



EVERYTHING HERBAL

by Cheryl Jabz

Nature's
Gentle
Healer

Chamomile Melt & Pour Soap

Calming & soothing for sensitive or irritated skin

This gentle chamomile soap offers a soft, relaxing aroma and helps moisturize and soothe the skin. Chamomile is traditionally loved for its calming, skin-softening, and naturally anti-inflammatory qualities.



INGREDIENTS

- 1 lb melt & pour soap base (goat milk, shea butter, or clear)
- 1–2 tbsp dried Chamomile Flowers
- 10–15 drops chamomile essential oil
- 1 tsp honey (optional — adds moisture)
- 1 tsp vitamin E oil (optional — skin nourishing)



SUPPLIES

- Soap mold (silicone works best)
- Microwave-safe container or double boiler
- Stirring utensil
- Spray bottle with rubbing alcohol (for bubbles)



INSTRUCTIONS

Cut the soap base into cubes and melt in the microwave in 30-second intervals, or use a double boiler until fully liquid. Stir in the dried chamomile flowers, chamomile essential oil, honey, and vitamin E oil. Carefully pour the mixture into your soap molds. Lightly spray the top with rubbing alcohol to eliminate bubbles. Allow the soap to harden for 2–4 hours at room temperature, or chill briefly to speed up setting. Once fully hardened, remove from the molds and enjoy your chamomile soap.



SOAP MAKING TIP

Use finely crushed chamomile if you want a smoother bar, and avoid adding too many botanicals so the soap stays gentle on the skin.



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