

20+
RECIPES
INSIDE

ORGANIC VEGETABLE GLYCERIN

Ebook



Seven Minerals®

Thank you for purchasing Seven Minerals!



I wanted to take a moment to personally thank you for purchasing Seven Minerals. It means a great deal to us.

Who is “us”? We’re a small, family-owned and operated business, and just like you, we appreciate authenticity and natural goodness. For years, we’ve been dedicated to bringing people like yourself the healthiest and highest quality organic health and wellness products. On a day to day basis, we help people *feel* and *be* healthier without compromising on harmful or unnatural ingredients.

How do we do it?

With solutions that are meticulously designed, formulated, and manufactured in the U.S., by people who actually care about what’s going on your skin and in your body.

Why do we do it?

Put simply... We believe in creating a world where we can count on natural solutions, instead of grabbing another bottle of artificial product with harmful and unnatural ingredients. Health, beauty, and wellness without compromising the life nature intended.



Why Vegetable Glycerin?

I've heard for years about how popular of an additive vegetable glycerin is: it's used in everything from food, to pharmaceuticals, to cosmetics. When I finally got my hands on vegetable glycerin, I found that it literally makes anything and everything better! It gives added moisture to soaps, shampoos, scrubs, masks, lotions, you name it!

So, having used Vegetable Glycerin in my own home for months, I've put together a list of more than 20 DIY recipes (tips included!) that'll help you take full advantage of your vegetable glycerin. I've tried many of them myself, and can vouch that they really do work!!

Without further adieu, here is your Vegetable Glycerin Recipe book! I know you'll find lots of useful and new information to ensure you enjoy all of the amazing qualities of Seven Minerals Vegetable Glycerin!

Don't hesitate to contact us for any questions about Vegetable Glycerin or any of our products. We are here to serve you!

Best,

Karin

Co-founder,

Seven Minerals®

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What is Vegetable Glycerin?

Vegetable glycerin is a natural humectant (attracts and locks in moisture) made from vegetable fat. Vegetable glycerin retains moisture extremely well, and is often used in beauty products, as well as in the food and pharmaceutical industries. Vegetable glycerin is a perfect carrier oil, because it compliments the moisturizing properties of whatever is added to it.

Benefits

Hair Care ► Vegetable glycerin makes a great moisturizer, locking in your hair's natural oils.

Skin ► When combined with other moisturizers, vegetable glycerin creates a protective layer, locking in the other moisturizers and allowing them to penetrate deeply.

Face ► Vegetable glycerin has been shown to draw moisture from the deeper layers of the skin, providing moisture to the outer layer.

Feet ► Vegetable glycerin helps repair dry and cracked feet by providing superior moisturization.



Recipes

Hair

Dry and brittle hair is a problem that can haunt you-- but luckily it's totally treatable! One of the main benefits of vegetable glycerin is how it attracts and locks in moisture-- and it works equally well for skin and hair!

Why is Vegetable Glycerin good for your hair:

- Glycerin improves natural hair moisture and elasticity.
- It also helps prevent hair breakage.
- It improves hair strength.
- Based on the previous benefit, It has been proven that it is a great conditioner for brittle, dry or frizzy hair.

Tips for using vegetable glycerin:

1. You can use glycerin as the final rinse for your hair. Combine with a jug of water and use as the final rinse of your hair as you get out of the shower.
2. Glycerin can remove semi-permanent and notoriously short-lived hair dyes, and should be used sparingly on dyed hair.



Glycerine Spray



Ingredients:

Carrier Oil:

- Vegetable Glycerine - 2 tsp.

Additional Ingredients:

- Distilled Water - ½ cup
- Rose Water - ½ cup
- Olive Oil - 1 tsp.

Instructions:

1. Add 2 teaspoons of the carrier oil (vegetable glycerin) and 1 teaspoon of olive oil into a spray bottle.
2. Dilute with ½ cup of distilled water.
3. Add ½ cup of rose water in the bottle, if desired.
4. Shake the bottle to combine.

To use:

1. Spray the mixture onto damp hair.
2. Comb the mixture through your hair, then style as usual.
3. Reapply the mixture throughout the day, as desired, to refresh your hair.

Blond Hair Lightening Shampoo



Ingredients:

Carrier Oil:

- Vegetable Glycerine - 1 tsp.

Additional Ingredients:

- Distilled Water - 1 cup
- Castile Soap - ¼ cup
- Chamomile Tea Bags - 6 bags

Instructions:

1. Boil 1 cup of distilled water.
2. Steep 6 tea bags of chamomile tea in the water for 20 minutes.
3. Remove the tea bags and add Castile soap.
4. Stir in the vegetable glycerin thoroughly.
5. Put the mixture into a sealed bottle, and store in a dark, cool place for best results.

Coconut & Aloe Leave In Leave-In Conditioner



Ingredients:

Carrier Oils:

- Vegetable Glycerin - 2 Tbsp.
- Coconut Oil - 1 cup
- Sunflower Seed Oil - 2 Tbsp.
- Castor Oil (optional) - 1 tsp.

Additional Ingredients:

- Lavender Essential Oil - 8 drops
- Sage Essential Oil - 4 drops
- Aloe Vera Leaf Extract - ⅛ cup

Instructions:

1. Add all ingredients to a blender and mix thoroughly.

To Use:

1. Add the mixture to damp hair. Style as usual.
2. For best results, store in a dark, sealable container.

Recipes

Hair Loss

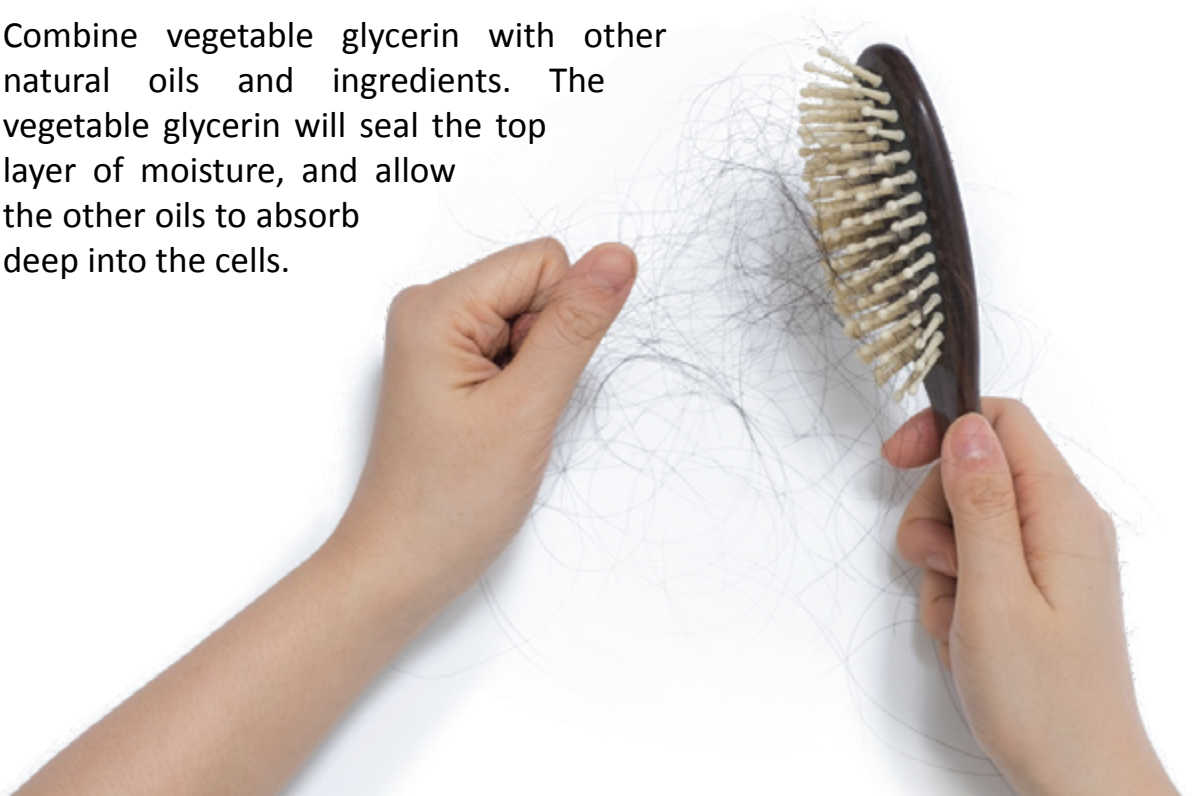
Vegetable glycerin, as a natural humectant, prevents hair loss by pulling moisture from the air and locking it into the hair, which protects the hair from getting dry and brittle, and fights hair loss. In dry, arid environments with no moisture in the air to attract, the humectant properties of vegetable glycerin may pull the moisture from the hair instead. To avoid this, make sure to combine vegetable glycerin with other moisturizing ingredients. The vegetable glycerin will provide a locking layer, sealing in the moisturizing ingredients and providing optimal moisturization.

Why is Vegetable Glycerin good for hair loss:

- It stimulates hair growth
- Natural properties of glycerin are similar to an emollient which softens and soothes dry and brittle hair.
- It has strong humectant properties which allow it to retain moisture.
- It is a good option for promoting strong and luscious locks the natural way.
- Should be used with other moisturizing ingredients, because instead of attracting moisture, it might pull the water out of the hair instead. This could result to hair dryness and eventual hair loss.

Tips for using vegetable glycerin:

1. Before using normally, apply some glycerin to a small section of skin on the back of your hand to make sure it doesn't cause irritation (rare cases)
2. Combine vegetable glycerin with other natural oils and ingredients. The vegetable glycerin will seal the top layer of moisture, and allow the other oils to absorb deep into the cells.



Shampoo Recipes

Ghassoul Clay Shampoo



Ingredients:

Carrier Oils:

- Vegetable Glycerin - 1 tsp.
- Jojoba Oil - 1 tsp.
- Baobab Oil - 1 tsp.
- Extra Virgin Coconut Oil - 1 tsp.

Additional Ingredients:

- Demineralized Water - 1 Tbsp. + ½ tsp.
- Sodium Cocoyl Isethionate - ¼ cup
- Ghassoul Clay - 2 Tbsp.
- Nettle Leaves - 2 tsp.
- Aloe Vera Powder - ¼ tsp.
- Essential Oil(s) of your choosing - ½ tsp.

Instructions:

1. Finely grind the sodium cocoyl isethionate and nettle leaves separately with a coffee grinder, grinder, or mortar and pestle.
2. Place the sodium cocoyl isethionate powder in a mixing bowl (stainless steel or pyrex).
3. Add the water and vegetable glycerin to the sodium cocoyl isethionate.
4. In a separate pot, boil a few inches of water, and place the mixture of water, vegetable glycerin and sodium cocoyl isethionate in the mixing bowl above the boiling water to melt it. (This is called a double boiler)
5. Add the nettle leaves, ghassoul clay, vegetable oils, and aloe vera powder to the mixture on top of the double boiler. Mix until you reach a compact paste that easily peels off the sides of the bowl. Remove the bowl from the double boiler.
6. Add the essential oils to the mixture, and stir well.
7. Divide the final mixture among molds (if you don't have molds, baking molds will work).
8. Allow your homemade shampoo bars to dry until they are hard enough to be unmolded. This may take several hours.

Hydrating Shampoo



Ingredients:

Carrier Oils:

- Vegetable Glycerin - ½ tsp.
- Jojoba, Avocado, or Grapeseed Oil - ¼ tsp.

Additional Ingredients:

- Distilled Water - 1 cup
- Liquid Castile Soap - any scent - ¼ cup
- Aloe Vera Gel - ¼ cup

Instructions:

1. Thoroughly mix together all ingredients.
2. Store the mixture in a bottle with a tight fitting lid. Shake well before using.

Gel Recipes

Aloe Glycerin Gel



Ingredients:

- Vegetable Glycerin - ¼ cup
- Aloe Vera Gel - ¾ cup

Instructions:

1. Combine the aloe vera gel with vegetable glycerin.
2. Store in a closed plastic bottle, and refrigerate it.
3. Use the solution as a hair moisturizer.

Lavender Honey Gel



Ingredients:

Carrier Oils:

- Vegetable Glycerin - 2 Tbsp
- Jojoba Oil or Coconut Oil - 1 Tbsp.

Additional Ingredients:

- Lavender Oil - 5 drops
- Honey - 1 tsp.
- Pure Water - $\frac{2}{3}$ cup

Instructions:

1. Combine the vegetable glycerin, honey, lavender oil, jojoba or coconut oil and water in a container.
2. Using a funnel, pour the solution in a clean glass bottle.
3. Tightly seal the bottle and store in a cool dry place for best results.

Recipes

Eyelashes

Vegetable glycerin protects, conditions, and promotes growth when applied to eyelashes.

Why is Vegetable Glycerin good for your eyelashes:

- Works on strengthening collagen in eyelashes and skin
- Acts as a natural preservative, so there is no need for other raw chemical ingredients that could damage your eyes

Tips for using vegetable glycerin:

1. Apply the vegetable glycerin mixture to your lashes at night, and rinse in the morning.
2. Be gentle with your eyelashes. Too much pulling and rubbing can make your eyelashes fall out.



Eyelash Application Recipes

Egg and Glycerin for Eyelash Growth



Ingredients:

- Egg - 1
- Vegetable Glycerin - 1 Tbsp.

Instructions:

1. Beat one egg.
2. Mix with vegetable glycerin, and combine until the texture is thick and creamy.
3. Gently apply the mixture to the lashes, leave it on for 15 minutes.
4. Rinse with cold water.
5. Doing this three times a week for a few months and you should see results.

Activated Charcoal Mascara



Ingredients:

Carrier Oil:

- Vegetable Glycerin - $\frac{1}{8}$ tsp.

Additional Ingredients:

- Activated Charcoal - $\frac{1}{2}$ to 1 tsp
- Pure Aloe Vera Gel - 1 to 3 tsp.
- Bentonite Clay - $\frac{1}{8}$ tsp.
- Vitamin E Oil – 4 drops
- Lavender Essential Oil (optional) - 3 drops

Instructions:

1. In a small dish, add all the ingredients except the bentonite clay and mix very well.
2. Add the bentonite clay and mix very well.
3. Transfer the ingredients to a ziplock bag.
4. Using scissors, cut off a corner of the zip lock bag and squeeze the contents into an empty mascara tube.
5. Tightly close the container to prevent it from drying up, and store in a clean dry place.
6. This mascara will store for about 2 to 3 months without a preservative.

Recipes

Beard

Healthy skin is the foundation for a healthy beard. Vegetable glycerin is an effective moisturizer that gradually improves skin's smoothness and suppleness.

Why is Vegetable Glycerin good for your beard:

- Vegetable glycerin is a popular skincare treatment because of its moisturizing power.
- Research shows that applying glycerin to your skin may gradually improve its smoothness and suppleness.

Tips for using vegetable glycerin:

1. Apply vegetable glycerin to a damp beard for best moisturizing results.
2. Clean your beard of any bacteria by cleaning with a few drops of vinegar diluted in water prior to the application of any oil or glycerin.



Beard Oil Recipes

Natural Beard Oil (Musky)



Ingredients:

Carrier Oils:

- Vegetable Glycerin - ½ Tbsp.
- Argan Oil - 1 Tbsp.
- Jojoba Oil - ½ Tbsp.

Additional Ingredients:

- Vetiver Essential Oil - 7 drops
- Cedarwood Essential Oil - 5 drops
- Lavender Essential Oil - 7 drops
- Pink Pepper Essential Oil - 11 drops

Instructions:

1. Add argan oil and jojoba oil into a glass bottle.
2. Add vegetable glycerine and shake well to combine.
3. Add the essential oils to the bottle.
4. Shake to combine.
5. Shake before each use.

Natural Beard Oil (Fruity)



Ingredients:

Carrier Oils:

- Vegetable Glycerin - ½ Tbsp.
- Argan Oil - 1 Tbsp.
- Jojoba Oil - ½ Tbsp.

Additional Ingredients:

- Cedarwood Essential Oil - 7 drops
- Clary Sage Essential Oil - 8 drops
- Pink Pepper Essential Oil - 10 drops
- Sweet Orange Essential Oil - 7 drops
- Lavender Essential Oil - 3 drops

Instructions:

1. Add argan and jojoba oil into a glass bottle.
2. Add vegetable glycerine and shake well to combine.
3. Add the essential oils to the bottle.
4. Shake to combine.
5. Shake before each use.

Bourbon & Ginger Beard Oil



Ingredients:

Carrier Oils:

- Vegetable Glycerine - ½ Tbsp.
- Argan Oil - ½ Tbsp.
- Almond Oil - 1 Tbsp.

Additional Ingredients:

- Oakwood Absolute Essential Oil - 5 drops
- Fresh Ginger Essential Oil - 5 drops
- Rosemary Essential Oil - 2 drops
- Vitamin E Oil (Optional) - 3 drops

Instructions:

1. Add oakwood absolute into a glass bottle.
2. Add vegetable glycerine and shake well to combine.
3. Add argan oil, almond oil, fresh ginger essential oil, rosemary essential oil, and vitamin E oil to bottle.
4. Shake to combine.
5. Shake before each use.

Recipes

Face

As a natural humectant, vegetable glycerin draws moisture to the outer layer of skin by pulling moisture from deep within the skin, and pulling moisture from the air. Data shows that glycerin is “the most effective humectant”, when compared to other humectants, including hyaluronic acid.

Why is Vegetable Glycerin good for your face:

- Vegetable glycerin may lead to better skin health by helping soothe skin irritation, protect against infection and promote wound healing.
- May act as a barrier to safeguard your skin from the elements, including wind and cold
- Helps reduce the appearance of wrinkles and keeps skin looking soft and smooth
- Use a glycerine face mask for fast hydration and immediate age-defying results
- Improves skin function to slow down aging

Tips for using vegetable glycerin:

1. When used with other natural oils and ingredients, vegetable glycerin can seal in moisture on the top layer of skin while the other oils work their way deep into the cells to provide long-lasting moisture.
2. Apply vegetable glycerin to damp skin, after your shower for example, for best results.



Facial Skincare Recipes

Rose Face Mist



Ingredients:

Carrier Oil:

- Vegetable Glycerin - ½ tsp.

Additional Ingredients:

- Rose Otto Essential Oil - 24 drops
- Water - ¼ cup

Instructions:

1. Into a misting bottle, add rose otto essential oil and vegetable glycerin, top off with water.
2. Replace lid and shake vigorously until contents are well blended.
3. Shake before use. Mist on neck and face, avoiding your eyes.

Moisturizing Glycerin Lotion Recipe



Ingredients:

Carrier Oil:

- Vegetable Glycerin - 1 cup
- Coconut Oil - ½ cup

Additional Ingredients:

- Emulsifying Wax - 3 Tbsp.
- Distilled Water - 2 cups
- Preferred Essential Oils (optional) - 10-15 drops

Instructions:

1. In a double boiler or a microwave-safe bowl, combine coconut oil and emulsifying wax, and heat until melted.
2. Add in distilled water, glycerin, and essential oils. Stir thoroughly to combine.
3. Store in a sealable jar or bottle. Keep sealed tight to preserve.
4. Use daily or as needed.

Strawberry Rose Serum



Ingredients:

Carrier Oil:

- Vegetable Glycerin - 1 ½ tsp

Additional Ingredients:

- Hydroxyethyl Cellulose - ¼ tsp.
- Distilled Water - 1 tsp.
- Aloe Vera Juice - 2 tsp.
- Rose Hydrosol - 2 tsp.
- Strawberry Hydrosol -1 tsp.
- 1% Hyaluronic Acid Solution - 2 tsp.
- Calendula Extract - ¼ tsp.
- Liquid Germall Plus - 7 drops

Instructions:

1. Weigh the vegetable glycerine and hydroxyethyl cellulose into a glass container and whisk to combine. Combine until there are no visible lumps.
2. Add the remaining ingredients one at a time, stirring thoroughly between additions.
3. Cover and leave to sit until the mixture is clear.
4. Stir again to get rid of any undissolved bits.
5. Package your mixture.
6. Apply to the skin like you would a lotion.

Rose Bentonite Clay Facial Mask



Ingredients:

Carrier Oil:

- Vegetable Glycerine - ½ tsp.

Additional Ingredients:

- Rose Hydrosol - 1 tsp.
- French Green Clay - ¼ tsp.
- Bentonite Clay - ¼ tsp.

Instructions:

1. Combine the glycerin and hydrosol into a small dish, using a whisk to combine.
2. Add the French green clay, whisk until smooth.
3. Add the bentonite clay, and whisk until smooth.
4. To use, apply to the face immediately, avoiding the eyes, mouth, and nostrils. Let dry for 10–15 minutes before rinsing off.

Recipes

Feet

Dry and cracked feet can especially benefit from the moisturizing properties of vegetable glycerin. Moisturizing your feet helps you to slough off dead skin and keep your feet from being cracked, rough and flaky.

Why is Vegetable Glycerin good for your feet:

- Has additional healing and emollient qualities, and essential oils.
- Locks moisture in your skin and can be especially helpful in protecting your feet
- Can protect against infection and promote wound healing

Tips for using vegetable glycerin:

1. When applied to the skin, glycerin causes a moisturizing barrier on the skin that locks in moisture.
2. Applying a moisturizer to your feet before bed, and wearing socks at night, can help lock in the moisture and hydrate your feet.



Remedy for Cracked Heels



Ingredients:

Carrier Oil:

- Vegetable Glycerine - 2 Tbsp.

Additional Ingredients:

- Salt - 1 Tbsp.
- Lemon Juice - ½ cup
- Rosewater - 2 tsp.
- Warm Water
- Pumice stone/foot scrubber

Instructions:

1. Into a basin of warm water, add raw salt, eight to 10 drops of lemon juice, one tablespoon of vegetable glycerine, and one teaspoon of rosewater.
2. Soak your feet for about 15-20 minutes in this mixture.
3. Scrub your heels and the sides of the feet using a pumice stone or foot scrubber.
4. In a separate container, mix one teaspoon of vegetable glycerine, one teaspoon of rosewater, and one teaspoon of lemon juice.
5. Apply the mixture to your cracked heels.
6. Wear a pair of socks over the mixture overnight.
7. In the morning, rinse off with lukewarm water.

Whipped Peppermint Moisturizing Foot Cream



Ingredients:

Carrier Oil:

- Vegetable Glycerin - 4 tsp.

Additional Ingredients:

- Beeswax - 1 Tbsp.
- Shea Butter - 2 Tbsp.
- Cocoa Butter - 2 Tbsp.
- Grapeseed Oil - 4 Tbsp.
- Vitamin E Oil - ¼ tsp.
- Peppermint Essential Oil - 15 drops
- Tea Tree Essential Oil - 10 drops
- Lavender Essential Oil - 10 drops
- Cornstarch - 1 tsp.

Instructions:

1. In a pyrex measuring cup or mixing bowl, combine the beeswax, cocoa butter, shea butter and grapeseed oil.
2. Using a microwave on medium power, or a double boiler, heat the oils until the beeswax is fully melted.
3. Allow the oil mixture to cool until it begins to solidify, then stir in the vegetable glycerin, Vitamin E oil and essential oils.
4. Leave at room temperature, allowing the cream to cool completely.
5. Using either a stand mixer or hand mixing, whip the cream.
6. When the mixture starts to look more pale and creamy, sprinkle the cornstarch evenly over the cream.
7. Slowly mix to incorporate the cornstarch.
8. Once the cornstarch is mixed into the cream, whip the cream until light, fluffy, and opaque.
9. Transfer the whipped cream into tins or small mason jars.
10. Store at room temperature in an airtight container. The cream should last at least 6 months.

Glycerin Sugar Scrub



Ingredients:

Carrier Oil:

- Vegetable Glycerin - 3 tsp.

Additional Ingredients:

- Loose Salt or Loose Sugar - 1 cup
- Pure Honey - 1 tsp.
- Your Favorite Essential Oil - 3-5 drops
- Pinch of Lavender Blossoms, Chamomile, or Dried Herbs of your choice, chopped exceedingly fine.

Instructions:

1. Combine all ingredients and mix well.
2. Store in an airtight container.
3. Stir thoroughly before use.
4. Use small amounts when scrubbing the nose, being careful not to irritate or get it in the eyes.
5. Rinse with warm water.

Recipes

Soap

Vegetable Glycerin is a natural humectant, and when added to soaps, adds a natural moisturizing property that nourishes the skin while adding moisturizing properties to the soap.

Why is Vegetable Glycerin good for soap:

- Using soap with glycerine may protect your skin against irritants and microbes, as well as soothe inflamed or wounded skin.
- Where the skin is dry, damaged and cracked, glycerine can come to the rescue and increase skin hydration.
- Soap containing glycerine locks moisture in your skin and can be especially helpful in protecting hands, feet, elbows, knees and other parts of the body that typically get dry.

Tips for using vegetable glycerin in soap:

1. Soaps without glycerin may dry out your skin. With glycerin, the soap has moisturizing properties, which eliminates the need for a post-soap lotion.
2. You may notice that your soap “sweats” when left out in the open. That’s because glycerin is a natural humectant, and draws the moisture out of the air.



Vegetable Glycerine Soap



Ingredients:

Carrier Oils:

- Vegetable Glycerin - 2 cups

Additional Ingredients:

- Food coloring - 2-3 drops
- Essential Oils of Your Choice - 2 tsp.
- Mica - ¼ tsp.

Instructions:

1. Put vegetable glycerin in a large microwave-safe bowl.
2. Cover the bowl and microwave on high for one minute, or until it melts.
3. Add food coloring of your choice.
4. Add in essential oils, or other scented oil if desired.
5. Stir in mica.
6. Pour the mixture into molds or cups.
7. If there are mica bubbles on the top, spray a little rubbing alcohol on top to get rid of them.
8. Wait about three hours for your soap to cool and gel.

Liquid Soap



Ingredients:

Carrier Oils:

- Vegetable Glycerine - 2 cups
- Coconut Oil - 1¼ cup
- Olive Oil - 1¼ cup
- Rice Bran Oil - ⅓ cup
- Safflower Oil - ⅔ cup
- Grapeseed Oils - ⅔ cup
- Sunflower Oil - ⅔ cup

Additional Ingredients:

- Potassium Hydroxide - 1⅛ cup
- Distilled Water - 3⅛ cups
- Distilled Water - 7½ cups
- Essential Oil of Your Choice - ⅓ cup

Instructions:

Step 1: Liquid Soap Process

1. Ventilate your work area well. Wear gloves and goggles, and make sure your work area is free from pets and children.
2. Into a crockpot, add all carrier oils (except vegetable glycerin).
3. Turn your crockpot on high and melt all the oils.
4. Place 3⅛ cups of distilled water into a glass or stainless bowl.
5. Slowly pour the Potassium Hydroxide into the water while stirring (always add the Potassium Hydroxide to the water, never add the water to the Potassium Hydroxide). You may notice it making groaning noises as it dissolves; this is normal.
6. Add the water/potassium hydroxide mixture to the oils. Combine by hand to blend the solutions. The mixture will be kind of chunky and want to separate, but don't worry. Blend for about 5 minutes, then walk away.
7. Cover and keep on high for the first 30-60 minutes, then turn to low.
8. Stir or blend occasionally. It will start to take shape soon.

9. After about 2 hours it will take on a more translucent appearance, similar to petroleum jelly. Use a stronger utensil to stir/blend it. Once it looks cooked through with no opaque spots, you can test it.
10. To test: Place a small spoonful in some hot water and stir well enough to dissolve it all. If the water is clear, you can continue to the dilution stage. If it's at all cloudy, continue cooking.

Step 2: Liquid Soap Dilution

1. Once your soap paste is fully cooked, you can dilute it. Heat 7½ cups of water until hot, not boiling.
2. Add the Vegetable Glycerin. Mix together well.
3. Add this mixture to the crockpot and stir. Leave on low, cover, and walk away. You can leave it for a few hours and then go back to it. (You can do this step in the evening, and leave it overnight. Be careful, of course.)
4. In the morning (or hours later), stir the soap well and let it settle an hour. The soap paste that's not diluted should rise to the top, leaving good liquid soap underneath.
5. For the chunky stuff that remains, add a bit more water and turn the heat off. Leave this overnight and it should all be diluted by morning.



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