FREE RECIPE



Finger Lime Melt & Pour Soap

A complete free soap recipe from AlandTina

From Natural Bar Soap Collection

One of 10 natural bar soap recipes with Australian natives

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Oils, natives & your equipment

Good soap is mostly good maths plus decent oil. Six oils carry this whole book, and their saponification (SAP) values are the ones printed below — the same values I used to work out every lye figure in the recipes, so you can check any batch yourself.

Ingredient	Grams	Ounces
Olive oil — SAP 0.134: mild, gentle, the base of soft bars		
Coconut oil — SAP 0.183: hardness, bubbles, cleansing		
Macadamia oil — SAP 0.139: Australia's own, silky and kind		
Tallow — SAP 0.140: hard, creamy, traditional (or use shea 1:1)		
Shea butter — SAP 0.128: cushion and creaminess		
Castor oil — SAP 0.128: a little gives big, stable bubbles		

How the lye maths works (once, and you own it forever)

Step 1. Multiply each oil's grams by its SAP value and add the results — that is the lye needed at 0% superfat. **Step 2.** Take off the superfat: at 5%, multiply by 0.95. Superfat is the little cushion of unsaponified oil left in the bar — it makes the bar gentler and guarantees no free lye remains. This book runs 5–8% for everyday bars and 18% for the salt bar, where the rule is different on purpose. **Step 3.** Water is printed as a ratio of the lye: mostly 2:1 (twice the lye's weight in distilled water), 2.2:1 for the high-olive and hot-process bars that like a little more room. Worked example — oils total 820 g, SAP sum 121.5, less 5% superfat = 115 g lye, water 2 × 115 = 230 g. Every recipe prints its own three numbers so you can follow the same trail.

Equipment

Digital scale (non-negotiable — soap is weighed, never measured by eye), two stainless or heatproof jugs, stick blender, thermometer, silicone spatula, a 1–1.2 kg loaf mould or individual moulds, greaseproof paper for lining, your PPE from the safety page, an old towel for insulating, and a slow cooker for the hot-process bar. The Aussie natives — lemon myrtle, tea tree and eucalyptus oils, wattleseed, quandong and Kakadu plum powders, local clays and macadamia oil — come from bush-food suppliers, health food shops and good soap suppliers; each recipe lists a friendly swap.

9. Finger Lime Melt & Pour Bright Bar

Process: Melt & pour (no lye) • **Makes:** about 9 bars (105 g each) • **Cure:** none — ready next day • **Cost per batch:** about $14.50

Ingredient	Grams	Ounces
Goat’s milk melt & pour base	900 g	31.7 oz
The extras		
Macadamia oil (added)	9 g	0.3 oz
Finger lime essential oil	9 g	0.3 oz
Dried finger lime zest, finely grated	4 g	0.1 oz
Green mica, cosmetic grade	1 g	0.0 oz

Method notes. The confidence-builder: a pre-made, fully saponified base, so there is no lye to weigh and nothing to cure. Melt the base gently in a double boiler to about 60°C — never boil it — then stir in the macadamia oil, scent and mica off the heat, sprinkle the zest over the moulds, pour, spritz with isopropyl alcohol to pop bubbles, and unmould when fully set, about 2 hours. Wrap melt & pour bars snugly straight away; the base draws moisture from the air (glycerin dew) if it sits out.

Tina’s tip. Added oils are capped in melt & pour: more than about 1 tablespoon per 500 g of base and the bar goes soft and won’t lather. The 9 g here is the sweet spot.

Variations & gifting

Guest bars & minis. Every recipe here pours happily into small moulds for guest bars. Halve a batch by halving every single figure — oils, lye, water, extras — and run the lye maths again to be sure. Never halve by feel.



Troubleshooting

What happened	Why, and the fix
The batter seized into porridge	Fragrance added cold, or honey overheated it. Whisk hard, pour fast, call it rustic. Next batch: warm the scent bottle and soap 3°C cooler.
White ashy film on top (soda ash)	Cosmetic only — batter met air while warm. Steam it off, plane it off, or embrace it. Covering fresh batter with a sheet of wrap prevents it.
Bar is soft and won't unmould	High-olive batters and humid weeks. Wait another 24–48 hours, or freeze the mould 30 minutes and flex it out.
Orange spots / off smell after weeks (DOS)	Rancid spots from old oil or metal contamination. Use fresh oils, distilled water, stainless steel only — and cure somewhere airy.

Gift labels — print & cut

Print this page at 100% and cut out the four labels. Write in the bar's name and the date its cure finishes — a dated label is how the lucky person knows your bar is safe, cured and ready.



NATURAL BAR SOAP
Handmade natural soap • Al and Tina

Bar: _____ Ready on: _____

External use only. Discontinue use if irritation occurs. Keep dry between uses so your bar lasts.

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One bar down, nine to go!

This free recipe is one of 10 in Natural Bar Soap Collection.

Meet the rest of the collection: Lemon Myrtle & Macadamia Classic Bar, Eucalyptus & Tea Tree Bush Bar, Quandong & Kakadu Plum Glow Bar, Wattle Seed & Honey Scrub Bar, Macadamia Bastille - the Gentle Bar, Eucalyptus Sea Salt Bar, Charcoal & Tea Tree Detox Bar, Outback Red Clay Bar and Calendula & Oat Milk Gentle Bar.

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