

Homemade Olive Oil Soap

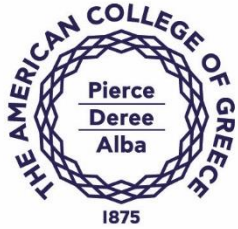
Besides its nutritional health benefits olive oil also has skin-care benefits. Applying olive oil on its own or mixed with other oils directly to the skin serves as a skin moisturizer or as a base ingredient when making soap at home. Here are some benefits of homemade olive oil soap:

- 1.Olive oil soap is a good moisturizing cleanser that does not strip the skin from its natural oils.
- 2.Olive oil soap is hypoallergenic, so you are less likely to experience an allergic reaction when using it.
- 3.Homemade olive oil soap will contain mostly natural ingredients.
- 4.Olive oil is rich in antioxidants whether the oil is ingested or rubbed into the skin in the form of soap.
- 5.Homemade olive oil soap will have a gentle aroma (depending on the essential oil that you have used) as opposed to the commercial soaps that are over scented chemically.
- 7.Olive oil soap does not have animal fats or by-products that are used in many commercial soaps making it suitable for vegans and environmentally conscious people.
- 2.Homemade olive oil soap cost less money, and last longer as it is is hard and tends to lather minimally.



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A 2008 publication of "Pediatric Dermatology" found that olive oil was a suitable ingredient in creams, soaps used on pre-term infants. So if it's safe for the skin of these newborns, it is likely to be gentle on your skin.



Know the Facts

Health



Basic Ingredients

130g NaOH
320g distilled water
1 kg olive oil
Ice & cold water
Disposable gloves
1 Glass bowl (2 liters)
1 Plastic/glass bowl (3 liters)
1 Large container (5 liters)
Wooden/plastic spoon
Food thermometer
Optional: Essential oils, dried herbs,
natural food coloring

Directions

1. Fill the large container with water and ice. Place the 2L glass bowl in the container. Pour the distilled water into the glass bowl. Add NaOH and carefully dissolve. The temperature of this solution will reach 90° C. Stir until the temperature is reduced to 40° C.
2. In the 3L plastic/glass bowl add the solution above to the olive oil stirring slowly and carefully with the wooden or plastic spoon until mixture thickens (approximately 10-15 minutes).
3. After it reaches a creamy consistency add essential oils, dried lavender, rosemary, dried lemon peel or other.
4. Pour the soap mixture into plastic forms and let it set for 2-3 days.
5. Remove soap from forms and use after 4-5 days.

