



Dead Sea Mud Shampoo Bars

a cold process soap recipe

Ingredients

- 8.4 ounces (238 grams) Olive Oil (Grade A)
- 2.4 ounces (68 grams) Organic Argan Oil, Virgin
- 6.0 ounces (170 grams) Coconut Oil, RBD
- 1.2 ounces (34 grams) Natural Jojoba Oil
- 2.4 ounces (68 grams) Shea Butter (Pressed and Refined)
- 1.2 ounces (34 grams) Black Castor Oil
- 2.4 ounces (68 grams) RSPO Palm Oil
- 1.5 ounces (43 grams) Dead Sea Mud
- 0.5 ounces (14 grams) Superfine Silk Powder
- 1.0 ounces (28 grams) Vitamin E 400 IU Oil, (Tocopherol)
- 0.5 ounces (14 grams) Rosemary Essential Oil
- 0.7 ounces (20 grams) Organic Spearmint Essential Oil
- 6.0 ounces (170 grams) Distilled Water
- 3.2 ounces (91 grams) Sodium Hydroxide/Lye

Makes about Makes about six 4-ounce bars

Directions:

1. Start by measuring all of your ingredients individually using an accurate scale. Be sure and take the proper safety precautions when measuring, handling, and working with lye. For more information on prep-work for soaping, check out our [Cold Process Method](#) post.
2. In a heavy-duty plastic pitcher or stainless steel pot, slowly add your lye to your water, mixing slowly until all lye has dissolved. Set the mixture aside to cool. Use a thermometer to keep an eye on the temperature. Ideally the lye water will cool to 100 F around the same time that the oils reach the same temperature.
3. Gently heat the solid oils and butters until fully melted. Add the remaining oils, vitamin E, and silk powder. Mix, and let sit until the mixture cools to 100 F degrees.
4. When both the lye water and oil mixture reach about 100 F add the oil mixture to the soap pot followed the lye water. Immediately begin stirring the mixture with a large whisk or stick blender. Continue to mix until the mixture begins to trace. The texture should be similar to a custard or pudding, leaving a thick coating on the back of your spatula and a drizzle across the surface of the resting soap.
5. At trace, add your Dead Sea Mud and essential oil, then stir or mix well again until the mud and essential oils have been evenly dispersed.
6. Carefully transfer the soft soap to lined molds or silicone molds and insulate (we used 2.5 inch round PVC molds). Allow the soap to harden for at least 24 hours before un-molding and slicing. (These bars may take a little longer than usual to harden due to the Dead Sea Mud. If they seem very soft at 24 hours try giving them an extra day or so before slicing.)
7. Place the sliced bars of soap on a drying rack and allow them to cure for at least four to six weeks before use.

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