

the **rain** book of
natural
soap making



rain
created for living

bev missing



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ingredients

As a crafter, you can follow the project recipes, but if you are hungry for knowledge and want to create your own formulas, a deeper understanding of the various ingredients and how they function is essential. Don't panic about the chemistry – I have simplified everything to make it easy to understand. To play with the projects later in the book, you only need to master one basic recipe described under Step-by-step cold-process soap making (see page 75).

oils and butters/fats

Oils and butters are the heart of your soap and how you choose and combine them is crucial to the end product. Oils and butters or fats are different only in that one is a liquid at room temperature and one is a solid. Usually fats are animal products, butters are derived from plants, vegetables or nuts, and oils are vegetable, but not always. Some oils are artificially induced to stay solid at room temperature – like margarine. This is done through a process of hydrogenation, which means the oils are pumped with hydrogen to change their molecular structure. I never use any hydrogenated fats in cooking or in soap making. I see them as artificial, foreign and harmful, with warped molecular structures that can only be bad for my body!

SLICE EMBEDS

Rating: Challenging

EXTRA EQUIPMENT NEEDED

- Triangle mould on a stand, made out of cardboard and covered with clingfilm
- Sharp knife
- Pre-made Polka dot soaps (see page 129), sliced thinly

Time to complete: 2 days

Colours: Three shades of purple, from light to very dark, and white. My synthetic turquoise colour delivers this purple in a finished soap!

Fragrance: 20ml lavender essential oil.

METHOD

1. Separate batter into four jugs – make one white with 5ml titanium dioxide, one pale purple with 3ml colour, one with 6ml colour and one with 9ml colour.
2. Follow the technique for Polka Dots (see page 129).
3. Harden overnight. Remove from mould and slice thinly – thinly enough to allow the soap to curve and bend.
4. Make two cardboard triangle-shaped moulds. Line with clingfilm.
5. In one mould, place the slices vertically along the middle of the mould.
6. In the other mould, place the slices flat along the walls of the mould.
7. Pour in a batch of white batter, keeping slices apart from one another in mould one and keeping them flat against the walls in mould two.
8. Put to bed. Unmould and cut to reveal two different effects.



FUNNEL-AND-PIPE TECHNIQUE

Rating: Easy

EXTRA EQUIPMENT NEEDED

- Pringles chips can (for this batch, you'll need 2–3 cans)
- A piece of garden hose the length of the Pringles can
- A kitchen funnel
- One jug per colour
- Packaging tape

Time to complete: 1 day

Colours: I used a yellow mica powder, charcoal powder and white.

Fragrance: 20ml *Litsea cubeba* essential oil.

METHOD

1. Divide batter into three. Colour one white with 5ml titanium dioxide, colour one with 5ml yellow mica pre-blended with a little olive oil, and one with 10ml charcoal powder.
2. Prepare the Pringles can by cutting off the metal base and replacing it with the transparent plastic lid, which is taped securely to the core for safety.
3. Attach a small length of hosepipe to a kitchen funnel and place it into the Pringles can.
4. Pour each colour of batter into the Pringles can, in random order and random amounts – start with a little of each, then a lot of one and a little of the other two, etc. Fill the can and put to bed.



PATTERN IMPRINTS – LACE

Rating: Easy

EXTRA EQUIPMENT NEEDED

- Patterned, embossed surfaces on which to pour, like silicone mats used for chocolate making
- Cardboard and packaging tape

Time to complete: 1 day

Colour: White or natural.

Fragrance: 20ml of an elegant, feminine fragrance like ylang ylang.

METHOD

1. Make a cardboard mould to fit the embossed surface and the height of the finished soaps (I used silicone mats bought at a baking shop).
2. Cover the cardboard mould with packaging tape or clingfilm to make it easy to remove the soap, and to make it reusable.
3. Pour the fragranced batter onto the mat.
4. Put to bed.
5. Unmould and peel off the silicon mat.





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packaging

I love beautiful packaging – I have a packaging board on Pinterest that is well worth looking at – search for RAIN.

Packaging is not just protection for your end product – it's a whole art on its own. First impressions count. They tell a story before you use the product. They tell you if it's natural, high-end, cheap and crafty, or exclusive. It sets the scene and provides a stage on which the product can perform. Attention to detail is important, especially if you plan to sell your soaps.

starting out

Packaging and label printing can be extremely costly. Your challenge is to make your own packaging without it looking as if it came from a bazaar. If you're at all artistic, you can design your own labels. If not, search the internet for free label templates. Many craft or food bloggers offer them as a perk to their blog followers. Join PINTEREST and search there for free label templates you can download and print.





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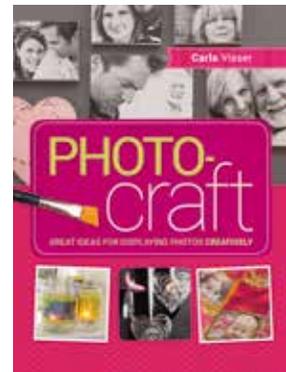
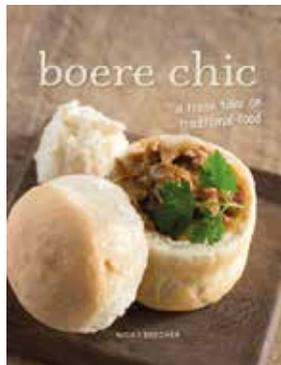
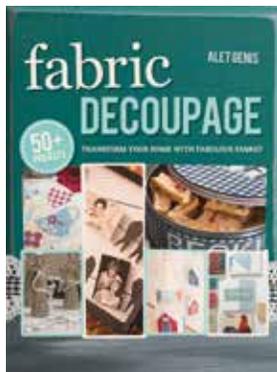
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Soap making is a rewarding and creative pastime – both therapeutic and challenging. In this book the process is simplified, with loads of ideas to help you formulate your own recipes through a very basic understanding of the chemistry of soap. This will set you on the creative path with colour guides, fragrance formulations and practical how-to information on moulds, trimming, curing and packaging, with extensive details for crafters who wish to make some extra money from their hobby available from the RAIN website.

A comprehensive guide to producing cold-process soap, the book offers detailed information on all the ingredients required. The basics of soap making, explained with step-by-step instructions and illustrated with colour photographs, are followed by special projects. A trouble-shooting section resulting from lessons learnt, helps you fathom out what went wrong, and tips throughout the text help you avoid problems and detailed information on rebatching suggests what to do with offcuts and flops to keep wastage to a minimum. There is also a glossary of soap-making terms as well as suppliers' details.

Lavishly illustrated with magnificent photographs commissioned for the book, it teaches and inspires, encouraging a gentle approach, using eco-friendly ingredients that are lovely to use and not harmful to the environment.



Bev Missing condensed her more than 15 years of soap making in an encompassing soap-making book which lets you in on the secrets and mysteries of the art of soap making, as well as tips and lessons learnt from growing a kitchen hobby into an international soap brand with 11 branded stores in South Africa, America and Europe. Her company makes not only soap, but body and bath products too. Actively involved in social upliftment programmes, she is a fervent animal lover and is passionate about helping people, improving their circumstances and creating hope. RAIN provides work for 115 people. Bev is married and lives in the historic town of Swellendam in the Western Cape.



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