



Liquid Essential Oil Soap

(Castile-Based)

This is an easy recipe using liquid Castile soap as a base.

- 1 cup liquid Castile soap
- 1 tbsp carrier oil (jojoba, sweet almond, or coconut oil)
- 15-20 drops essential oil (lavender, eucalyptus, peppermint, or lemon)
- 1 tsp vegetable glycerin (optional, for extra moisture)
- 1/2 cup distilled water

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1. In a clean bottle, mix the Castile soap, carrier oil, and glycerin.
2. Add the essential oil and shake well.
3. Dilute with water if needed for a thinner consistency.
4. Store in a pump or squeeze bottle. Shake before each use.

These recipes give you natural, chemical-free soaps that nourish the skin while delivering the benefits of essential oils! Let me know if you want any variations.

Lye (sodium hydroxide) is essential in traditional soap-making because it initiates saponification, the chemical reaction that transforms oils and fats into soap. Without lye, you wouldn't get actual soap—just a mixture of oils that won't lather or cleanse properly.

Natural Remedies & Benefits

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