

# CHARCOAL AND COFFEE SOAP SCRUB BARS

## cedarwood blanc

This tough soap bar doesn't mess around. It's loaded with exfoliating ingredients including oatmeal, activated charcoal, and coffee grounds that will leave your skin feeling refreshingly clean and invigorated. Moisturizing shea butter in the soap base ensures the perfect balance between a tough scrub and skin-nourishing bar.

**TIME:** 25 minutes

**RECIPE MAKES:** 6 square soap bars

### MATERIALS:

Cedarwood Blanc 1 oz Bottle  
9 Bar Large Square Silicone Soap Mold  
Stephenson Oatmeal Shea Melt and Pour Soap Base 2 lb Tray  
11 Inch Silicone Spatula  
Straight Blade Soap Cutter  
Funnel Pouring Pitcher  
Candle and Soap Scale

### ADDITIONAL ITEMS NEEDED:

*Note: Equipment should not be re-used for food prep.*

Activated charcoal  
Coffee grounds  
Cutting board  
Small bowl for mixing  
Knife  
Isopropyl alcohol  
Paper towels  
Latex gloves  
Measuring spoons

## DIRECTIONS

**Note:** This soap bar is very exfoliating. For less exfoliation, you can choose a different soap base or decrease the amount of activated charcoal and coffee grounds.

### STEP 1: PREPARE YOUR SUPPLIES AND WORKSPACE

Wash your equipment, soap molds, and utensils in warm soapy water and dry thoroughly. Don't forget your workspace! Avoid any cross-contamination by spraying the area with rubbing alcohol or a 5% bleach solution, then wipe dry with a clean paper towel.

### STEP 2: CUT AND WEIGH SOAP

Remove the Oatmeal Shea Base from the container and cut the block into 1" cubes. Weigh out 22 oz. of the cubed soap base. Using the Funnel Pouring Pitcher or another microwave-safe container, melt the soap cubes in the microwave for 30 seconds.

Stir and melt in 30 second intervals, stirring in between, until the soap is fully melted.



### **STEP 3: PREPARE THE ACTIVATED CHARCOAL**

Measure out 3/4 Tbsp. activated charcoal and add to a small bowl.

**Note:** We recommend about 1/2 Tbsp. of activated charcoal to 1 lb. of soap base, but you can adjust up or down depending on your preference. Too much activated charcoal can leave black residue in your sink, shower, or tub. Activated charcoal is a fine powder and can make a big mess so be careful when opening packaging.

Add about 3-4 teaspoons of Isopropyl alcohol, 1 tsp. at a time, to the activated charcoal and slowly stir until it is fully mixed together. This will help prevent the activated charcoal from clumping when it is added to the soap base.

### **STEP 4: WEIGH AND ADD FRAGRANCE OIL**

On your soap scale weigh out .65 oz., about 3%, of the Cedarwood Blanc fragrance oil. Pour into the melted soap base and stir until it is completely mixed in.

### **STEP 5: ADD THE COFFEE**

Measure a heaping tablespoon of your coffee grounds, approximately 1 1/4 Tbsp. Add into the soap base and mix in well.

**Note:** Be sure to stir constantly and slowly to keep the coffee grounds mixed in otherwise they'll sink to the bottom of the soap base. When you pour your soap into the mold, pour at a low temp to keep the grounds suspended while the soap cools.

### **STEP 6: ADD THE ACTIVATED CHARCOAL**

It's time to add the activated charcoal to the soap base. Be sure to stir gently making sure it's fully incorporated with the other ingredients.

### **STEP 7: POUR THE SOAP**

Carefully pour your soap into the Large Square Silicone Soap Mold filling 6 cavities. Let your soap completely cool, for about 3 hours until it is no longer warm.

### **STEP 8: UNMOLD SOAP AND FINISH**

Unmold your soaps and add your finishing touches!

We created our custom 1.5" square label printed on white matte paper with Avery. Create your own custom label or find a template with Avery WePrint—[avery.com/candle-science](http://avery.com/candle-science) to get started designing your own and take 10% off your label order!

Did you make it? Show off your charcoal coffee soap scrub bars, and all your handmade creations, with the CandleScience community by tagging us @CandleScience and using the #CandleScientist hashtag on Facebook, Twitter, and Instagram. We may feature you in our Stories or on our website!