

# Honey Soap-on-a-rope Workshop



## You will need:

Melt and Pour Soap (Honey flavoured) 100g per 'soap' serving

Scraps of fabric in long strips approx 40cm long, 2cm wide (x3 strips per 'soap' rope)

Essential Oils (e.g. geranium, orange, rose lavender)

Oatmeal

Honey

Dried flower heads, petals, fruit (e.g. lavender heads, rose petals, orange slices)

Paper cups

Tape & scissors

Bowl & plate

Knife & chopping board

Spoons (1x teaspoon, 1x tablespoon)

Scales

Microwave oven (or double burner pan over heat)

To make your soap on a rope, first make the rope; cut or tear strips of fabric into long ribbons, about as long as your forearm, or about 40cm long, and about 2 cm wide. You don't have to be exact, rustic is good. Tie your three strands together in a knot at one end, tape this end to your table, then plait the strands together and tie a knot at the other end when finished. Trim off the each end, and then set aside.

Next, the soap; cut off 100g of soap from your block, chopping it up into cubes so it will melt easier later. It should be easy to slice, and 100g looks like a regular bar of soap, but measure on the scales to be sure. Take your bowl of soap cubes and put it in the microwave to melt, it should only take 30 seconds. Carefully remove the hot bowl and place on a plate to carry safely to your workstation. Now add your selected ingredients (listed below) and mix together.

Honey and oatmeal with geranium and orange:

100g soap: ½ teaspoon honey: 1 tablespoon oatmeal: 5 drops geranium essential oil: 3 drops orange essential oil

Lavender and rose soap:

100g soap: 1 teaspoon lavender flowers, 5 drops lavender essential oil: rose petals



Now pour the mixture into a paper cup and dip each end of your rope into the mixture, leave the soap to set with the rope in it, and if you want to speed this process up, just put it in the freezer. When set, cut the paper cup and rip it off the soap carefully to remove it from the soap. Smooth round the soap edges with your finger, and your soap is ready to hang on your bath taps ready for use. It looks lovely wrapped in fabric tied with ribbon as a gift, or in a clear bag tied with pretty string, and labelled 'hand made soap' with the ingredients on. Great to store for Christmas too!