

**Beautiful Beneficial Beeswax  
For Body & Home  
KHPA ~ September 2021**

Saponification: The chemical reaction changing fat, water and a caustic (lye) into soap.

**Equipment:**

Pot -stainless steel, enamel, glass	Rubber spatula
Scale (get a good one)	Mold(s)
Measuring spoons	knife
Stirring spoon	large towel
Pitcher	Plastic wrap
Whisk or Stick blender	
Thermometer	

**Safety:** Sponge, vinegar, rubber gloves, goggles, newspapers, location choices

**Golden Apple--cold processed soap (CP)**

9 oz. Avocado oil	
7.5 oz. coconut oil	Fat temperature: 120-130
3 oz. olive oil	Lye-water temperature: 130
4 oz. palm oil	tracing time: 20 minutes
1 oz. beeswax	time in molds: 24 hours
	Cure time: 3-4 weeks
3.4 oz. lye	
9 oz. cold water	

1 TBSP Honey

1 TBSP fragrance oil/essential oil (FO/EO)

(Oatmeal, poppy seeds, flower petals can be added with the FO)

Assemble desired mold(s). (This recipe will make approximately 24 oz. of soap or 6-4oz. bars.) Prepare safety measures (goggles, rubber gloves, vinegar, etc.)

Measure all ingredients by weight. Place all fats and base oils in a stainless steel, glass or enamel pot over a low heat. Pour the water into a heavy glass or plastic bowl or pitcher. Carefully add the lye to the water and stir to dissolve. When the oils have melted, remove from heat.

Using a candy thermometer, monitor the temperature of each container. When both solutions have reached the desired temperature, slowly pour the lye into the oil. Stir until the mixture reaches the trace. (The mixture has thickened to the point where you can trickle some soap off the back of a spoon and it will leave a trace line on the surface of the mixture.) This should take about 20 minutes but in some recipes can take hours.

Add the secondary ingredients and stir well to distribute evenly throughout the soap. Pour into desired molds. Cover with a towel or blanket to insulate the soap during the initial cooling. After 24 hours the soap should reach a solid consistency. Place the soap --still in the mold-- in the freezer for 1-2 hours before unmolding--let stand 15-20 minutes at room temp. Wearing rubber gloves, remove the soap from the molds and cut into slices or desired shapes. Place soap pieces on a covered surface (paper towels or butcher paper). The soap should be allowed to cure for 3-6 weeks before using. Soap will retain its fragrance longer if stored in an air-tight container.

**Hive Robber—Cold Processed Soap** (Elaine C. White) *Grandma's Lye Soap - Improved!*

15 oz. lard  
½ oz. beeswax  
2.2 oz. lye  
6 oz. cold water.

Fat temperature 150-160  
Lye temperature 150-160  
Time to trace 12 minutes

Time in mold—24 hours—if using a block mold, slice immediately. This is a hard soap.

Melt lard and beeswax. Combine lye and cold water (dissolve). Cool both to 150-160 degrees. Combine, stir to trace. Add FO/EO (about 2 tsp.) or other additives. (I add about 1 TBSP. honey with fragrance oils.) Pour into molds.

**Soap making challenges:**

**Liquid foaming soap:** Made with **Potassium Hydroxide** instead of Sodium Hydroxide. Does not use beeswax but HONEY may be added to the final stage along with fragrance oils and dyes if desired. See [Making Natural Liquid Soaps: Herbal Shower Gels / Conditioning Shampoos / Moisturizing Hand Soaps](#) by Catherine Failor

Cream soap uses a combination of KOH and NaOH to bind fats into a creamy soap that's great for soft shaving soaps or special applications. See: [Making Cream Soap](#) by Catherine Failor, published by Milky Way Molds, Inc.

Transparent Soaps are extremely gentle for your skin partly because they rinse off so easily. The bars are not as long lasting but are beautiful. A solvent must be added to the fat/lye to create the long crystals that allow light to pass through the mass—creating a "clear" soap. This soap uses NaOH as a caustic and solvents including glycerin, grain alcohol, and sugar to create the clear effect. See: [Transparent Soap Making](#) by Catherine Failor

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**Part 2—Lotions & Potions**

**Lotions, balms, butters & salves ~ Natural Skin Care**

Honey is a humectant—it holds water and hygroscopic—absorbs moisture from the air. Beeswax is both a moisturizer (fat) and a skin protector. Natural skin care = no petroleum, no alcohol, no preservatives, no artificial colors, fragrance oil (FO) and or essential oil (EO). Be ready to defend your choices.

Shelf life is significantly different than most commercial products. Warn your buyers.

Avoid excessive heat in all of the following recipes. Quick cooling helps establish a smooth product (refrigerate). Do not cap products while still warm. Trapped moisture can spoil products.

## Working Woman's Moisturizing Hand Lotion

### Oil-Base Ingredients

3/4 C. apricot oil or sweet almond oil  
1/2 C. coconut oil (I prefer a mix of 76° and fractionated)  
1 tsp. anhydrous lanolin  
1/2 oz. grated beeswax

Water, essential Oils, and Vitamins  
1/2 C. distilled water or infused water  
1/2 C. aloe vera gel (Georges)  
A few drops of the essential oil of your choice  
Vitamins A and E (optional)

### To Make:

1. Heat the oil-base ingredients over low heat in a double boiler until all are melted. Stir gently to mix well.
2. Pour the oil mixture into a glass measuring cup and cool to room temp. (Make ahead and store.)
3. Place the water, aloe, essential oil, and vits. in a blender. Turn to the highest speed. In a slow, thin drizzle, pour the oil-base mixture into the center hole of the blender.
4. When most of the oil-base mixture has been added and the cream resembles a butter-cream frosting, turn off the blender (you may not need all the oil base mixture). Do not over-beat. The cream should be rich and thick and continue to thicken as it sets up.
5. Pour into cream jars/bottles, label, date and store in a cool place. Refrigerate for extended storage.

## Worker Bee Hand Cream

Sanitize all equipment and bottles.

### BASE OIL:

1 oz. beeswax  
1 oz. Steric Acid  
1.5 oz. emulsifying wax  
4 oz. Avocado Oil  
4 oz. Apricot oil  
2.75 oz. 76° coconut oil  
2.75 oz. shea butter

Heat both to 150 degrees.

8 Vit. A Capsules  
1/4 tsp. Vit. E.  
1/8 tsp. Orange EO  
1/2 tsp. Thieves oil blend (below) (or other fragrance of your choice)  
.2 oz. optiphene (preservative)

1 c. purified water  
1 c. aloe concentrate (Georges)

Melt BW, steric acid, e-wax in double boiler. Add Avocado oil, apricot oil, and coconut oil—melt. Remove from heat add shea—stir until melted. Cool (or warm) to 150-160.

With a stick blender, combine oil mixture and water mixture. Cream will be very thin. Stir and cool until about 125 degrees. Add extra ingredients. (scent, vitamins, preservative)

Pour into containers. Cool. Cream will set up within a couple of hours. Do not lid jars until completely cooled—cover loosely with waxed paper to towel. (avoid condensation)

My Thieves Oil Blend recipe (you can purchase a thieves' oil blend from many companies)

2 tsp. clove bud oil  
1 1/2 tsp. lemon oil  
1 tsp. cinnamon bark oil  
3/4 tsp. eucalyptus oil  
1/2 tsp. rosemary oil

### **Lotion Bars--lotion in bar form**

3 oz. each      beeswax  
                  cocoa butter or shea butter  
                  almond oil

May add:      scent --essential oil  
                  Aloe oil, vitamin A or E, tea tree oil (any/all optional)

To Make: Melt together. Pour into 6 -1.5 oz. molds or small tins. Cool 2 hrs. For easy unmolding, place in the freezer for 20-30 minutes. Store bars in sealed container.

To Use: Rub bar between hands to warm and soften or rub directly on desired area.

For insect repellent use:

1 oz. Citronella EO	2/10 oz. Bergamot EO
½ oz. Eucalyptus EO	2/10 oz. Lemongrass EO
½ oz. Lavender EO	2/10 oz. Rose Geranium (optional)
½ oz. peppermint EO	

Lotion bar base works well with a variety of essential oils for a medicinal "rub". Sore muscle rub, cooling peppermint foot rub, Exotic oil rub (add mango butter, etc.).

### **Wrinkle Fighter ~ Wrinkle Bee Gone**

4 oz. almond oil  
4 oz. jojoba oil  
2 oz. lanolin  
2 oz. beeswax  
2 tsp. vitamin E oil

Essential or fragrance oil (optional)

Melt all ingredients in a small pan or double boiler. Mix well. Pour while warm into small containers or tins (1-2 oz. each).

## Resources:

Bramble Berry

<https://www.brambleberry.com/>

FO, EO

Bulk Apothecary

<http://www.bulkapothecary.com/>

herbs, FO, EO

Columbus Vegetable Oils

<https://www.soaperschoice.com/>

base oils

Elements Bath & Body

[www.elementsbathandbody.com](http://www.elementsbathandbody.com)

Twist up tubes & containers

Frontier Cooperative Herbs

<https://www.frontiercoop.com>

herbs and spices

Glorybee Foods Inc.

[www.glorybeefoods.com](http://www.glorybeefoods.com)

Majestic Mountain Sage

[www.thesage.com](http://www.thesage.com)

FO/EO, lip balm tubes

Natural Sourcing, LLC

[www.fromnaturewithlove.com](http://www.fromnaturewithlove.com)

FO/EO

On line Labels

[www.onlinelabels.com](http://www.onlinelabels.com)

maestro label maker,

labels by sheet

Papermart

<http://www.papermart.com/HOME>

tins, ribbon, bags, boxes

Planet Label

[www.planetlabel.com/](http://www.planetlabel.com/)

labels by the sheet

Rainbow Meadow

[www.rainbowmeadow.com](http://www.rainbowmeadow.com)

[FO/EO](#)

Soap Equipment

<http://soapequipment.com/>

soap cutter

SKS Bottle

[www.sks-bottle.com](http://www.sks-bottle.com)

tins, bottles, jars, tubes, pumps

Sweetcakes

[www.sweetcakes.com/](http://www.sweetcakes.com/)

FO/EO

Where I buy it--

Olive oil—Sam's

Coconut oil—Restaurant Depot

Arrowroot powder—Natural Grocers

George's Aloe juice—Natural Grocers

Handcrafted Soap Maker's Guild - info on soap making as a cottage industry  
[www.soapguild.org](http://www.soapguild.org)

[www.Honey.com](http://www.Honey.com)

National Honey Board—recipes using honey and beeswax.

Books:

Beeswax Alchemy: How to Make Your Own Soap.... By Petra Ahnert

Beehive Alchemy: Projects and recipes using honey, beeswax, propolis..... by Petra Ahnert

Making Natural Liquid Soaps: Herbal Shower Gels, Conditions Shampoos.... by Catherine Failor

Making Transparent Soap: The Art of Crafting, Molding, Scenting.....by Catherine Failor

Handmade Soap: Recipes for Crafting Soap at Home (Country Living) by Mike Hulbert

Soap Crafting by Anne-Marie Faiola ISBN 978-1-61212-089-8 Storey Publishing (NEW)

Soap Recipes by Elaine C. White, ISBN 0-9637539-5-9 Valley Hills Press

Super Formulas Arts and Crafts by Elaine C. White

The Soapmaker's Companion by Susan Miller Cavitch, ISBN 0-88266-965-6  
Storey Publishing

The Complete Soapmaker by Norma Coney, ISBN 0-8069-5869-8  
Sterling Publishing Co., Inc.

The Handmade Soap Book by Melinda Coss, ISBN1-58017-084-6  
Storey Publishing

The Soaper's Cook Book by Coleen French and TJ Currey, French Garden Creations, 9783 Butler, Portland, MI  
48875 (HOT PROCESSED SOAP)

"Making Herbal Hand Creams and Salves" by Norma Pasekoff Weinberg, A Storey Country Wisdom Bulletin

The Herbal Body Book by Stephanie Tourles

Rhodale's Illustrated Encyclopedia of Herbs published Rhodale Press

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