

Oatmeal & Calendula Exfoliating Melt and Pour Soap

Ingredients:

- 2lbs White Melt and Pour Soap Base*
- 2 tsp. organic raw honey
- 2 tbsp. carrier oil**
- ¼ tsp. vitamin E oil as preservative (optional)
- 1 cup organic quick-cooking oats
- 6 tbsp. dried calendula flowers
- 25-30 drops bergamot essential oil***

Directions:

1. Cut the melt and pour soap base into squares. This will help the soap melt faster; make sure the cubes are all about the same size so they melt similarly.
2. Melt the soap cubes in a glass bowl or measuring cup in the microwave in 30 seconds intervals, stirring each time, until it is liquid. Or use the double boiler method, which is what I used.
3. Place the cubes in a large glass bowl, if you don't have one that's big enough begin melting half of the cubes then add the others once the others have melted some. Place the glass jar inside a pot with water and cook on medium/low heat. Stirring every now and again.
4. While you wait for the soap to melt, prepare your molds. Silicone molds work best; however, a regular loaf tin/pan lined with parchment paper also works.
5. Once the soap has melted, turn off the heat but don't remove the glass bowl. Add the honey and stir it in until it dissolves, followed by the oils. Mix again.
6. Finally, add the oats, dried flowers, and essential oil. Mix well one last time. Follow the same steps if using the microwave. Add the honey first, then the oils, etc.
7. Pour the mixture into the molds and let it harden. For best results leave overnight before removing from the molds. Then let cure or dry further on a cooling rack, kitchen towel, or piece of cardboard for a couple hours or even overnight. **Note. This last step is not necessary, but your soap will have a longer shelf life if followed.**

Tip: Get creative with your soap. Use other kinds of dried flowers. Chamomile and lavender are great options. Also, feel free to cut the recipe in half if you're new to soap making and a bit apprehensive.

**Choose from Castile, coconut, oatmeal, or shea butter soap bases or any opaque white soap base.*

***I used coconut oil in this recipe but other oils like almond, argan, avocado, jojoba, olive oil, etc. also work well. **Note.** Darker colored oils may affect the color of your soap.*

****Citrus essential oils like bergamot, orange, and tangerine work best in this recipe, as they don't overpower the mild calendula aroma, but adding a few less drops of a floral essential oil like geranium, jasmine, neroli, and patchouli will also work.*

