



Sommies Black Soap Booklet

COURSE MATERIAL

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AFRICAN BLACK SOAP

The beauty of African black soap is that it can be re-batched to suit whatever purpose you deem fit ranging from **skin brightening, toning/firming, moisturizing, exfoliating, to hair clarifying** etc. Depending on the ingredients added to black soap base.



BASIC INGREDIENTS USED IN CUSTOMISING/ REBATCHING AFRICAN BLACK SOAP

INGREDIENTS	EXAMPLE
Diluent for softening or diluting the black soap base for liquid black soap.(This is optional depending on which form you're making)	Water, Hydrosols, Herbal infusions, Herbal Decoctions
Humectant	Honey, Glycerin, Aloe Vera juice
Carrier oils for superfat (This is optional. Add if your soap base is drying)	The skin type and condition should determine your choice of oil. E.g. for sunflower OR Coconut oil for dry skin.



Botanicals (Herbs, spices, fruits)	The skin type and condition should determine your choice of botanicals
Essential oils(Optional)	The skin type and condition should also influence your choice.
Cosmeceuticals(It is important that the ingredient you choose can work at the high pH of black soap)	<ul style="list-style-type: none"> ▪ Kojic dipalmitate(it is stable at a wide pH of 3-10)This makes it compatible with ABS base ▪ Kojic acid also works at a wide pH range and unlike in creams and emulsions, it doesn't oxidize in soap. (DO NOT ADD TO LIQUID BLACK SOAP. USE KOJIC DIPALMITATE INSTEAD)
Preservative	<ul style="list-style-type: none"> • Liquid germall plus(This works at a wide pH range of 3-9)

INGREDIENTS USED IN REBATCHING AND CUSTOMISING ABS FOR DIFFERENT PURPOSES

Skin lightening (good for spots, Hyperpigmentation and skin discoloration, Non of these will make you 2 shades whiter)	Ginseng, Dates (debino), Licorice root powder, Pineapple, Papaya, Baobab fruit powder (Kuka), Saffron, Acacia nilotica bark and leaf (bagaruwa), Tamarind (tsamia), Citrus fruits (lemon), Parsley, Jujube (Magarya)
Skin brightening/Exfoliation(good for dull skin, spots, Hyperpigmentation and skin discoloration)	Citrus peel powder, Turmeric, Camwood, Sandalwood, Henna, Tamarind
Antifungal and antibacterial (good for oily skin, fungal skin infections e.g. Cream reactions, Acne/pimples, ringworm etc.	Neem, Scent leaf, Goat weed, Cassia alata, Thyme, Mint, Black seed, Coriander seed, Acalypha wikisiena, Celery, Fenugreek, Cinnamon



Firming and toning (good for combating cellulite, stretch marks)	Coffee bean, Green tea, Black tea, Cinnamon, Cocoa powder, Jujube(Magarya)
Moisturizing and soothing(good for sensitive skin condition, and dry skin)	Fenugreek, Honey, Aloe Vera, Kale, Moringa, Oats, Fennel, Goat milk, Camel milk, Jujube(magarya)
Antioxidant(good for aging skin)	Carrot, Turmeric, Coffee, Kale, Celery
Detoxifying(good for congested and oily skin)	Activated charcoal, Clay(Bentonite)
HAIR	
Stimulating	Ginger, Mint, Cloves, Hemp, Black pepper, Cinnamon
Detangling/Curl defining	Fenugreek, Hibiscus
Strengthening	Henna

HOW TO INCORPORATE PLANTS EXTRACTS WHEN REBATCHING AFRICAN BLACK SOAP

HEAT INFUSION

This is made by macerating fresh or dried vegetable substance (leaves, flowers etc.) in hot water to extract the nutritional principles. It's suitable for soft and delicate parts of a plant. E.g. fresh or dried leaves and flowers. It's made just in the same way you make your tea

METHOD

- Measure the plant material you want to infuse and the water. E.g. 5-15g of plant material (depending on the concentration you want) to 100g of water. The more the plant material, the more concentrated the infusion will be.
- Shred the plant material into smaller pieces. This breaks down the cell wall and aids better extraction.
- Place the plant in a suitable container.
- Pouring boiling water over it.



- Cover and allow to stand for 10-15 minutes. Covering the container will help to ensure that the tea's medicinal qualities and essential oils don't escape with the steam.
- Strain well and ensure there are no parts of the herbs left in the Infusion.

Use the strained liquid in place of water when rebatching or customizing your African black soap.

NOTE: You can infuse more than one plant material at the same time. E.g. Scent leaf and Neem (dogonyaro), Thyme and Mint leaves, Tamarind etc. Choose the plant material based on what you want to achieve.

DECOCTION

This preparation is used for tougher plant parts such as bark, stems, nuts, seeds and roots. (E.g. Coffee bean, Ginseng root, Fenugreek seeds etc.). It is prepared by boiling either fresh or dry plant material with water.

METHOD

- Put around 2-3g or more of the dried plant material, or 20-30g of the fresh, herb parts into 100g of water and cover the saucepan.
- If you have enough time, let the plant material soak in water for a few hours before heating.
- Slowly heat the mixture to boil
- Afterwards, decrease the heat and continue to simmer for about 10~20 minutes(make sure this is done under low heat).Cover the container so the plant's medicinal qualities won't escape with the steam.
- Steep and strain the mixture making sure there are no parts of the herbs remaining in the Decoction.

Use the strained liquid in place of water when rebatching or customizing your African black soap.

NOTE: You can use more than one plant material at the same time for decoction E.g. Coffee bean and Cinnamon bark, Fenugreek and Coriander seeds, Ginseng etc. Choose the plant material based on what you want to achieve.(the person's skin type, skin condition(Hyperpigmentation, Acne/pimples, Eczema, Ringworm)



JUICING

This is used for fresh fruits and leaves e.g. Papaya, Pineapple, Lemon, Carrot, Kale, Celery, Parsley etc. This is prepared by squeezing the plant material to express (squeeze out the juice).

METHOD

- Take a sizeable amount of plant material
- Grate or blend the plant material
- Put it in a sieve and squeeze out the juice.

OR

- Put a sizeable amount of plant material in a juicer
- Allow the juicer to express the juice
- Use the juice as a liquid when rebatching or customizing your African black soap.

NOTE: Some Fruit juices and plants are very acidic e.g. citrus fruits, tamarind etc. These reduces the alkalinity of the soap and in turn, can reduce lather of your soap because soap works at an alkaline pH. Also note that since the high pH (alkalinity) of black soap makes it self-preserving, reducing the alkalinity by adding acidic juices can make it prone to microbial contamination.

When using highly acidic fruit juices which can reduce the pH of your black soap

- ✓ Use them sparingly (use a little). Adding too much citrus juice in your black soap can really reduce the pH of black soap and reducing the pH of black soap drastically (below 8) can cut the lather.
- ✓ Use a suitable preservative once the pH is less than 9.

DRIED FRUIT POWDERS

This is prepared by the grinding dried plant material into fine powder. (This works well when making exfoliating soaps because the ground plant material acts as a mild physical exfoliant.) This also reduces the risk of microbial contamination.

METHOD

- Slice or grate the fresh plant material of your choice.
- Put it in a dehydrator overnight to remove the moisture.



- After it's dried completely, put it in a herb grinder and blend into a very fine powder.
- Add the powder when customizing your ABS

Different Methods of Rebatching African Black Soap

African black soap on its own has lovely skin benefits and it can be used without rebatching, however rebatching and adding different ingredients to the soap adds extra therapeutic benefits to it.

Rebatching or customizing black soap is somewhat similar to rebatching cold processed/melt and pour soap

METHOD 1 (Black soap paste)

1. Grate the African black soap
2. Put the grated ABS, carrier oil (optional) and dried powdered herbs of your choice in a heatproof container or crock pot. (Depending on the plant or plant extract you're using, you might have to add it when you bring the black down from the heat. Some useful plant constituents can be damaged by high heat)
3. Add water/hydrosol/Decoction/Infusion. If you're adding liquid goat milk or camel milk, add it at this stage (ensure you don't use more than 5-10% of milk in your formula to reduce the risk of microbial contamination and spoilage).
4. Place in a water bath and allow it to soften over very low heat, and if you're using a crock pot, use the lowest heat setting (**Do not cook it directly over high temperature**)
5. When the ABS is very soft and pliable, bring it down
6. Add the honey and mix thoroughly by pounding or using an electronic mixer to blend the mixture properly.
7. If you're using a heat sensitive plant or plant extract, add it in at this point and mix again still by pounding or using an electronic mixer to blend the mixture properly.
8. When it's cool add in your essential oil(Optional) and preservative

METHOD 2 (Honey infusion method without heat)

This method is good when using fresh fruit juices. It is prepared with over 50% honey. This high concentration of honey also helps to preserve the black soap.

1. Grate the African black soap.



2. Soak the grated ABS and dried powdered herbs of your choice in honey
3. Let the black soap and herb marinate in the honey for 2-3 weeks. Check the mixture from time to time to see when the black soap becomes soft
4. When it's become really soft, add the oils of your choice (optional) and fresh juice (Optional) then blend thoroughly either by pounding or by using a mixer.
5. Add essential oils of your choice and blend again
6. Store in a suitable container

METHOD 3 (Honey black soap (heat method))

1. Grate the African black soap
2. Put the grated ABS, carrier oil (optional) and dried powdered herbs of your choice in a heatproof container or crock pot.
3. Place in a water bath and allow it to soften over very low heat, if you're using a crock pot, use the lowest heat setting
4. When the ABS is very soft and pliable, bring it down
5. Add fresh juice and blend thoroughly either by pounding or by using a mixer/whisker
6. Add the honey and essential oils and blend again
7. Store in a suitable container.

HOW TO CREATE A RELATIVELY CONSISTENT FORMULA OF AFRICAN BLACK SOAP

When creating professional formulas, it is important that you use weighted measurements (grams) instead of volumetric measurements (Millilitres and Litres). Every ingredient including the liquids and even the essential oils must be weighed in grams because this achieves the most reliable measurements.(NEVER MEASURE WITH SPOONS OR CUPS) 1g of salt weighs same all over the world but 1tablespoon of salt will vary greatly depending on different factors(how large the spoon is, how full it is etc.).

Importance of working in %

- ✓ Since every ingredient has its suggested ratio and usage rate, the best way to ensure that each ingredient is used as required and at safe levels is by creating percentage based formulas. For instance, using too much preservative or essential oil can cause skin reactions/sensitivity.



- ✓ It makes it easy to create larger batches; all you need to do is multiply your formula by your ideal batch size.

It makes your formula accurate and consistent so you can replicate the same exact recipe over and over again!

NOTE: 100% = 100g

Creating a formula for ABS can be challenging because different soap bases have different textures after customizing. One way of creating your formula is by weighing and writing down all the ingredients used in customizing the black soap and afterward if you like its texture and performance, you calculate to get the percentage of each ingredient in the formula. This will not only enable you to create a consistent formula all the time but it will also enable you scale up(increase) your batch size and still get the same result and texture.

So let's take this example below: Assuming these were the ingredients used in customizing your ABS base and you turn out to really like its texture, skin feel and performance.

INGREDIENT	GRAMS
African black soap	37
Saffron infusion	8
Goat milk powder	1.8
Turmeric powder	5
Honey	20
Tamarind paste	5
Liquid germall plus	0.2



$$37 + 8 + 1.8 + 5 + 20 + 5 + 0.2 = 77\text{g}$$

HERE IS THE CONVERSION MATHS ON HOW TO GET THE PERCENT OF EACH OF THE INGREDIENTS IN THIS FORMULA

- 1) Take the amount in grams(Per ingredient)
- 2) Multiply the amount by 100
- 3) Divide the amount by the total grams (77) to get the percentage of each ingredient.

Percentage of African black soap in the product

$$37 \times 100 = 3700$$

$$3700 \div 77(\text{total grams of ingredients}) = 48.05 \text{ rounded up to } 48\%$$

Percentage of saffron infusion

$$8 \times 100 = 800$$

$$800 \div 77(\text{total grams of ingredients}) = 10.38 \text{ rounded up to } 10.4\%$$

Percentage of goat milk powder in the product

$$1.8 \times 100 = 180$$

$$180 \div 77(\text{total grams of ingredients}) = 2.34 \text{ rounded up to } 2.3\%$$

Percentage of turmeric powder in the product

$$5 \times 100 = 500$$

$$500 \div 77(\text{total grams of ingredients}) = 6.49 \text{ rounded up to } 6.5\%$$

Percentage of honey in the product

$$20 \times 100 = 2000$$

$$2000 \div 77(\text{total grams of ingredients}) = 25.9 \text{ rounded up to } 26\%$$



Percentage of tamarind paste in the product

$$5 \times 100 = 500$$

$$500 \div 77 \text{ (total grams of ingredients)} = 6.49 \text{ rounded up to } 6.5\%$$

Percentage of liquid germall plus in the product

$$0.2 \times 100 = 20$$

$$20 \div 77 \text{ (total grams of ingredients)} = 0.26 \text{ rounded up to } 0.3\%$$

After you're done calculating to get the percent of each ingredient in the product, add all together. If you calculated right, your answer should be 100%. So let's see if we calculated right.

$$48 + 10.4 + 2.3 + 6.5 + 26 + 6.5 + 0.3 = 100\%$$

Now that you know the percent of each of the ingredients in this formula, you can always increase your batch size and get the same consistency and results.

INGREDIENT	BATCH SIZE(77g)	% of each ingredient (100%)	Batch size(200g)
African black soap	37	48	96
Saffron infusion	8	10.4	20.8
Goat milk powder	1.8	2.3	4.6
Turmeric powder	5	6.5	13
Honey	20	26	52
Tamarind paste	5	6.5	13
Liquid germall plus	0.2	0.3	0.6



ACHIEVING DIFFERENT TEXTURES

The texture of the soap has nothing to do with its efficacy or functionality. However, the aesthetics (skin feel, texture) of a product goes a long way in appealing to the mind of the product users.

Whipped Creamy Texture

This is achieved by customizing the black soap with a sizeable amount of carrier oils and butters and whipping it with a whisker to introduce air into the mixture. NOTE: Oils can reduce the lather of the soap. Add it with caution, that way you'll know which amount is enough.

Gummy Texture

This is achieved by customizing the black soap with a sizeable amount of honey. The sticky nature of honey impacts that gummy texture to the formula. NOTE: This might not leave a squeaky clean skin feel behind.

Paste Texture

This is the regular texture of ABS achieved when it is softened with water/hydrosols/infusions/decoction.

Gel Texture.

This is achieved with the addition of a relatively high amount of acidic ingredients e.g. (Lemon juice, Lime juice, Tamarind etc.). Be careful too much of these can really reduce the pH of your soap and cut the lather. They also have the tendency of making your soap runny so when you want to achieve a gel texture, either use a little amount of water when softening your ABS over heat or use the fruit juices as the only liquid in your formula.

FINAL NOTE: The soap base also has a huge role to play in determining the final texture of the soap after customizing. Some people like to leave their Customized ABS for some time for the ingredients to infuse and marinate properly before using it. This is optional, not leaving for some time, won't affect its performance.





How I Customized This ABS Paste

I Measured out ABS, placed in a water bath and softened over very low heat.(I didn't add any liquid)



When it became soft and malleable, I brought it down from heat source





I added a mixture of honey and tamarind infusion.



I added a mixture of turmeric, sandalwood and jujube fruit powder and mixed it in properly.

(I should've added the turmeric and sandalwood while heating the ABS but I forgot, when doing yours please REMEMBER.)





The End Product



Gummy texture achieved by using lots of honey.



Gel texture achieved by using tamarind paste and lemon juice.





Creamy black soap achieved by using a mixture of sunflower oil and honey.

Water was added when softening the ABS, and unripe papaya juice was added when it was brought down from heat source.

WHEN CUSTOMISING AFRICAN BLACK SOAP DO:

- Ensure that the pH of your chosen preservative falls within the pH range of African black soap, that way the preservative will not be deactivated. One preservative I recommend is liquid germall plus. It has a wide pH range of 3-9. It should be used at 0.5% of the entire formula
- Limit the amount of milk in your formula to 1-5% Max of the formula to reduce the risk microbial contamination.
- Dissolve your chosen active properly in a suitable medium before incorporating it into the black soap. E.g. Kojic dipalmitate isn't soluble in water but it's soluble in oil. To incorporate this ingredient into black soap, you have to heat it up in oil to dissolve it completely before adding the oil the formulation.(Don't just pour cosmeceuticals directly into the soap base)

WHEN CUSTOMISING AFRICAN BLACK SOAP, DO NOT:

- Add a lot of ingredients at the same time. I see a lot of black soap formulas with over 15 ingredients added to the soap base, this increases the chance of having a skin reaction. The key lies in experimenting with different combinations of few ingredients at a time to see how they work.
- Add cosmeceuticals which do not work at the high pH of black soap. One of the mistakes I see people make often is adding a lot of incompatible cosmeceuticals into black soap. Most cosmeceuticals work at certain pH ranges which most times isn't as high as the pH of African black soap so adding them is not only a waste of time but also



a waste of money. NOTE THAT AFRICAN BLACK SOAP IS A RINSE OFF PRODUCT, IT WON'T STAY FOR LONG ON THE SKIN SO THERE IS A LIMIT TO WHAT IT CAN ACHIEVE. SAVE YOUR EXPENSIVE COSMECEUTICALS FOR LEAVE ON PRODUCTS, USE MORE OF PLANTS AND THEIR EXTRACTS.

- Add already made serums. Serums are leave-on products designed to meet a specific skin condition and need. Adding them to a black soap which you will eventually rinse off is a waste.
- Add L ascorbic acid to your black soap. This ingredient works best at a specific pH which is far below the high alkaline pH of ABS.

Solvent for Cosmeceuticals.

Whenever you want to add ingredients like Kojic acid or Kojic dipalmitate, dissolve them in a suitable solvent (oil or water) first, then add it when the ABS has been brought down from the heat source.

KOJIC ACID: This is derived from Koji (a Japanese mushroom. It's a natural skin lightener which helps in establishing an even skin tone on all skin types. However, Kojic acid has the potential to induce skin sensitization.

Usage rate: 1 - 4%, add to cool down phase of formula. **Solubility:** Water soluble

KOJIC DIPALMITATE: This is the stable form of kojic acid.

Usage rate: 0.5-3%. **Solubility:** Oil soluble

How to Add Heat Sensitive Ingredients

The process of rebatching African black soap involves the use of heat at some point which helps to soften the black soap making it easier to add and properly blend in the ingredients of your choice. Some plants and ingredients require heat for the extraction of their main constituents while some constituents and ingredients get oxidized, deactivated or destroyed by heat. When working with plants high in vitamin C (Baobab, Amla, Citrus zest, Moringa etc.) and heat sensitive ingredients (e.g. Kojic acid), add them when the ABS has been brought down from the heat.

Some Plants and how best to incorporate them.



Plant part	Best method to incorporate
Coffee bean(do not use instant coffee powder)	Decoction
Neem leaf	Heat Infusion, Decoction, dried powder(add while heating ABS)
Scent leaf	Heat Infusion, Decoction, dried powder(add while heating ABS)
Acalypha wikisiena	Heat Infusion
Ginger	Decoction
Garlic	Dried powder
Turmeric	Dried powder, freshly ground paste(add while heating ABS)
Fenugreek seed	Decoction, dried powder.(add while heating ABS)
Carrot	Juicing, Dried fruit powder(add while heating ABS)
Papaya(unripe papaya contains higher levels of papain)	Juicing(do not heat because heat can denature the papain enzyme which is the main ingredient that causes chemical exfoliation)
Pineapple	Juicing(do not heat because heat can denature the bromelain enzyme which is the main ingredient that causes chemical exfoliation)
Lemon & Lime	Juicing(do not heat)
Citrus zest(orange/lemon peel powder)	Freshly grated zest or dried powder(do not heat)
Thyme	Heat Infusion



Mint leaves	Heat Infusion
Green tea	Heat Infusion
Black tea	Heat Infusion
Cinnamon bark	Heat infusion, Decoction, Dried powder(this can be irritating, use little)
Cloves	Heat infusion, Decoction
Camwood	Dried powder
Licorice root	Dried powder
Dates	Dried powder
Tamarind	Heat Infusion(do not heat the infusion with the ABS. Add it when you bring down the ABS from heat)
Baobab	Dried powder(do not heat)
Kojic acid powder	Do not heat, dissolve and add at cool down
Kojic dipalmitate	Heat up in oil to dissolve then add to ABS



MAKING LIQUID AFRICAN BLACK SOAP WASH.

This is achieved by dissolving African black soap in water/hydrosols/herbal infusions/decoctions to get a liquid wash/cleanser.

Basic template for customizing liquid black soap

INGREDIENTS	EXAMPLE
Diluent for diluting the black soap base for liquid black soap.	Water, Hydrosols, Herbal infusions, Herbal Decoctions
Humectant (up to 10% depending on your choice of humectants e.g. glycerin/sodium lactate should be used at 5% max while honey can be used at up to 30%, Aloe Vera juice can be used at up to 10%. You can use a combination of humectants in your formula.	Honey, Glycerin, Aloe Vera juice, Sodium lactate
Vitamins for their skin conditioning effect	Use only Vitamin B5 (panthenol), Tocopherol (Vitamin E) (Apart from being affordable, the pH of the ABS won't affect these) Don't waste your expensive Sodium ascorbyl palmitate (a stable form of Vitamin C which can tolerate the pH of ABS) on a rinse off product.
Carrier oils (Not more than 2% maximum) (This is optional, I'll rather this is left out and replaced with lots of humectants which are water soluble)).	The skin type and condition should determine your choice of carrier oil.
Solubilizer (this is compulsory when adding carrier oils to your liquid ABS, it helps to disperse the carrier oil into the liquid ABS) use at ratio 1:1 with your carrier oil e.g. for 2% carrier oil, use 2% Polysorbate 80	Polysorbate 80 (this isn't natural but it is readily available here in Nigeria. It is also a non-ionic surfactant)
Botanicals (glycerites, infusions, decoctions, juices of Herbs, spices, fruits) Never add dry powders (except milk limit to 5% max) to liquid ABS, they not only settle to the bottom of your end product but they also increase the	The skin type and condition should determine your choice of botanicals



chances of microbial contamination and block the nozzle of your pump bottles	
Essential oils/Fragrance oils (Optional,you can use up to 2% since it's a rinse off product. The dermal limit of your chosen essential oil and the part of the body the wash will be used on should be put into consideration,	The skin type and condition should also influence your choice.
Cosmeceuticals(It is important that the you choose can one which will work at the high pH of black soap)	Kojic dipalmitate(it is stable at a wide pH of 3-10)This makes it compatible with ABS base.
Surfactants (optional) these serve different purposes. Depending on your choice of surfactants, they have mild solubilizing properties, thicken the black soap, improve the density, quality and stability of the lather and impact mildness to the formula.(use up to 15%)	<ul style="list-style-type: none"> • Amphoteric surfactants e.g. Coco betaine. • Non-ionic surfactants e.g. Coco glucoside, Lauryl glucoside, Decyl glucoside
Natural gums used for modifying the viscosity of the liquid ABS(this is optional) use at up to 1.5%	Xanthan gum, guar gum, Hydroxyethyl Cellulose etc.
pH adjusters(These ingredients are used to slightly reduce the pH of the liquid black soap to between 8-9 so it won't be alkaline which can be irritating to the skin). However below pH 8, ABS curdles and most times stop lathering so do not reduce below pH 8.	Citric acid(Use these in amounts enough to achieve your desired pH, Usually btw 0.1-2% will do) Some plant juices e.g. tamarind and citrus are acidic so adding these will inevitably reduce the pH of your black soap formula..
Preservative	<ul style="list-style-type: none"> • Liquid germall plus(This is a broad spectrum preservative which works at a wide pH range of 3-9(it isn't natural) usage rate 0.1 -0.5%) • Phenoxyethanol (Though this works at a wide pH of 3-12,it isn't broad spectrum, its soluble in oils, and has low water solubility. it can be deactivated by Polysorbates)usage rate 0.25-1.0%



METHOD

- Fill a container with finely grated African Black Soap
- Add boiling distilled water/hot decoction/warm infusion
- Seal the container and keep it for several hours to dissolve
- When it's completely dissolved, sieve it to remove any sediment or residue.
- Use the strained liquid ABS to customize with other ingredients of your choice.

GENERAL CONSIDERATIONS FOR ABS LIQUID

- Once the pH is less than 9 use a preservative (**VERY IMPORTANT**), Liquid germall plus is a good choice.
- As much as honey is self-preserving, it can serve as microbial nutrients when it's added in little amounts into water. Once you're adding honey to your liquid ABS, add a preservative.
- For achieving a moisturizing/creamy effect, instead of adding lots of carrier oils which will eventually separate (because oil isn't soluble in water) use humectants (glycerin, honey, Aloe Vera, panthenol (vitamin B5), sodium lactate) etc.
- If you must add carrier oils, to your liquid ABS, limit the amount to 2% and use a solubilizer to disperse e.g. Polysorbate 80(This is not natural). Surfactants have mild solubilizing properties so when using surfactants to thicken your ABS wash, it might be able to tolerate about 0.5~ 2% carrier oils (without separating) without an additional solubilizer.
- Plant powders settle to the bottom when they are added to ABS wash, use them in ABS paste instead. It's best you use either infusions, decoctions or juicing method to incorporate plants into your ABS wash
- From my experience, it's best you first dissolve and sieve the liquid ABS before using the sieved liquid ABS to customize your formula.

THICKENING YOUR AFRICAN BLACK SOAP LIQUID WASH.

This can be achieved through different ways.

1. Dissolving the black soap with a small amount of water to get a thick liquid. Start with dissolving 65% black soap in 35% liquid and gradually alternate and work round this(e.g. adjust to 60% ABS and 40% liquid, 50% ABS and 50% water, 45%ABS and 55% water, 48% ABS and 52% liquid etc.) till you achieve the consistency /viscosity you want. **The key to getting the right consistency /viscosity lies in experimenting with different ratios of ABS**



to water. From experience the best consistency/viscosity lies between 45%ABS and 55% water, 48% ABS and 52% liquid.(still try out different ratios on your own and decide)

2. Adding natural gums to thicken the dissolve black soap e.g. Xanthan gum, Guar gum.

3. Using surfactants.



Dissolving the black soap with a small amount of water to get a thick consistency

This was achieved with 49%ABS and 51%Neem and Scent leaf Decoction



This was achieved using 54% Clove and ginger decoction and 46%ABS



TAMARIND BLACK SOAP WASH (dissolving the ABS to achieve a very thick texture)

Ingredient	%
Thick Liquid ABS achieved by dissolving ABS Using 51% liquid and 49%ABS	88
Tamarind paste	5.5
Pineapple and lemon glycerite	5
Liquid germall plus	0.5
Sweet orange essential oil	0.5
Tangerine essential oil	0.5

METHOD 2 (Thickening With Gums)

Dispersing the gum of your choice in glycerin or sodium lactate first before adding into water to fully hydrate helps to avoid clumps. Keep the amount your gum between 0.2-1.5% maximum.

Pawpaw African black soap face wash

INGREDIENT	%
PHASE A	
Liquid ABS achieved by dissolving ABS in Water infusion/decoction/hydrosol of your choice of herbs using 57% liquid and 43%ABS	87
PHASE B	
Lemon juice	3
Unripe papaya juice	5
PHASE C	
Sodium lactate	3



Xanthan gum	1
PHASE D	
Lemongrass essential oil	0.2
Peppermint essential oil	0.3
PHASE E	
Liquid germall plus	0.5

METHOD 3 (Thickening Your African Black Soap with Surfactants)

Brief Introduction to Surfactants.

A surfactant is a 'surface active' agent which consists of two different groups within the same molecule: a water-loving(hydrophilic) head and an oil-loving(Hydrophobic/lipophilic) tail. Surfactants have different functions ranging from solubilization to cleansing, to viscosity modification to conditioning etc.

There are four main classes of surfactants.

- **Anionic surfactants:** The water loving head of this group of surfactants is negatively charged. These have high cleansing abilities with lots of foam/ lather. One major setback of some of these surfactants is "due to the high cleansing they offer, they are prone to stripping the skin of its natural oils and causing skin irritations." A balanced is achieved by using it in combination with other classes of surfactants (non-ionic and/or Amphoteric) which will impact mildness into the formula. Though this can be used when customizing your ABS, I do not recommend using these class of surfactants when customizing liquid ABS because ABS on its own foams and cleanses thoroughly already so it's best customized with surfactants that will impact mildness to the formula, improve the quality of the lather by creating a dense creamy lather and increase the viscosity of the formula. If you must use this for customizing your liquid ABS then use it in combination with amphoteric and/or non-ionic surfactants. Examples of Anionic surfactants include Sulfosuccinate, Sodium Cocoyl Apple Amino acids etc.
- **Cationic surfactants:** The water loving head of this group of surfactants is positively charged(the opposite of anionic surfactants) These surfactants have nourishing and conditioning properties(they are used in hair conditioning products),these alone do not foam so in formulas where foaming is needed they might not be a good choice.



However they can be combined with other classes of surfactants(only Amphoteric and/or non-ionic, due to the opposing charges, they are not compatible with anionic surfactants) These are not really needed when customizing ABS except you probably want to formulate a conditioning creamy cleanser(maybe for hair or extremely dry skin) but doing that might require adjusting the pH of the formula to be mildly acidic and this isn't achievable with ABS. Examples of cationic surfactants include behentrimonium chloride, Cetrimonium chloride also known as Cetac-30, Stearalkonium chloride etc.

- Non-ionic surfactants: The water loving head of this group of surfactants carry no charge at all. These have extremely mild cleansing, solubilizing and foam stabilizing properties, they're great for impacting mildness and reducing the chances of irritation in a cleansing formula. They are perfect for customizing liquid ABS because they bring mildness to the formula. You can use this when customizing liquid ABS for delicate areas like the face, sensitive skin or baby skin. Examples of non-ionic surfactants include coco glucoside, decyl glucoside etc.
- Amphoteric surfactants: The water loving head of this group of surfactants have the ability to take on either a positive or negative charge depending on the composition/pH of the product they are added to. In low pH formulas ,amphoteric surfactants take a positive charge and act as cationic surfactants which have skin conditioning properties while in high pH formulas they take a negative charge and act as anionic surfactants which have high cleansing properties however, whichever form they take, they still impart mildness into the formula and they have good viscosity regulating properties(Though these are secondary surfactants usually used with another surfactant because they do not foam as much as Anionic surfactants, they can still be used on their own in cleansing formulas and they are compatible with all the classes of surfactants). They are good for customizing liquid ABS, even though due to the high alkalinity of ABS, amphoteric surfactants might take an Anionic form in them, they still impact mildness to the formula and can also be used for sensitive or delicate skin. An example of an Amphoteric surfactant is cocamidopropyl betaine popularly known as Coco-betaine.

NOTE: You can use either one or a combination of surfactants when customizing your liquid ABS



ANTI-BLEMISH FACE WASH (View Practical Video)

PHASE A	
Liquid ABS achieved by dissolving ABS in 57% Water infusion of thyme and mint and 43% ABS	75
PHASE B	
Sodium lactate	2
Glycerine	8
Citric acid	0.5
PHASE C	
Coco betaine	5
Decyl glucoside	8
PHASE D	
May Chang essential oil	0.7
Peppermint oil	0.3
Liquid germall plus	0.5

METHOD

- Measure and weigh out the different phases
- Dissolve all the ingredients in PHASE B and gradually stir it into PHASE A
- Afterwards, gradually stir in PHASE C and D. Pour into a clean container preferably with a flip top lid. Store out of direct sunlight.

NOTE: Be careful when stirring to avoid generating a lot of foam which you might not be able to control.



DILUTION OF ESSENTIAL OIL

PRODUCT	USAGE RATE
Face products	0.1 - 1.5%
Body products	1 -2%
Rinse off products (soaps, scrubs, body washes etc.)	1 - 2%
Products for babies between 0 - 3months	0%
Products for elderly, pregnant women and young children(2-6years)	0.5 -1%



ESSENTIAL OILS FOR SKIN CONDITIONS

ACNE & BLACKHEADS: Tea tree, Lavender, Rosemary, Thyme, Peppermint, Lemongrass, Clary sage

COMBINATION SKIN: Geranium, Ylang-ylang

DEVITALISED/DULL SKIN: Neroli, Lemon, Peppermint, Orange, Rosemary, Geranium, Grapefruit

DRY SKIN: Cedarwood, Geranium, Lavender, Sweet Orange, Rose, Roman chamomile, Neroli, Patchouli, Ylang-ylang.

MATURE, AGED SKIN, WRINKLES: Frankincense, Geranium, Myrrh, Rose, Lavender, Neroli, Carrot Seed

NORMAL SKIN: Geranium, Jasmine, Lavender, Neroli, Roman chamomile, Rose, Ylang-ylang

OILY SKIN: Roman & German Chamomiles, Geranium, Lavender, Ylang-ylang, Lemon, Peppermint, Frankincense, Patchouli, Melissa, Rose.

SCARS: Helichrysum, Lavender, Petitgrain, Frankincense, Carrot seed

ASTRINGENT: May chang, Grapefruit, Lemon, Lemongrass



SOME CARRIER OILS

JOJOBA OIL: This is similar to the skin's sebum (oil). It's hypoallergenic (less likely to cause allergic reactions) very stable, non-comedogenic (it doesn't clog the pores), it's antioxidant and anti-bacterial. It regulates oil production making it perfect for oily skin. It also restores the skin's elasticity and promotes new cell growth. You'll always find this in my facial oil blends and serums.

SWEET ALMOND OIL: This oil is a rich source of Vitamins E. It improves the complexion and retains glow.

AVOCADO OIL: Deep penetrating (easily absorbed), oil is rich in Vitamin E, lecithin and potassium; contains unsaturated fatty acids and is suitable for all skin types. It aids in the regeneration and rejuvenation of skin cells, reduction of age spots, healing of scars and sun damage. It increases collagen in the skin (making it good for anti-aging products). I use this in face creams for mature skin to keep wrinkles at bay.

COCONUT OIL: This is my staple oil in making oil infusions using the heat method because it is heat stable, so the nutrients don't get damaged by the heat. This oil is high in saturated fats; rich in Vitamins E and K and is very easily absorbed. It is solid at room temperature hence some people refer to it as coconut butter. It conditions the skin, prevents dryness and flaking and also delays wrinkles and sagging. I could go on and on because this particular oil has numerous benefits, However people with oily and acne prone skin should avoid using this oil on the face because it can clog the facial pores and lead to breakouts.





This eBook was brought to **YOU** by Chisom Omenugha of SomniesWorld.

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