



Hay Day Kitchen

Exfoliating Soap

Ever wanted to make your own soap? Well now you can!

In this #HayDayKitchen episode, we're getting "Crafty" and indulging in self-care! Using fragrant ingredients like dried raspberry and cocoa beans, we're making Exfoliating Soap straight from the game!

We've prepared easy instructions and a video, so you can follow along step-by-step.

Go ahead, give it a try!

And, share your results using the hashtag #haydaykitchen !



<https://youtu.be/xP81uldHH38>



Materials:

4 Cups (1kg) Glycerin soap
(Find at your local craft shop or DIY cosmetic ingredient store)

2 Tsp (10g) Dried raspberries

2 Tsp (10g) Cocoa beans or coffee beans
(ground coffee can also be used)

1 Tsp (5g) Pink Mica pigment

(Mica is a natural color pigment used in cosmetics; Find at your local craft shop or DIY cosmetic ingredient store)

4 Empty cardboard juice boxes

4 Cups (1L) Water



Optional

1 Tsp Isopropyl alcohol
(Find at your local pharmacy)

60cm (24in.) Yarn or strong string

Prep time: 1 hour

Servings: 4 soap bars

Equipment: Large pot, glass or steel jar, scissors, roll of yarn or string, cardboard juice boxes, knife, mortar and pestle, spray bottle, long mixing spoon.

Method:

Making the mold:

- Take your empty cardboard juice boxes and cut away one side to create a mold that can hold liquid. Preferably, cutaway one side that is the flattest and longest. Watch the instruction video for a good reference.
- Create a hole or cut a slit on one side to attach strong string or yarn.
- Cut about 15cm (6 inches) of string or yarn and fold it in half.
- Slide the yarn or string through the slit in the cardboard juice box, with the ends facing the inside of the empty juice box. The yarn or string will attach to the soap as decoration, or to hang in your bathroom!
- Do the same with the other cardboard juice boxes.

Making the soap:

- In a large pot, pour in the water and bring to a boil.
- Chop the glycerin soap into small cubes.
- Put 1/3 of the chopped cubes in a glass or steel jar.
- Place the jar into the boiling water and let the glycerin soap cubes to melt into a liquid.
- When the soap has melted, add the pink mica pigment powder. This will give the soap a nice color.
- Mix the soap to get the color evenly spread, Be very careful, the liquid is very hot.
- Crush the dried raspberries into chunky crumbs and sprinkle them to the bottom of your juice box molds.
- Pour the colorful soap liquid into each mold, until 1/3 of each mold is filled.
- Optional: Air bubbles formed in the soap can be smoothed by spraying alcohol into the molds.



- Set aside to harden for about 10 minutes.
- As you wait for the first layer to harden, you can crush up some cocoa beans in a mortar.
- Using a mortar and pestle, crush cocoa beans into small crumbs, and sprinkle them on top of the hardened soap layer in each mold. Crushed coffee beans or ground coffee can also be used as an alternative to cocoa beans.
- Melt the rest of your chopped glycerin soap cubes in a glass jar, by placing it in the large pot of boiling water again.
- Once melted, carefully pour into the mold, covering the cocoa bean or coffee bean sprinkles.
- Optional: Smooth the bubbles with alcohol spray.
- Set aside to let the soaps harden. Place them in the refrigerator to make them to harden faster.
- When the soaps are completely hard, tear away the juice box mold, and clean or smoothen the edges with a knife.



Products used in this recipe are safe to use on your skin. If you are unsure, you can test the soap on a small area on your skin before using it. If something feels off, discontinue using it and consult your doctor.

How did your Exfoliating Soap turn out? Show us! Post it on social media using the hashtag #haydaykitchen. Or, submit a photo to our Fan Art Uploader!