits. However, you don't need them to dilute the essential oils like you do in other recipes. Essential oils will be diluted into the melt & pour soap. Adding too much carrier oil will change the consistency of the soap. Typically, carrier oils are not added to melt & pour soaps.



3. ADD INGREDIENTS

Add whatever other ingredients you are adding to your soap. If your soap gets too cool and starts to solidify, you can remelt it. At this point, you may divide your soap into bowls to create different colors or layers for your soap.



4. POUR

Next, pour your melt & pour soap into a mold to fully harden. Pouring is a great opportunity to add stripes, swirls, and other designs to your soap. If you are layering your different melt & pour soap mixtures, you'll need to spray each layer with rubbing alcohol. This will bind the layers together and help get rid of air bubbles.



5. COOL

The soap will first cool along the outside of the soap. It may look like the soap is totally hardened, but the middle may still be liquid. You'll want to wait to remove it from the mold until the soap has fully cooled. The size of your soap bar will determine how long it will take for your soap to totally cool.

And... That's it! Making your own soap using melt & pour soap is super easy.

Shopping List

There are many ingredients you can pick from. Here's a simplified shopping list to get you started with making your own melt and pour soaps:



FROM SIMPLY EARTH

- Citrus Burst Essential Oil Blend
- Sage Essential Oil
- Copaiba Essential Oil
- Love Essential Oil Blend
- Soap Mold
- Yellow Gold Mica Powder
- Glycerin Melt and Pour Soap Base



Learn how you can get the key ingredients you need in one box!

See pages 16 & 17!



Lovely Loofah Melt & Pour Soap



From Simply Earth

- 12 Cavity Round Silicone Mold
- 12 Loofah Rounds
- 1 oz Perfumer's Alcohol (with spray nozzle)
- 20 oz (~2/3 of block) Glycerin Melt and Pour Soap Base
- 100 drops (1 tsp) Ylang Ylang Essential Oil
- 200 drops (2 tsp) Blood Orange Essential Oil
- 1/4 tsp Pearl Mica Powder
- 1/4 tsp Fuchsia Mica Powder
- 1/4 tsp Tiger Orange Mica Powder
- 12 Circle Soap Wraps



From Your Home


- 3 medium heat proof pitchers (liquid measuring cups, glasses, or similar tool)
- Scissors
- Tape



- 1 Place 1 loofah round into each cavity of the mold. Some loofah pieces may be slightly too large for the mold. If necessary, use sharp scissors (or a serrated knife) to trim the loofah pieces to fit.
- 2 Use scissors to trim the straw of the spray nozzle to fit the Perfumer's Alcohol bottle. Attach the spray nozzle to the bottle. Then, spray the prepared mold with Perfumer's Alcohol and set the mold and the spray aside.
- 3 Cut and weigh out 20 oz of soap base or cut the soap base into thirds. Place one third of the soap back into its original packaging for future DIY soap projects. Cut the remaining 20 oz (two-thirds) of soap into 1-inch cubes.
- 4 Melt the soap in a double boiler (or in the microwave, stirring every 30 seconds).
- 5 Once the soap is just melted, remove from heat. Add the essential oils and stir.



Lovely Loofah Melt & Pour Soap cont'd

-  **6** Set out three medium heatproof pitchers (or similar containers) from your home. Divide the soap into the pitchers. In each pitcher add one shade of mica powder and stir until each soap is one uniform color (you should end up with one pitcher of fuchsia soap, one pitcher of tiger orange soap, and one pitcher of pearl white soap).
- 7** Then, simultaneously pour soap from two pitchers into a single cavity of the mold (so you end up with two colors of soap swirled together in the mold). Alternate between the three pitchers of soap until each cavity is filled. Remelt the soap as needed to pour. If you end up with any extra soap, pour the extra soap into a separate mold or container to remelt for future projects.
- 8** Lightly spritz Perfumer's Alcohol on the tops of the soap bars to remove any bubbles.
- 9** Allow the soap to cool and set. Once the soap has set, remove it from the mold.
- 10** To package the soap, place the soap in the center of the Soap Wraps and wrap it around the soap. The liner won't quite cover the entire soap. Secure the Soap Wrap by placing a piece of tape across the soap. Finish the soap by placing the label over the small gap.
- 11** To use, wet the skin and apply the soap to cleanse and exfoliate.



Sunshine Sugar Scrub Bar



From Simply Earth

- 0.6 oz (2 cubes) Glycerin Melt and Pour Soap Base
- 1/8 tsp Yellow Gold Mica Powder
- 7 drops Citrus Burst
- Round Silicone Soap Mold*



From Your Home

- 1 Tbsp sugar



- 1 Melt the soap base in a double boiler or in small, heat safe container in the microwave using 5 second intervals and stirring between each interval.
- 2 Add the essential oils and stir.
- 3 Add the sugar and Mica Powder and stir until combined. If the soap becomes too solid to pour smoothly, reheat it gently in the microwave using 5 second intervals.
- 4 Pour the mixture into the mold to set.

*The soap mold from your first Recipe Box works perfect for this!



Heart of Gold Soap



From Simply Earth

- 1 1/3 oz (4 cubes) Melt & Pour Glycerin Soap
- 1/8 tsp Yellow Gold Mica
- 15 drops Citrus Burst Essential Oil Blend
- 10 drops Love Essential Oil Blend
- Mini Heart Mold



From Your Home

- Round silicone mold



- 1 Melt 1 cube of soap in a double boiler or in a small heat safe container in the microwave (only ~5 seconds). Add Mica Powder and stir. Pour into Heart Mold and allow it to set.
- 2 Melt 3 cubes of soap in a double boiler or in the microwave using 5 second intervals. Stir between each interval.
- 3 Add the essential oils to the soap and stir.
- 4 Remove the heart soap from the mold and place it into the round soap mold. Pour the remaining soap mixture around the heart.
- 5 Allow the soap to set. Once cool, remove from mold. Wrap the mold or store it in a sealed container.
- 6 To use, apply to wet skin like you would other bars of soap.

Simply Earth Tips: For a perfectly clear soap result, be careful to not to overheat the soap base. When the soap gets overheated, it will bubble up and get cloudy (but will still work like soap). If you have rubbing alcohol and a spray bottle at home, spray the molds before and after each time you pour in the soap to pop any bubbles that form and also make removing the soap from the mold easier.

#IMadeThis!

Share your creations to be featured!

With Simply Earth's Essential Oil Recipe Box, you can make some ridiculously cool products—so cool they feel like they belong in a spa.

Show off what you made in our Simply Earth Essential Oil Subscribers Facebook Group or on your personal social media pages for a chance to win a \$5 gift card from Simply Earth! Your photo will also be featured.

Here are the rules:

- You can make any Simply Earth recipe or other recipe using Simply Earth ingredients.
- After creating the recipes, post a video or photo of your results on your Facebook, Instagram, TikTok, or in Simply Earth's Essential Oil Recipe Box Subscriber Facebook Group.
- Use the hashtag #imadethis.
- Tag @simplyearth on Facebook or @fromsimplyearth on Instagram + TikTok.
- Share a story or explain how you made your DIY in the caption.
- Be creative! You can add your own personal touches to the Recipes.

Remember to use only the recipes and ingredients from your most recently delivered Recipe Box or the month prior, use #imadethis, and tag Simply Earth!

What are you waiting for? Make sure to use the hashtag #imadethis in your post so we won't miss it!



Leanah McCombs



Terrie Williams



18

Sandy Vawter Darrow



Penny Graf

Get Everything You Need in One Box

Explore a new theme every month!



simply earth®

DIY Melt & Pour Soap

WHAT'S INSIDE?

- ✓ Citrus Burst Essential Oil Blend
- ✓ Sage Essential Oil
- ✓ Copaiba Essential Oil
- ✓ Love Essential Oil Blend

EXTRAS:

- ✓ Soap Mold - Mini Heart
- ✓ Yellow Gold Mica Powder
- ✓ Glycerin Melt & Pour Soap Base

RECIPES

- ✓ Sunshine Scrub Bar
- ✓ Heart of Gold Soap
- ✓ True Love Room Spray
- ✓ First Date Roll-On
- ✓ Love Birds Diffuser Blend
- ✗ Glitter & Gold Shower Steamer

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Make A Lovely Loofah Melt & Pour Soap!!!



simply earth®

DIY Loofah Melt & Pour Soap Kit

Natural, Fast, and Easy to Make

WHAT'S INSIDE?

- ✓ Ylang Ylang Essential Oil
- ✓ Blood Orange Essential Oil

- ✓ Loofah Sponge (Pack of 12)
- ✓ 12 Cavity Round Silicone Soap Mold
- ✓ Tiger Orange Mica Powder
- ✓ Fuchsia Mica Powder
- ✓ Pearl Mica Powder
- ✓ Perfumer's Alcohol
- ✓ Glycerin Melt & Pour Soap Base
- ✓ Soap Wraps
- ✓ Black Fine Mist Trigger Sprayer

RECIPE

- ✓ Lovely Loofah Melt & Pour Soap



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