



## Peppermint Cold Process Foot Soap

*Recipe makes approximately 3 pounds of soap.*

Here's What You Need:  
Ingredients

[Lye](#)  
[OLIVE Oil- Pomace](#)  
[COCONUT Oil-76](#)  
[PALM Oil](#)  
[SHEA BUTTER](#)  
[Peppermint Fragrance Oil](#)  
[Tea Tree Australian ESSENTIAL OIL](#)  
[Pumice Ground](#)  
[Cutter for Mitre Box - Stainless Steel](#)  
[Disposable Pipettes](#)  
[Mitre Box - Stainless Steel](#)  
[Safety Glasses for Soap Making](#)  
[Safety GLOVES for Soap Making- 1 pair](#)  
[Safety MASK for Soap Making- 2 count](#)  
[Square Loaf- Mold Market Molds](#)  
[THERMOMETER](#)  
[\\*QUICK ORDER FUN Soap Colorants 1 oz.](#)

### Other Ingredients & Equipment You'll Need:

Scale  
Mixing Bowls  
Spatula  
Stick Blender  
Distilled Water



## Here's How It's Done : Directions

### Total Recipe Weights:

11 oz. Distilled Water (312 grams)  
4.6 oz. Sodium Hydroxide (130 grams)

12.8 oz. Olive Oil (363 grams)  
11.2 oz Coconut Oil (317 grams)  
6.4 oz. Palm Oil (181 grams)  
1.6 oz. Shea Butter (45 grams)  
28 grams Natures Garden Peppermint Fragrance Oil  
3 grams tea tree oil  
2.5 oz fine ground pumice (71 grams)

Clean & Sanitize your work area and all of your packaging materials. It is suggested that you wear gloves, protective clothing, a face mask, safety glasses, and a hair net while preparing this recipe.

Before attempting to make any cold process soap, please become familiar with soap making safety.

Start by measuring your distilled water into a glass or plastic container.

Then weigh out your lye and slowly stir it into the water until dissolved.

In a stainless steel pot, weigh out the coconut oil, olive oil, palm oil, and shea butter. Heat on the stove until fully melted then set aside to cool.

Weigh out your fragrance/essential oils and measure out the pumice and set aside.

Once your lye water and oils have reached about 100F you can begin mixing. Slowly pour your lye water into the melted oils. Then mix well using a stick blender. Once your soap has reached a thin trace, stir in the fragrance/essential oils and fine ground pumice. Continue stirring until thoroughly mixed and trace is achieved.

Pour into your mold, cover, and insulate.

You can unmold your soap 24 hours later and cut into bars to cure. Wait 3-4 weeks before use.

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Recipe provided by:

[Rebecca's Soap Delicatessen](#)