

Nettle soap (- 8 % refatting)



Ingredients

110 g olive oil

110 g rapeseed oil

90 g coconut oil

20 g cocoa butter

115 g strong nettle tea cooled down

45 g sodium hydroxide

7 g essential oils

10 - 20 g dried nettle seeds

Optional:

ground spirulina tablets for more green colouring

Other:

Silicone single moulds

Wooden sticks for marbling

Preparation

1. Melt solid fats and mix with liquid oils.
2. The nettle tea can be prepared from fresh or dried nettles. It is only important that the tea has cooled down before the caustic soda is stirred in. Otherwise it will overheat and the liquor will start to boil.
3. Add caustic soda to the cooled tea.
4. Mix the lye with the oils and fats at approx. 40 - 45 °C.
5. When the soap glue leaves a light trace, it is divided into 2 parts. One part remains natural, the second part is coloured with the nettle seeds. If you want it even more „green“, you can add 4 - 5 ground spirulina tablets.
6. Empty both soap glues into individual moulds at the same time. Make sure that the mould is about half full with each colour and not too full.
7. Use a wooden stick to draw „S“ shapes on the surface to create the characteristic pattern.
8. Cover with cardboard to avoid damaging the pattern and insulate with towels.

Have fun trying it out!