

GARDENER'S SOAP by Joy James

After a hard day working in the garden, this soap will more than freshen up your dirty hands. Contains oils that act as antiseptics and pumice to remove ground-in dirt.

- olive oil 400 grams
- coconut oil 200 grams
- palm oil 200 grams
- avocado oil 100 grams
- castor oil 30 grams
- caustic soda 136 grams
- water 371 grams
- powdered pumice 20 grams
- dried nettle leaves (optional) 1 tsp or more if desired
- tea tree essential oil 5 grams
- eucalyptus essential oil 5 grams

Follow the directions for soap making on page 22 of my soap making book opposite. The pumice is great for getting ground-in dirt out of your hands, and the tea tree and eucalyptus oils act as antiseptics, which is great for any small gardening-inflicted cuts or scrapes. Variations: the pumice can be left out or substituted with ground olive stones.

Buy the book at www.how2crafts.com

This recipe goes nicely with our soap making book 'Make your own soap by Joy James - the perfect way to learn how to make soap. It's even designed to fit inside the book - just print this out on card or paper and keep it with your book.



Once you've made this soap, why not share a picture of it on our website. See www.how2crafts.com/contribute for more details