

"Savon de Castille" (895g)

Ingredients

Olive Oil	895 grams	(100%)
Distilled Water	176 grams	
Sodium Hydroxide Lye (NaOH)	118 grams	
Superfat	3 %	(percentage of oils <i>not converted</i> to soap)
Lye Concentration	40 %	

Instructions

- Combine 118 grams of Sodium Hydroxide Lye into 176 grams of distilled water. Stir until dissolved, then set aside to cool to ~ 30° C.
- Gently pour lye water into Olive Oil, and stick blend until trace.
- Pour into moulds. Wrap moulds in an insulating material (blanket, towel, etc.) and set aside for 24 hours.
- Demould the soap, cut into bars, and dry for ~ 4 weeks.

Makes ~ 1 litre of Castille soap.

Qualitative Values

Hardness	17	(29 - 54)
Cleansing	0	(12 - 22)
Conditioning	82	(44 - 69)
Bubbly	0	(14 - 46)
Creamy	17	(16 - 48)
Iodine	85	(41 - 70)
INS	105	(136 - 165)

Fatty Acid Salts

Palmitic	14
Stearic	3
Oleic	69
Linolec	12
Linolenic	1