

Natural Mountain Man Detox Soap Recipe ([Find it online here.](#))

© [Rebecca's Soap Delicatessen](#)

Ingredients:

11 oz. [olive oil](#)
10 oz. [rice bran oil](#)
6 oz. [76 degree melt point coconut oil](#)
5.4 oz. [palm oil](#)
2.25 oz. [refined shea butter](#)
1.6 oz. [camelina seed oil](#)
12 fluid oz. distilled water
4.8 oz. [sodium hydroxide](#) (lye)

At trace:

1/8 teaspoon [chromium oxide green pigment powder](#)
2 Tablespoons [french green clay](#)
1 Tablespoon [activated charcoal](#)
2 oz. [The Perfect Man fragrance oil](#)

Instructions:

This men's soap recipe will fit into one of my wooden loaf soap molds {[learn how to make your own](#)} or into a [silicone loaf soap mold](#) and will yield approximately 10-12 4.3-5 oz. bars depending on how they are cut. You'll need to [follow my basic cold process soapmaking instructions](#) as well as take all necessary safety precautions when creating this soap.

Start by measuring out 12 fluid ounces of distilled water and place into a pitcher or large glass pyrex measuring cup. Then, using a [digital kitchen scale](#), weigh out the lye, then stir into the distilled water until all of the lye has dissolved and set aside to cool.

Next, weigh out the soapmaking oils and shea butter and combine in a large non-aluminum pot. Place the pot on the stove and melt at medium heat until all ingredients have melted, then remove from heat and set aside to cool.

While the lye-water and soapmaking oils are cooling, line your soap mold (unless you are using a [silicone loaf soap mold](#) which does not

need to be lined) and measure out the activated charcoal into a small container. In a second container measure out the clay and pigment color and set aside. And finally, in a third container, measure out the fragrance oil and set aside.

I mixed this soap at around 110 degrees F as I wanted a slightly faster trace since I was creating two layers and needed the bottom layer to set up slightly before I poured on the top layer. The fragrance oil I used did not seem to accelerate trace even at this temperature and does not discolor the final product. I started by first pouring the lye-water into the liquified soapmaking oils and mixing with an [immersion/stick blender](#) until a light trace was reached. I then mixed in the fragrance oil and stirred until thoroughly incorporated. Next, I poured 1/3 of the soap into the mold, then tapped to even the soap along the bottom of the mold.

Next, slowly sprinkle the activated charcoal evenly along the layer of soap you just poured and set aside.

With the remaining soap still in the pot, stir in the green clay and pigment and mix well with your [immersion/stick blender](#). Then slowly and evenly pour the remaining soap on top of the first layer and the activated charcoal. Once all of the soap is in the mold, you can use a knife to even out the top 3/4 of the soap. I generally run the knife back and forth along the width of the mold all the way down so that the knife only goes about halfway down into the soap to evenly distribute the soap from front to back, then run the knife back and forth lengthwise until my desired look is achieved. At that point you can also tap the mold on a hard surface to help release any remaining air bubbles if desired. Then cover your mold and insulate for twenty-four hours.

After the insulation period, unmold your soap and cut into bars. {[Learn how to make a loaf soap cutter](#).} Set bars in a cool, dry location to cure for 3-6 weeks before use. Then wrap and/or label for storage, use or gifting!

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