

# Natural Liquid *Soap Making* ... Made Simple

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25 Easy Soap Making Recipes  
You Can Try At Home!

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Smashwords Edition

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# Introduction

Buying soap from the market may seem like a convenient option for you. After all, you don't have to do anything other than make your way to the nearest convenience store and get yourself the soap you need. However, instead of buying so much soap every month, you can learn to make your own and become self-sufficient.

Not only does this save you the hassle of having to make a trip to the store, you know the soaps are made using natural ingredients to ensure they are safe and beneficial for your skin. The purpose of this eBook is to guide you to make different types of natural liquid soaps. Not only will we cover hand soaps but also laundry soaps, shampoos and even shower gels.

The recipes you have to follow to make different types of liquid soaps are provided in detail so you don't have any trouble making soap. To make the most of the information contained in this eBook, it is important that you read it from start to finish. Without further ado, we will get started with our chapter on soap making recipes.

# Recipes

Moving on to the business end of things, we will be looking at 25 different recipes for homemade liquid soap-related products. To start things off, here are 5 recipes for natural shampoo you can try at home.

# Shampoos

You might be wondering that since you can easily buy your shampoo at the nearest convenience store, why should you go through the hassle of making your own shampoo at home? The fact of the matter is that there are numerous benefits of making your own shampoo.

Let's enumerate some of them:

1. Making shampoo at home is easier than you think. As you will see in the recipes listed below, you don't have to do much except combine the ingredients and shake them well. So, you don't have to put in too much effort.
2. The cost of homemade shampoo is significantly lower than what you would pay for a bottle of shampoo from an average brand. This way, you can actually save money.
3. You can alter the ingredients and their composition based on your specific needs. If you have dry scalp, you can create a shampoo that treats that particular problem. This luxury of customization isn't available to you if you buy commercial shampoo.
4. You can ensure that the shampoo you make is completely natural and devoid of any processed or refined ingredients. Some commercial brands of shampoo claim to produce a natural product but they use some synthetic materials to get the right density, color and fragrance.



5. Most importantly, you can avoid the toxins and harmful elements

that are very much part of commercial soaps. The toxins can damage your hair rather than help it retain its appearance.

As you can see, there are numerous benefits of making your own

shampoo. So, how can you go about doing that? Here are five great recipes for making shampoo at home

# 1. Basic

The recipe for basic homemade shampoo is important to learn. Nearly all other recipes for shampoo follow the same base.

## **Ingredients:**

- ½ cup liquid Castile Soap (Buy any variant you want)
- 1 cup distilled Water
- ½ teaspoon Avocado Oil (Substitute with Jojoba or Grape seed Oil if you want)

## **Instructions:**

1. Take a small bowl and pour in all ingredients.
2. Stir the mixture till the ingredients combine well.
3. Pour the mixture into a bottle or plastic container.
4. Shake well before you want to use the shampoo.

As promised, the recipe for basic homemade shampoo is quite simple and uncomplicated. Now it's time to go over some other recipes.

## 2. Herbal

Herbal shampoo is great for your hair health and can be used by people with all types of hair.

### **Ingredients:**

- 2 tablespoons Tea Tree Oil
- 1 cup distilled Water
- 3 tablespoons dried Rosemary
- ½ teaspoon Avocado Oil
- ¼ cup liquid Castile Soap
- 1 tablespoon Lemongrass

### **Instructions:**

1. Pour the distilled water into a saucepan and put over medium-high heat. Bring to a boil.
2. Add herbs to the boiled water and leave it to steep for around 40 minutes. Drain the water, removing any rosemary or lemongrass figments.
3. Transfer the liquid to a container, preferably a glass container. Add the oils and Castile soap to the liquid. Stir well until the oil, soap and water are mixed thoroughly. This may take more than a couple of minutes.
4. Let the mixture cool and then pour out into a bottle with a foam pump. Use the shampoo whenever you want.

### 3. Sweet

How can shampoo be sweet? Here, we aren't talking about the taste of the shampoo, but rather its smell.

#### **Ingredients:**

- ¼ teaspoon Avocado Oil
- 8 drops Coconut Fragrance Oil
- 1 cup distilled Water
- 8 drops Vanilla Fragrance Oil
- ¼ cup liquid Castile Soap

#### **Instructions:**

1. In a mixing bowl, combine all the ingredients.
2. Stir the mixture to ensure the ingredients mix well.
3. Check the fragrance to judge whether or not the mixture is perfect.
4. Transfer the contents to a bottle.

Sweet shampoo can be used by anyone and everyone. If you want your hair to smell nice, this is the perfect recipe for you.

## 4. Apple Cider Vinegar Rinse

If you are trying to get rid of dandruff and grime from your hair, using Apple Cider Vinegar Rinse may well be a great option. Not only does it help keep your hair clean, but it also restores its vitality and vibrancy.

### **Ingredients:**

- 1 cup Distilled Water
- 1/3 cup raw Apple Cider Vinegar

### **Instructions:**

1. Combine the water and vinegar in a bottle or plastic container.
2. Shake well so the ingredients mix perfectly together.

For using Apple Cider Vinegar Rinse, you have to shampoo your hair first. You can use any of the three options listed above. Rinse your hair thoroughly to ensure there is no shampoo residue left. Gently rub in the vinegar rinse into your scalp. Make sure you cover each and every part of your head.

Then, let the hair sit for a couple of minutes before rinsing off the vinegar rinse. Use cold water to get the best results. The only catch is that your hair will smell like apple cider vinegar but that can be dealt with by applying conditioner to your hair afterwards or even shampooing it again.

## 5. Luster

Who doesn't want their hair to appear shiny and retain its original luster? Yet, over time, your hair will lose its sheen and appearance because of dryness and other factors. Making and applying a luster shampoo to your hair regularly will help you restore the shine you are looking for.

### **Ingredients:**

- ¼ teaspoon Lemon Essential Oil
- ¼ cup Castile Soap
- 2 tablespoons Sweet Almond Oil
- 1 cup Distilled Water
- 2 tablespoons dried Rosemary

### **Instructions:**

1. Add rosemary to the distilled water and bring to a boil. Let the mixture steep for 40 minutes. Strain the leaves.
2. Add the remaining ingredients to the mixture. Stir well so they mix properly.
3. Transfer the contents to a bottle or plastic container.

Store the luster shampoo in a cool place.

# Shower Gels

Making your own shampoos at home can do wonders for the appearance and health of your hair and scalp. So, what about the rest of your body? For that, you can make shower gels at home and use them for taking long, relaxing baths. Like shampoos, commercial shower gels also contain some materials that are harmful for your skin.

You can avoid the problems most people face by following the recipes provided in this chapter and making shower gels at home.

The great thing is that there are several scents you can opt for.

Here are five of the best:

# 1. Simple

To get started with making shower gel at home, here is a basic recipe you can try first.

## **Ingredients:**

- 1 standard Soap Bar
- 1 cup Distilled Water

## **Instructions:**

1. Cut or grate the soap bar into small pieces or flakes. The pieces should be small enough that they get dissolved easily.
2. Pour the distilled water into a saucepan and throw in the soap bar flakes.
3. Bring the water to a boil and continue to simmer till the soap melts completely.
4. Stir the water till the soap and water form a smooth gel-like mixture.
5. Transfer to a mixing bowl and let cool.
6. Pour the mixture into a bottle and use when necessary.



## 2. Pear

The basic recipe for making shower gel remains pretty much the same. The main difference is in the fragrance. Here is the recipe for pear shower gel.

### **Ingredients:**

- 1 cup Distilled Water
- 1 tablespoon Glycerin
- 1 bar unscented Glycerin Soap
- ½ cup Pear Juice
- 3 drops Lemon Essential Oil
- 5 drops Pear Fragrance Oil

### **Instructions:**

The process remains the same as that for making basic shower gel. The only difference is that you have to mix the oils, juice and glycerin into the mixture once it has been prepared.

You can also substitute pear with apple if you prefer the smell of apples over pears.

### 3. Strawberry & Lemon

This is an interesting combination you will surely not find in any commercially available shower gel: Strawberry & Lemon.

#### **Ingredients:**

- 3 large frozen Strawberries
- 1 tablespoon Aloe Vera Gel
- ½ tablespoon unscented natural Liquid Soap
- 1 teaspoon Salt
- 5 drops Strawberry Fragrance Oil
- 8 drops Lemon Essential Oil

#### **Instructions:**

1. Thaw the frozen strawberries till they soften. Toss into a blender and puree till smooth.
2. Transfer the pureed strawberries into a bowl and combine with salt.
3. Add the remaining ingredients to the bowl and mix well.

You should use the shower gel right away.

## 4. Orange

This one is a different recipe as it doesn't require you to use soap.

### **Ingredients:**

- 1 teaspoon Cane Sugar
- 1 cup Distilled Water
- 8 drops Essential Lemon Oil
- 2 tablespoons Glycerin
- 2 drops Orange Food Coloring
- 1 tablespoon Jojoba Oil
- 4 tablespoons Aloe Vera Gel
- 1 teaspoon Arrowroot

### **Instructions:**

1. Combine all the ingredients in a bowl and mix well together until they are smooth.
2. Add the food coloring and stir well.
3. Transfer the gel into a squeeze bottle and use within a day.

You can use grapefruit, lemon or lime in place of orange.

## 5. Vanilla Rose

Vanilla rose shower gel is surprisingly easy to make.

### **Ingredients:**

- 1 unscented natural Soap Bar
- 1 cup Distilled Water
- 10 drops Vanilla Extract
- 8 drops Rose Essential Oil

### **Instructions:**

1. Follow the instructions for basic shower gel.
2. Add the extract and oil to the gel and mix well.

Your vanilla rose shower gel is ready!

# Laundry Soaps

Having covered shampoos and shower gels, now it is time we move on to detergents. Most people might not be aware of the fact that the techniques used for making liquid laundry soaps are quite similar to the ones followed to make hand soaps and shampoos. So, while you are learning about them, why not give laundry detergent a go?

# 1. Front-Load/ Top-Load Machines

Here is a recipe for laundry soap that works perfectly in front-load and top-load machines.

## **Ingredients:**

- 4 cups hot Distilled Water
- ½ cup Borax
- 1 Detergent Bar, grated
- 1 cup Washing Soda

## **Instructions:**

1. Combine the soap and water in a saucepan and boil till the soap is completely dissolved.
2. Fill a bucket of water and pour in all ingredients including the soap mixture. Stir and cover the bucket and leave overnight so that the mixture thickens.
3. Transfer the mixture to a soap dispenser for easy use.

## 2. Basic

The recipe for basic laundry soap is quite simple to follow.

### **Ingredients:**

- 1 Detergent Bar, grated
- ½ cup Vinegar
- 4 cups Distilled Water

### **Instructions:**

1. Put the grated soap into a saucepan and pour the water in. Bring to a boil and add the vinegar.
2. Let the mixture stand till it cools down and transfer to soap pumps.

### 3. Berries

If you love berries and want your clothes to smell like berries, you can try the recipe for Berry liquid detergent.

#### **Ingredients:**

- ½ cup Vinegar
- 1 cup Berries (of your choice)
- 4 cups Distilled Water

#### **Instructions:**

1. Combine the ingredients in a saucepan and bring to a low boil. Place the lid on and simmer for around 30 minutes. Keep stirring the mixture so that the berries break into small pieces.
2. Remove the lid and simmer for a further 30 minutes at low heat.
3. Strain into a bowl and let cool.



## 4. Orange

The orange fragrance is quite refreshing, which is one reason why it is so popular.

### **Ingredients:**

- 1 cup sliced Oranges
- 4 cups Distilled Water
- ½ cup Vinegar

### **Instructions:**

1. Combine the ingredients in a saucepan and bring to a low boil. Place the lid on and simmer for around 30 minutes. Keep stirring the mixture so that the fruit breaks into small pieces.
2. Remove the lid and simmer for a further 30 minutes at low heat.
3. Strain into a bowl and let cool.

## 5. Lemon

### **Ingredients:**

- 1 cup sliced Lemons
- ½ cup Vinegar
- 4 cups Distilled Water

### **Instructions:**

1. Combine the ingredients in a saucepan and bring to a low boil. Place the lid on and simmer for around 30 minutes. Keep stirring the mixture so that the lemons break into small pieces.
2. Remove the lid and simmer for a further 30 minutes at low heat.
3. Strain into a bowl and let cool.

# Hand Soaps

Hand soaps are an essential part of the monthly shopping list. You may not be able to fathom not having hand soap at home. Most households spend a fair amount of money on buying hand soaps every month. Therefore, if you learn to make your own, you can save a lot of money. There is no dearth of recipes as far as hand soaps are concerned.

# 1. Basic

The basic method is what you have to follow for the remaining recipes as well.

## **Ingredients:**

- 1 bar of Soap, grated
- 1 cup Distilled Water
- ½ teaspoon Essential Oil
- 1 tablespoon Glycerin

## **Instructions:**

1. Combine the ingredients in a saucepan and put on medium heat.
2. Bring the mixture to a boil and let simmer till the soap dissolves completely.
3. Transfer the contents to a soap pump and use.

## 2. All-Natural

All-natural soaps are great for your skin in addition to being environmentally-friendly.

### **Ingredients:**

- 1 cup Distilled Water
- 1 tablespoon Glycerin
- 1 bar unscented Baby Mild Liquid Soap
- ½ teaspoon Grapefruit Essential Oil

### **Instructions:**

1. Mix the ingredients together. The ideal ratio is 1 cup of water and ¼ teaspoon essential oils for every 1oz of soap. You have to modify accordingly.
2. Stir till the mixture is smooth and transfer to containers.

### 3. Coconut

Did you know that coconut oil is a perfect substitute for glycerin? This gives you the chance to make coconut hand liquid soap!

#### **Ingredients:**

- 1 tablespoon Coconut Oil
- 1 gallon Distilled Water
- 1 bar of Soap

#### **Instructions:**

1. Grate the soap into a saucepan.
2. Into the saucepan, pour water and add oil.
3. Put over medium-high-heat. Cook until the soap dissolves completely. Make sure that the mixture doesn't boil.

## 4. Dove

Dove is one of the most popular brands of soaps. You can make your own Dove hand liquid soap at home!

### **Ingredients:**

- 1 gallon Distilled Water
- 1 bar Dove Soap
- 1 tablespoon Glycerin
- ½ tablespoon Grapefruit Essential Oil

### **Instructions:**

You have to follow the same technique as that for basic hand liquid soap without any changes.

## 5. Baby

The skin of young children requires you to be careful about the type of soap you use.

### **Ingredients:**

- 1 bar Baby Soap (any brand)
- 1 gallon Distilled Water
- 1 tablespoon Glycerin

### **Instructions:**

Apply the technique for making basic hand liquid soap. The only difference is that you don't have to use essential oils in this recipe.



## 6. Salicylate-Free

Some people are allergic to Salicylate. Since nearly all commercial brands of soap have Salicylate, it is important that you find one that doesn't. You can make Salicylate-free hand liquid soap at home.

### **Ingredients:**

- 2 cups hot Distilled Water
- 1 bar of Soap (preferably Olay or Dove)

### **Instructions:**

1. Combine the ingredients in a pot. Heat till the soap dissolves in water.
2. Let it stand for 24 hours, stirring every hour or so till the mixture cools down.
3. If you don't see the desired smoothness, you can add 1 tablespoon of glycerin.

## 7. Ivory

If you like ivory soap, you will enjoy making ivory liquid hand soap.

### **Ingredients:**

- 1 bar Ivory Soap, grated
- 12 cups Distilled Water

### **Instructions:**

1. Put the soap and 4 cups of water into a large pot. Heat until soap dissolves.
2. Whisk the mixture till the soap mixes thoroughly.
3. Add the remaining cups of water and let it cool before using.

## 8. Lavender

Lavender is one of the most popular fragrances. You can get the breathtaking aroma in your hand soap as well.

### **Ingredients:**

- 1 bar unscented Soap, grated
- 1 cup Distilled Water
- 1 tablespoon Glycerin
- 12 drops Lavender Essential Oil

### **Instructions:**

The recipe remains the same. You may have to vary the number of drops of essential oil you put in depending on the fragrance that emanates.

## 9. Pomegranate - Rose

Pomegranate and rose may well be an unusual combination but you will surely like it.

### **Ingredients:**

- 2 bars of Pomegranate & Rose Soap
- 1 gallon Water
- 2 tablespoons Glycerin

### **Instructions:**

1. Grate the bars of soap into small flakes.
2. Combine all ingredients, with grated soap, in a large saucepan or pot. Make sure the container is big enough for 1 gallon of water.
3. Turn the stove on medium and heat the mixture until the soap dissolves completely.
4. Let the soap sit for up to 12 hours.
5. Transfer to containers and use as hand soap.

## 10. Chocolate

Here is a recipe to end things on a high: chocolate hand soap!

### **Ingredients:**

- 1 bar Chocolate Soap
- 1 cup Distilled Water
- 1 tablespoon Glycerin

### **Instructions:**

Follow the basic recipe to the letter and you can make yourself great-smelling chocolate liquid hand soap!

# Conclusion

With this we come to the end of our natural liquid soap making eBook. As promised in the beginning, we covered 25 different recipes for making liquid soaps, divided into different categories.

After going through this eBook, there is no doubt that you don't have to spend any time or money on buying soap for home.

It is up to you to make the most of the information provided in this eBook. As you would have seen, most of the recipes are extremely simple to follow.

At the end of the day, liquid soaps are considered more sanitary and hygienic than bars of soap. Plus, they are incredibly

convenient to make at home. So, without further ado, get started with natural liquid soap making!



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***Thanks!***