

MAKE DETERGENT, SOAP AND SHAMPOO WITH SOAPBERRIES

RECIPES WITH SOAPBERRIES



BASE SOAP MADE OF SOAPBERRIES

This base soap is used in the other recipes. For freshness, we recommend that you use your base soap within a month.

1. Pour the equivalent of 10 whole soapberries into a pan containing 1 l of water. Bring to the boil and simmer on medium heat for about 20 minutes. Stir frequently to prevent the soap from boiling over.
2. Squeeze any remaining soap out of the shells using the back of a fork. Leave the soap to cool.
3. Strain the soap through a cloth and pour it into a jar. Dispose of the soapberry shells as bio waste.
4. If it is to be used to make detergents, preserve your base soap with citric acid – this prolongs shelf life. Add 1 teaspoon of citric acid per 1/2 l of liquid and stir until dissolved. There is no need to add citric acid if the base soap is to be used to make body care products.



ALL-IN-ONE HOUSEHOLD CLEANER

The soap in this recipe can be used for everything from washing floors to cleaning kitchens and bathrooms.

1. Mix 4 parts base soap with 1 part white vinegar. Add a few drops of laundry scent if you want a fresh scent.
2. Pour the liquid into a spray bottle or similar container and you are ready for a bout of natural cleaning!

STAINLESS STEEL AND GLASS CLEANER

This blend is a great remedy for glass and stainless steel, as it does not leave streaks on surfaces.

1. Mix 2 parts base soap with 1 part white vinegar and possibly a few drops of laundry scent in a spray bottle.
2. Spray on the surface you wish to clean and wipe off with a lint-free cloth.

SHAMPOO

Mild and effective shampoo. Ideal for babies and others with delicate skin or allergies.

1. Once the base soap has been drained and cooled, add a natural starch to give the soap the right consistency. We recommend guar gum or xanthum rubber, but you can use cornflour or agar agar. All these ingredients are natural and can be found in your local healthshop.
2. Add no more than 1 teaspoon of starch per half litre of basic soap. Add powder until the shampoo reaches the consistency you prefer. Experiment to discover what works best for you.
3. Blend or whisk the liquid to eliminate lumps. Whisk using a hand mixer until the soap forms a fine, soft foam. Fill jars or bottles.
4. At first, the shampoo will be soft, frothy and filled with tiny air bubbles. Leave the shampoo to stand several hours (or overnight). It will form a jelly and is now ready to use.

TIP: Make sufficient shampoo to last you a week. Shampoo made of soapberries is a natural product and should be used within 7-10 days. To extend shelf life, store in a refrigerator.

LIQUID HAND/BODY SOAP

This soap is ideal for dry and sensitive skin. You decide whether to make it with or without scent.

1. Once the base soap has been drained and cooled, add a natural starch to give the soap the right consistency. We recommend guar gum or xanthum rubber, but you can use cornflour or agar agar. All these ingredients are natural and can be found in your local healthshop.
2. Add no more than 1 teaspoon of starch per half litre of basic soap. Add powder until the soap reaches the consistency you prefer. Experiment to discover what works best for you.
3. Blend or whisk the liquid to eliminate lumps. Whisk using a hand mixer until the soap forms a fine, soft foam.
4. Place the bowl of foam in the refrigerator for a few hours (or overnight) until it forms a jelly.
5. Pour the soap into a pump flask and it is ready to use.

TIP: If you want scented hand soap, add your favourite essential oil. We think our Summer Garden laundry scent is perfect for hand soap.