



GLOWING WITH HEALTH

This orange soap contains lots of vitamins to give you a boost. Containing carrot, turmeric and the scent of cinnamon, it is the ultimate soap for a healthy glow!

INGREDIENTS

650g (22¾fl.oz) olive oil
250g (8¾fl.oz) coconut oil
100g (3½fl.oz) sunflower oil
137g (4⅞oz) lye
210g (7⅜fl.oz) water
100g (3½fl.oz) carrot juice
5g (⅓oz) turmeric
1g (⅓fl.oz) cinnamon essential oil
4g (⅓fl.oz) sweet orange essential oil

Note

► This soap, with 7% superfat, has a high vitamin content, making it particularly good for use on the face for a healthy complexion.

1. Weigh the lye and pour it into the water. Leave to cool, keeping an eye on the temperature.
2. Weigh and heat the coconut oil.
3. Weigh the olive oil and pour into the coconut oil.
4. Weigh the sunflower oil and add it to the mixture.
5. When the temperature of the lye approaches 42°C (107.6°F), gently heat the mixture of oils to the same temperature.
6. Pour the lye into the oil mixture and mix until smooth.
7. Mix the carrot juice and the turmeric. Stir into the mixture.
8. Add the essential oils, stir and pour into the mould. Pop it out 24 to 48 hours later (see page 30 for advice on curing and storing).