



DIY Foaming Hand Soap

Shopping List

To create this homemade foaming hand soap, you'll need:

- [Castile Soap](#): 10 ounces
- [Distilled Water](#): 16 ounces
- [Vegetable Glycerin](#): 4 tablespoons
- **Essential Oils (e.g., [Lavender](#), [Tea Tree](#), or [Peppermint](#))**: 60-80 drops
- [Foaming Soap Dispensers](#): Enough to hold two 15-ounce foaming soap dispensers' total

Kitchen Utensils Needed

To prepare your soap, gather these kitchen tools:

- **Measuring Cup**: For accurate measurements of water and soap.
- **Tablespoon**: To measure the glycerin.
- **Whisk or Spoon**: To mix the soap solution.
- **Large Bowl**: For mixing large batches.

Step-by-Step Instructions

1. Prepare Your Ingredients

Begin by gathering all your ingredients and ensuring your foaming soap dispensers are clean and dry.

2. Measure Distilled Water

Pour 16 ounces of distilled water into a measuring cup. Ensure that the water is clear and free of impurities.

3. Add Castile Soap



Add 10 ounces of Castile soap to the water. This concentrated soap serves as the base of your hand soap.

4. Incorporate Vegetable Glycerin

Mix in 4 tablespoons of vegetable glycerin, which will help moisturize and smooth your skin.

5. Add Essential Oils

Add 60-80 drops of essential oils. Consider using lavender or tea tree for their antibacterial properties and pleasant aroma.

6. Mix the Ingredients

Gently stir the mixture with a whisk or spoon until it's well combined, taking care to avoid creating too many bubbles.

7. Pour Into Dispensers

Carefully pour the mixture into your foaming soap dispensers, leaving some space at the top for the pump.

8. Attach Dispenser Pump

Securely screw the pump back onto the dispenser to prevent leakage.

9. Label Your Dispensers

If you've made different scents, label your dispensers to avoid confusion.

10. Enjoy Your Soap

Test your soap by pumping a few times until it foams, and enjoy clean, fragrant hands!

See also [Energizing Morning Body Wash](#)

Tips and Precautions



- **Foaming Dispensers:** Use dispensers designed for foaming soap to achieve the desired texture.
- **Vegetable Glycerin:** Optional but recommended for a moisturizing effect.
- **Essential Oils:** Adjust the number of drops based on your scent preference.

Variations and Options

- **For Sensitive Skin:** Use fewer essential oil drops or select oils like chamomile known for their soothing properties.
- **Extra Cleansing:** Add a few drops of tea tree oil for its natural antibacterial benefits.