

Sophii's Choice Skin + Fur

Sophii's Suds (shampoo soap)

20 ounces coconut oil
10 ounces comfrey blended oil
9 ounces coffee made with distilled water
4.78 ounces lye
Organic coffee

SUPPLIES:

Scale
Glass bowls and wooden spoon
Crock pot and wooden spoon
Soap molds
Rubber gloves/goggles

In French press make coffee using 5 scoops of coffee and heated distilled water. Put aside and let cool.

In crock pot, melt coconut oil until clear (high). Add comfrey blended oil to pot, turn to medium.

In well ventilated area, outdoors if possible, slowly add crystal lye to 9 ounces of coffee/distilled water, in a glass bowl slowly stirring. DO NOT POUR IN QUICKLY. This will 'smoke'. Keep away from the fumes. Stir until crystals are completely dissolved. Glass bowl will be hot. Be careful when moving. Add this coffee/lye mixture to hot oil in crock pot and stir. Cover. Put heat setting back to high. Stir occasionally, and keep an eye on it throughout. It will begin to foam up, and keep stirring the mixture. Cook for 1 hour. Add 2 tablespoons of the grinds from the French press and fold/stir in well into mixture. Scoop soap mixture into molds. Cool 24-36 hours before packaging. I used silicon square ice cube trays that are 2" cubes.

Sophii's Soft Paws (paw and nose balm)

4 ounces comfrey oil blend
4 ounces coconut oil
2 ounces shea butter
50 grams solid beeswax

In small double boiler, melt all ingredients together. Pour into small containers and cool unlidded for 4 hours, or until firm. Put on lids and affix labels and package. I purchase containers from the dollar store.

Comfrey Blended Oil

1 L virgin olive oil
½ cup each herbs: comfrey, plantain, spearmint, lavender, calendula, chamomile

In large glass container add oil to mix of fresh herbs. Let sit in dark cool room, covered for 48-72 hours. Strain herbs from oil and pour oil into bottle that can be capped.