

Soap Calculator *Ultimate*

**Natural Soap Recipe to Help with Eczema
Skin Issues.**

01 Eczema Prone Skin

Summary

A homemade neutral soap formula, geared toward eczema-prone skin, aiming for average hardness. This formulation emphasizes gentle cleansing, moisturizing, and soothing properties. Eczema skin is often dry and irritated, so the goal is to avoid harsh ingredients and maximize skin-loving oils. The "average hardness" target means it won't dissolve too quickly in the shower but will still be gentle on the skin.

Olive Oil (40%): A cornerstone of gentle soapmaking. High in oleic acid, it provides mild cleansing and is very moisturizing. It creates a soft, conditioning soap.

Coconut Oil (20%): Provides cleansing and lather. It needs to be balanced with more conditioning oils to avoid being too drying. At 20%, it offers good cleaning without stripping the skin excessively.

Palm Oil (or Sustainable Palm Oil Alternative) (15%): Adds hardness and helps with lather stability. Ensure you source only sustainably produced Palm Oil if you choose to use it. Alternatives include Tallow, Shea Butter, or Mango Butter, but may require slight adjustments in the percentages of other oils to achieve the desired hardness.

Shea Butter (15%): Excellent for eczema due to its emollient and anti-inflammatory properties. It adds a creamy, luxurious feel to the soap. It also helps to harden the soap.

Castor Oil (10%): Promotes lather and adds a slippery feel to the soap. A little goes a long way in improving the overall feel of the bar.

03 Optional Additives

Colloidal Oatmeal (2-5%): A well-known ingredient for soothing itchy, irritated skin. Add it at trace to the soap batter.

Calendula-Infused Oil (replace a portion of Olive Oil): Calendula is known for its healing and anti-inflammatory properties. Infuse olive oil with dried calendula flowers for several weeks, then use that infused oil in the recipe. Replace up to 10% of the olive oil with calendula-infused oil.

Honey (1-2%): A humectant, meaning it attracts moisture to the skin. Add it at trace, dispersed in a little distilled water. Use raw, unfiltered honey if possible, but always test a small area first to rule out allergies.

Kaolin Clay (1-2%): Helps to draw out impurities and provides a silky feel. Disperse it in a little distilled water before adding it to the soap batter.

Chamomile Tea (replace water in recipe): Chamomile is known for its calming and anti-inflammatory properties. Use strong chamomile tea instead of plain water to dissolve the lye. This adds a subtle benefit to the soap.

****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.