

Milk and Honey

Soothing and gently exfoliating, this creamy bar has the comforting scent of vanilla. Buttermilk and oatmeal have long been touted as being great for soothing and moisturizing sensitive skin. If you prefer a smooth appearance to your soaps, stir in all of the oatmeal before pouring the soap into the pan. Yields approximately eight bars.



MATERIALS

- Vanilla essential oil ■ 2 teaspoons (10 ml)
- Honey ■ 1 tablespoon (15 ml)
- Buttermilk powder ■ 2 tablespoons (30 ml)
- Hot water ■ 2 tablespoons (30 ml)
- Oatmeal (do not use quick-cooking oatmeal) ■ 1 cup (240 ml)
- Shea butter melt-and-pour suspension soap ■ 2 lbs. (908 g)

TOOLS

- Bowls: small (2)
- Double boiler with lid
- Glass measuring cup: 4-cup (960 ml)
- Knife: large
- Measuring spoons
- Metal spoon for stirring
- Mold: square muffin or brownie pan with multiple sections
- Paper towel
- Rubber spatula
- Spray bottle filled with rubbing alcohol
- Strainer or cheesecloth
- Vegetable spray

INSTRUCTIONS

- 1 Lightly coat the pan with vegetable spray. Using a paper towel, remove any excess spray.
- 2 Using the large knife, chop the oatmeal so the flakes are about half their original size.
- 3 Sprinkle about 1 teaspoon (5 ml) of the chopped oatmeal evenly on the bottom of each square in the pan.
- 4 Using the large knife, cut the soap into cubes, then melt the soap in the double boiler, covering the double boiler with the lid.
- 5 While the soap is melting, mix the buttermilk powder with the hot water in a small bowl. Using a separate bowl and a strainer or cheesecloth, strain the mixture to remove any lumps.
- 6 Once the soap is melted, add the buttermilk mixture and honey, stirring gently to incorporate. Stir in $\frac{3}{4}$ cup (180 ml) of oatmeal until it is evenly distributed, then stir in the essential oil.
- 7 Transfer the soap into the glass measuring cup using the rubber spatula. Slowly pour the soap into the pan, then spray the surface of the soap with rubbing alcohol to eliminate any bubbles.
- 8 Allow the soap to cool and fully harden, then remove the soap from the pan.