



Everything Herbal by Cheryl Jabz

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Cinnamon MELT & POUR SOAP RECIPE

INGREDIENTS:

- 1 lb (2 cups) Melt and Pour Soap Base
(Shea Butter or Clear Glycerin)
 - 1 tbsp Ground Cinnamon
 - 10–15 drops Cinnamon Essential Oil
- Use Cinnamon Leaf oil instead of Cinnamon Bark.
It is less irritating.*
- Use low concentrations to avoid skin irritation.*
- (Optional: 1 tsp Honey or Vanilla)



EQUIPMENT:

- Silicone mold
- Microwave-safe glass container
- Rubbing alcohol in a spray bottle to remove bubbles



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INSTRUCTIONS:

- 1 Cut the soap base into small cubes for faster melting.
- 2 Mix the ground cinnamon with a small amount of liquid soap or oil first to ensure it blends smoothly.
- 3 Place cubes in a microwave-safe container and melt in 30-second intervals, stirring between.
- 4 Once melted, stir in the ground cinnamon and essential oil.
- 5 Add 1 tablespoon of coffee grounds or rolled oats for extra exfoliating texture.
- 6 Pour into molds and spray the top with rubbing alcohol to eliminate bubbles.
- 7 Let it solidify for at least 8 hours or overnight.

Warm, cozy, and naturally soothing for your skin.

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