



# DIY

## Soap

You can keep it simple with only Dr. Bronner's bar soap or liquid castille soap.

8.3 ounces palm oil  
5.5 ounces palm kernel oil  
6.4 ounces coconut oil  
2.3 ounces cocoa butter  
11 ounces olive oil  
2.8 ounces castor oil  
4.6 ounces soybean oil

5 ounces sunflower oil  
6.4 ounces lye  
13 ounces of strongly brewed green tea  
4 to 8 teaspoons steeped green tea leaves  
(leftover from the tea making)  
1 ounces eucalyptus essential oil  
1 ounces lemongrass essential oil

Make at least 13 ounces of double-strength green tea. Save the steeped leaves for later. Let the tea cool completely.

Following the instructions in making soap with liquids other than water, make your lye solution.

Again, it can't be stressed enough that the tea is completely (refrigerated is an even better option) cooled off before you make your lye solution.

Measure out all of your oils, essential oils, and colorants (if you're using colorants).

Make your soap batch as you normally would, following basic soap making instructions.

At trace, add the lemongrass and eucalyptus essential oils, and add about 1/2 to 1 teaspoon of the steeped green tea leaves per pound of oils. In the above recipe, that's about 4 to 8 teaspoons of leaves.

Stir well. Add your colorants/swirl, if desired.

Pour into the mold of your choice. Let it saponify overnight. Slice it when it's firm enough to slice.

Let it cure for 3 to 4 weeks before using.

More info at: <https://www.thesprucecrafts.com/basic-soap-making-recipes-517179>