Natural Soap Recipe to Help with Scaring.

01 | Reduce Scaring

Summary

A homemade soap recipe aimed at average hardness and potential scar reduction benefits. This is not a medical recommendation. Always consult with a dermatologist or healthcare professional for medical advice. Scar reduction can be a complex process, and soap is only one small part of a comprehensive approach.

Olive Oil (30%): A classic soaping oil known for its mildness, moisturizing properties, and gentle cleansing. High in oleic acid, contributing to skin softness.

Coconut Oil (25%): Provides excellent lather and cleansing power. At this percentage, it contributes to hardness without being overly drying for most skin types.

Palm Oil (20%): (If you prefer to avoid palm oil, you can replace it with Tallow or Lard. If you want to keep it vegan use a combination of Shea Butter and Cocoa Butter at 10% each to help with the hardness and emollient properties)

Shea Butter (15%): A luxurious butter that adds emollient properties, making the soap gentle and moisturizing. It's also known for its potential skin-healing properties.

Rosehip Seed Oil (10%): This oil is particularly interesting for scar reduction due to its high concentration of essential fatty acids (omega-3 and omega-6) and Vitamin A. These components can help improve skin cell turnover and reduce the appearance of scars. Because Rosehip Seed Oil can turn rancid more quickly than other oils, adding it in smaller percentage keeps the bar from going rancid faster.

03 | Optional Additives

Powders:

Colloidal Oatmeal: Soothes irritated skin and may help with redness.

Turmeric Powder: Known for its anti-inflammatory and antioxidant properties. Could potentially help with hyperpigmentation associated with some scars. Use cautiously as it can stain. Start with a small amount (e.g., 1 teaspoon per pound of oils).

Sea Clay or Bentonite Clay: Can help draw out impurities and may promote skin healing.

Infused Oils:

Calendula-Infused Olive Oil: Calendula is well-known for its skin-soothing and wound-healing properties. Infusing olive oil with dried calendula flowers before soap making can transfer these benefits to the final product.

Comfrey-Infused Olive Oil: Comfrey is traditionally used for skin healing, but it's important to research contraindications and potential risks. Use with caution.

Essential Oils (use at 1-3% of total oils):

Lavender Essential Oil: Calming and anti-inflammatory.

Frankincense Essential Oil: Known for its skin-rejuvenating properties.

Tea Tree Essential Oil: Antiseptic properties, useful for acne-prone skin that may be associated with some types of scarring. *Use with caution, some people are sensitive*

Important Considerations:

Lye Calculation: Use a reliable lye calculator to determine the correct amount of lye (sodium hydroxide for bar soap) and water needed for your specific batch size. Always double-check your calculations.

Superfat: A superfat of 5-8% is recommended for a gentle, moisturizing soap. Your soap calculator should allow you to adjust this.

Allergies: Be mindful of potential allergies. If you are selling the soap, clearly label all ingredients.

Testing: Always test a small batch of the soap on yourself before making a large batch or giving it to others.

Scar Reduction: Soap alone is unlikely to completely eliminate scars. It can, however, contribute to overall skin health and potentially improve the appearance of some types of scars.

Curing: Allow your soap to cure for at least 4-6 weeks in a well-ventilated area. Curing allows excess water to evaporate, resulting in a harder, longer-lasting bar of soap.

Water Discount: A 38% water ratio is a good place to start.

Disclaimer: Soapmaking involves working with lye, which is a caustic substance. Always wear appropriate safety gear (gloves, eye protection, long sleeves) and work in a well-ventilated area. If lye comes into contact with your skin, flush immediately with plenty of water. Seek medical attention if necessary. I am an AI and cannot provide safety advice.