

## Lemongrass Herbal Tea Face Bar by Kelly Cable

**Yield:** 2 pounds or eight 4-ounce bars

**Lye Discount:** 10%

**Label:** Gentle, Vegan

**Start to Finish Time:** 2 hours, 24 hours insulation, 3 to 6 weeks to cure

**Scent:** Lemongrass

This is a cold process soap. Make sure are familiar with the cold process before starting. Use the instructions in *Easy Soap Making* and *The Natural Soapmaking Book for Beginners*.

You can substitute other herbs for the lemongrass in this recipe to make any herbal tea soap. Lemongrass essential oil can also be substituted. It pairs well with lavender, orange, geranium, eucalyptus, and other essential oils so if you decide to make a blend, just have the end amount be the same as the recipe.

For this recipe you will make a lemongrass tea with the water amount needed. Always weigh after making the tea. If you can't find a tea with only lemongrass, a combination is fine as well. Lemongrass is antifungal and antimicrobial and helps close pores, making it a great face bar. This bar can also be used on the full body.

### **Equipment list:**

Large stainless steel pot

large spoon

scale

large bowl for measuring ingredients

glass or plastic bowl for lye water

small bowl for weighing essential oil

thermometer

stick blender

small zip top bag

soap mold and parchment/wax paper for lining

rubber spatula

### **Ingredients:**

- 5 ounces sweet almond oil
- 5 ounces coconut oil
- 4 ounces avocado oil
- 4 ounces cocoa butter
- 4 ounces shea butter
- 2.9 ounces lye
- 7.5 ounces water
- Two lemongrass tea bags
- 0.70 ounce lemongrass essential oil

## **Safety First!**

Remember to wear your safety equipment (gloves, charcoal mask, etc) and mix the lye water outside.

Tell everyone you live with that where you're working is off limits and keep pets away.

Give yourself enough time to complete the recipe.

## **Prep-Ahead:**

1. Create a strong lemongrass tea using 7.5 ounces of hot water. Remove tea bags and allow water to cool by placing it in the freezer if necessary. Re-measure for recipe to insure you have 7.5 ounces. Add or remove water as needed.
2. Line Mold, if necessary.

## **Instructions:**

**1. Heat the Oils:** In a large pot over medium-low heat, combine sweet almond oil, coconut oil,, avocado oil, cocoa butter, and shea butter. Heat until they are melted and incorporated. Remove from heat and allow to cool to 90°F.

**2. Mix the Lye-Water:** Put on protective gear including a charcoal mask, gloves, goggles, and long sleeves. Outside, carefully add the lye crystals to the lemongrass infused water and stir until dissolved. Allow to cool to 90°F. If oil or lye water cool at different rates, you can use a cold or hot water bath in the sink.

**4. Combine and Bring to Trace:** When both oils and lye water are around 90°F, pour the lye water into the pot of oils. Use a stick blender or hand mixer to mix on and off until the mixture reaches light trace.

**5. Mix in Natural Additives:** Add essential oil and blend until well incorporated.

**6. Mold the Soap:** Pour the soap mixture into the mold, using the rubber spatula to scrape the sides of the pot. Cover with a lid or parchment paper and insulate with towels if your home is below 70°F. Allow to cure for 24 hours.

**7. Cut and Cure:** Remove soap from the mold. If it seems too soft to remove, wait another 12 to 24 hours before removing. Cut the soap into eight 4-ounce bars. Allow the bars to cure for 3 to 6 weeks.

\*If you want to use the lemongrass tea leaves in the soap, simply press dry while it's still in the tea bag after use. Open tea bags into soap batch at the same time you add the essential oils and blend well. Add one at a time to determine if you want to add the second bag or not.