

# HOW TO MAKE HONEY SOAP

BY REBECCA SANDERSON

BACKYARD BEEKEEPING  
backyardbeekeeping.iamcountryside.com



When adding honey to soap, the typical ratio is one teaspoon of honey per pound of oils in the soap. Measure out the honey beforehand and dissolve it in a small amount of hot distilled water. This will assure even distribution in the soap batter. When your soap batter reaches a very light trace, carefully pour in your dissolved honey and mix.

## Preventing Overheating

When sugars react with the lye, soap heats up quickly. If left unchecked, overheating can cause heat tunnels, glycerin rivers, lye pockets, and even a soap volcano. Prevent overheating by mixing dissolved lye and oils at a lower temperature, aiming for 105F rather than 120-130F, and cooling lye water to room temperature before adding to oils.

## False Trace

When soaping at a low temperature, be sure any butters or solid-at-room-temp oils are still completely liquid when you mix in the lye. You also risk getting a false trace as the butters solidify from the cooler lye water.

## Avoiding Gel Phase

If you don't want to risk false trace from soaping at too low of a temperature, simply soap at 120-130F and avoid gel phase (when it is most likely to overheat) by immediately placing your soap in the fridge or freezer as soon as you pour it in the mold. Gelling soap is a personal preference and doesn't affect quality of the final product, but does tend to produce a smoother bar and brighter colors if you are using colorants.

## Additives

While a simple soap recipe with honey as its only additive is not that likely to overheat unless you use too much honey, adding other ingredients can increase chances of overheating. One example is adding honey to milk soap: additional sugars in the milk increases likelihood of overheating. Some fragrance and essential oils are prone to misbehaving in soap, so test them prior to adding them to honey soap recipes. If you have not made cold process soap before, make a few simple batches without tricky additives before attempting honey soap.



## HONEY SOAP RECIPE

### INGREDIENTS

12.16 oz distilled water  
4.46 oz lye  
6.4 oz coconut oil  
11.20 oz olive oil  
11.20 oz palm oil  
3.2 oz castor oil  
2 teaspoons honey dissolved in a small amount of hot distilled water

### DIRECTIONS

This recipe uses two teaspoons of honey added at very light trace and no fragrance or essential oils so it is safe for sensitive skin. Because it has no other additives, it should safely go through gel phase without complications.

I recommend soaping at the 105-110 degree F range to prevent possible overheating.