



## Oatmeal, Milk & Honey Cp or Hp Soap By Valerie King of Sea Maiden's Creations

This is for a 2lb batch

50% Coconut Oil

20% Vegetable Shortening

15% Olive Oil

10% Castor Oil

5% Sweet Almond Oil or Grapeseed Oil



10.5 ozs. Water

5.1ozs Lye

2ozs of Oatmeal, Milk & Honey FO from Natures Garden

At Medium trace I add a tbs of Honey.

I also added freshly ground oatmeal at 1/4 per pound of oils.

This turns out awesome for me and it's a best seller!

So bubbly, yet mild and wholesome.

I add whole oats to the tops.

[www.seamaidenscreations.com](http://www.seamaidenscreations.com)