

# Soap Calculator *Ultimate*

**Natural Soap Recipe to Help with Acne.**

# 01 Reduce Scarring

## Summary

A homemade soap formula aimed at average hardness and potential acne-reducing benefits, along with some optional additives. I'm focusing on oils known for their cleansing properties, fatty acid profiles suitable for acne-prone skin, and generally good hardness balance.

## 02 Core Oils

**Olive Oil (30%):** Provides mildness, moisturizing qualities, and contributes to a gentle lather. It's a staple for many soap recipes.

**Coconut Oil (20%):** Offers excellent cleansing and a fluffy lather. Use at this percentage to avoid over-drying, which can exacerbate acne.

**Palm Oil (20%):** (Considered optional due to sustainability concerns. If you choose not to use it, increase the Shea Butter percentage.) Provides hardness and a stable lather. If substituting, consider a blend of Tallow and Shea Butter or another similar hard oil.

**Shea Butter (20%):** Adds moisturizing properties and helps create a creamy lather. It's also soothing to the skin.

**Castor Oil (10%):** Enhances lather and adds moisturizing properties. A small amount goes a long way.

## 03 Optional Additives

### Powders:

**Activated Charcoal (1-3%):** Known for its ability to draw out impurities and absorb excess oil. Add to the melted oils before lye solution.

**Green Clay/Bentonite Clay (1-3%):** Helps absorb oil and detoxify the skin. Mix with a small amount of water to form a slurry before adding to the melted oils.

**Colloidal Oatmeal (2-5%):** Soothes irritated skin and adds a gentle exfoliating effect. Add at trace.

### Infused Oils (Use in place of some of the base oils, not in addition to):

**Calendula-Infused Olive Oil:** Calendula is known for its anti-inflammatory and healing properties. Infuse olive oil with dried calendula flowers and use it in place of some of the regular olive oil.

**Neem-Infused Olive Oil:** Neem has antibacterial and antifungal properties. This is a potent oil, so use with caution (maybe replace 5% of the olive oil). Be aware of the strong smell.

### Essential Oils (Use at 1-3% of the total oil weight):

**Tea Tree Oil:** A well-known antibacterial and antifungal agent.

**\*Lavender Oil:** Soothing and calming, also possesses some antiseptic properties.

**Rosemary Oil** Can help improve circulation and has antiseptic properties.

**Lemon Oil:** Uplifting scent and can help brighten skin. Be cautious of photosensitivity; avoid direct sun exposure after using soap with lemon oil

### **\*\*Important Considerations:\*\***

**Lye Calculation:** Use a reliable lye calculator to determine the correct amount of lye (sodium hydroxide for bar soap) and water needed for your specific batch size. Always double-check your calculations.

**Superfat:** A superfat of 5-8% is recommended for a gentle, moisturizing soap. Your soap calculator should allow you to adjust this.

**Allergies:** Be mindful of potential allergies. If you are selling the soap, clearly label all ingredients.

**Testing:** Always test a small batch of the soap on yourself before making a large batch or giving it to others.

**Scar Reduction:** Soap alone is unlikely to completely eliminate scars. It can, however, contribute to overall skin health and potentially improve the appearance of some types of scars.

**Curing:** Allow your soap to cure for at least 4-6 weeks in a well-ventilated area. Curing allows excess water to evaporate, resulting in a harder, longer-lasting bar of soap.

**Water Discount:** A 38% water ratio is a good place to start.

**\*\*Disclaimer:\*\*** Soapmaking involves working with lye, which is a caustic substance. Always wear appropriate safety gear (gloves, eye protection, long sleeves) and work in a well-ventilated area. If lye comes into contact with your skin, flush immediately with plenty of water. Seek medical attention if necessary. I am an AI and cannot provide safety advice.