



Exfolimint™ Peppermint Foot Soap

From Rebecca's Soap Delicatessen
<http://www.soapdelicatessen.com>

Beginners Recipe

12.8 oz. Olive Oil
11.2 oz 76° Melt Point Coconut Oil
6.4 oz. Palm Oil
1.6 oz. Unrefined Shea Butter

11 oz. distilled water
4.6 oz. sodium hydroxide

14 grams. peppermint essential oil
([can substitute with Natures Garden Peppermint Fragrance Oil](#))

3 grams tea tree oil
2.5 oz fine ground pumice



Advanced Recipe

40% Olive Oil
35% Coconut Oil 76
20% Palm Oil
5% Shea Butter

Instructions:

Start by measuring your distilled water into a glass or plastic container. Then weigh out your lye and slowly stir it into the water until dissolved.

In a stainless steel pot, weigh out the coconut oil, olive oil, palm oil, and shea butter. Heat on the stove until fully melted then set aside to cool.

Weigh out your essential oils and measure out the pumice and set aside.

Once your lye water and oils have reached about 100°F you can begin mixing. Slowly pour your lye water into the melted oils. Then mix well using a stick blender. Once your soap has reached a thin trace, stir in the essential oils and fine ground pumice. Continue stirring until thoroughly mixed and trace is achieved. Pour into your mold, cover, and insulate. You can unmold your soap 24 hours later and cut into bars to cure. Wait 3-4 weeks before use.