

### **Laundry Soap**

975ml Coconut Oil  
168g Caustic Soda  
354ml Water  
14-30mls essential oils

Melt oil in slow cooker. Fill a sink or bucket with white vinegar. Weigh out caustic soda as accurately as possible into a glass bowl. Measure out water in a separate jug or bowl. With gloves on, take water and lye outside and slowly pour the water into the caustic soda, careful not to splash as the mixture is highly caustic and can burn. Slowly pour the lye mixture into the slow cooker with coconut oil. Place the bowl into the white vinegar to neutralise the acidic caustic soda. With a stick blender mix the two until they resemble pudding. This is called 'trace'. Leave on warm or hot for 1 hour, checking regularly. After 1 hour, test if the soap mixture is ready. Do this by putting a small amount on your tongue. If it zaps it isn't ready, leave a little longer. If it is waxy and just tastes of soap, stir to cool slightly and then add essential oils.

Pour into a silicon loaf mould. Let sit for 24 hours and then cut.

For full instructions see [www.mommypotomus.com](http://www.mommypotomus.com)

### **Laundry Liquid**

125g Laundry Soap  
1 Cup Baking Soda  
1 L Boiling Water

Grate the soap and put into a large bucket with 1 cup baking soda. Pour in 1 litre of boiling water and stir to dissolve. Using a stick blender, whiz the mixture to ensure fully mixed.

The following day add another 1 litre of boiling water and mix. Repeat these steps for 7 days.

Use one cap full for each load.

### **Citrus Spray and Wipe**

Orange or Lemon Peels  
White Vinegar  
Water

In a jar place citrus peels and white vinegar. Leave to sit for 3-5 days then remove the peels. To make up 50% citrus vinegar to 50% water and pour into a spray bottle. Use as you would any other cleaning spray.

### **Hand Soap Recipe**

975ml Coconut Oil  
137g Caustic Soda  
370ml Water  
14-30mls essential oils

Melt oil in slow cooker. Fill a sink or bucket with white vinegar. Weigh out caustic soda as accurately as possible into a glass bowl. Measure out water in a separate jug or bowl. With gloves on, take water and lye outside and slowly pour the water into the caustic soda, careful not to splash as the mixture is highly caustic and can burn. Slowly pour the lye mixture into the slow cooker with coconut oil. Place the bowl into the white vinegar to neutralise the acidic caustic soda. With a stick blender mix the two until they resemble pudding. This is called 'trace'. Leave on warm or hot for 1 hour, checking regularly. After 1 hour, test if the soap mixture is ready. Do this by putting a small amount on your tongue. If it zaps it isn't ready, leave a little longer. If it is waxy and just tastes of soap, stir to cool slightly and then add essential oils.

Spoon into a silicon muffin mould or loaf mould. Let sit for 24 hours and then cut.

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## Shampoo Bar Recipe

630ml Coconut Oil  
270ml Olive Oil  
90ml Almond Oil  
162g Caustic Soda  
296ml Water  
14-30mls essential oils or  
3-4 Tbsp Henna

Melt oil in slow cooker. Fill a sink or bucket with white vinegar. Weigh out caustic soda as accurately as possible into a glass bowl. Measure out water in a separate jug or bowl. With gloves on, take water and lye outside and slowly pour the water into the caustic soda, careful not to splash as the mixture is highly caustic and can burn. Slowly pour the lye mixture into the slow cooker with coconut oil. Place the bowl into the white vinegar to neutralise the acidic caustic soda. With a stick blender mix the two until they resemble pudding. This is called 'trace'. Leave on warm or hot for 1 hour, checking regularly. After 1 hour, test if the soap mixture is ready. Do this by putting a small amount on your tongue. If it zaps it isn't ready, leave a little longer. If it is waxy and just tastes of soap, stir to cool slightly and then add essential oils. Spoon into a silicon muffin mould or loaf mould. Let sit for 24 hours and then cut.

Any questions or comments  
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