

# Gentle Oatmeal Soap Recipe

**Skin Type:** Sensitive Skin

**Skill Level:** Beginner

**Method:** Melt-and-Pour or Cold Process

## ***Ingredients***

- Soap base (melt-and-pour or basic cold process base)
- 1–2 tablespoons finely ground oatmeal (colloidal oatmeal recommended)
- Distilled water (if required)
- Optional: 1 teaspoon honey or 5–10 drops gentle essential oil

## ***Instructions***

1. Grind oats into a fine powder to avoid skin irritation.
2. Melt soap base gently or prepare cold process base safely.
3. Stir in oatmeal slowly to prevent clumping.
4. Add honey or essential oil if desired.
5. Pour into silicone molds and tap gently to release air bubbles.
6. Allow soap to harden or cure fully before use.

## **Set or Cure Time:**

- Melt-and-pour: Ready in a few hours
- Cold process: Cure for 4–6 weeks

## **Helpful Tips:**

- Use colloidal oatmeal for extra-gentle soap.
- Avoid strong fragrances for sensitive skin.
- Always test on a small skin area first.

Perfect for babies, kids, and anyone with sensitive or dry skin.