



Cosmetic Safety Solutions Ltd

Allotment Soaps

Initial recipe (before saponification)

Base recipe:

Olive oil 600g

Coconut oil (solid) 250g

Shea Butter 100g

Castor oil 50g

Water 250g

Sodium Hydroxide/Lye 138g

Variant 1

Red Cabbage (*Brassica Oleracea Capitata* Leaf) - Sliced, cooked, strained, and pureed added at light trace - 40g.

Orange Essential Oil - 15g *Citrus Aurantium Dulcis* (Sinensis) Peel Oil

Rose Geranium Essential Oil - 10g *Pelargonium Graveolens* / Roseum Flower Oil

Ylang Ylang Essential Oil - 5g *Cananga Odorata* Flower Oil

Variant 2

Kale (*Brassica Oleracea Acephala* Leaf) - Chopped, cooked, strained and pureed added at light trace - 30g.

Spirulina - Powder added to the essential oils and stirred well, add at light trace - 5g.

Cedarwood Essential Oil -20g *Cedrus Atlantica* Bark Oil

Eucalyptus Essential Oil -10g *Eucalyptus Globulus* Leaf Oil

Variant 3

Sweet Potato (*Ipomoea Batatas* Root) - Sliced, cooked with skin on, strained and pureed added at light trace - 40g.

Turmeric Powder added to the essential oils and stirred well, add at light trace - 5g.

Bergamot Essential Oil - 20g *Citrus Aurantium Bergamia* Peel Oil

Lime Essential Oil - 10g *Citrus Aurantifolia* Oil

Variant 4

Cucumber - Chopped with skin, blended until pureed added at light trace - 40g.

Fresh Spearmint (*Mentha Viridis/Spicata*) - Blended to a fine pulp, added to the cucumber - 5g

Lemon Essential Oil - 25g *Citrus Limon* Peel Oil

Peppermint Essential Oil -5g *Mentha Piperita* Oil



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Variant 5

Carrot - Sliced, cooked, strained and pureed added at light trace - 20g.

Swede (Brassica napus Napobrassica) - Sliced, cooked, strained and pureed added at light trace - 20g.

Fresh Coriander Leaf (Coriandrum Sativum Leaf) - Blitzed - 5g

Grapefruit Essential Oil - 20g Citrus Paradisi Peel Oil

Litsea Essential Oil - 10g Litsea Cubeba Fruit Oil

Variant 6

Beetroot - cooked sliced & pureed, added at light trace - 40g.

Dry Thyme (Thymus Vulgaris Leaf) - Ground or finely chopped with a blender - 2g.

Orange Essential Oil – 20g Citrus Aurantium Dulcis (Sinensis) Peel Oil

Juniper Essential Oil - 7.5g Juniperus Communis Fruit Oil

Black Pepper Essential Oil - 2.5g Piper Nigrum Fruit Oil

Variant 7

Butternut Squash (Cucurbita moschata) - Chopped, cooked, strained and pureed, added at light trace - 40g

Paprika - Added to essential oils and then mixed in at trace - 5g

Orange Essential Oil - 30g Citrus Aurantium Dulcis (Sinensis) Peel Oil

Variant 8

Basic recipe - no additions



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