



## Easy Shampoo & Conditioner Bars

Why use shampoo and conditioner bars? Traditional liquid shampoo and conditioners come in plastic bottles that are single use and end up in the landfill. Using shampoo and conditioner bars takes away those plastic bottles and reduces all over all waste. The plastic free beauty market sales grew 900% in 2021!

Traditional shampoo and conditioner bar recipes use a lot of ingredients, require multiple steps to complete and are tricky to neutralize the pH. These bases are ready to use as is or meltdown and add fragrance! These recipes use essential oil to help nourish hair but any skin safe fragrance oil could also be used!

**Skill Level:** Easy

**Duration:** 15 minutes

**Makes:** 4 oz. bar of each

### Ingredients:

#### Shampoo Bar

- 3.9 oz. - Stephenson Syndopour Shampoo Bar Base
- 0.05 oz. - Peppermint Essential Oil
- 0.05 oz. - Tea Tree Essential Oil

#### Conditioner Bar

- 3.45 oz. - Stephenson Conditioner Bar Base
- 0.05 - 76 degree Coconut Oil
- 0.05 - Argan Oil
- 0.05 - Rosemary Essential Oil
- 0.05 - Lemon Essential Oil

### Equipment:

- Scale
- Microwave or double boiler
- Soap Cutter
- Stirring Spoon
- Microwave safe container to melt base
- Soap Mold



**Instructions:**

1. Gather all materials and decide which bar to make first! Instructions are the same for both bar types.
2. Cut the base into cubes and weigh out the required amount placing it into a microwave safe container. (If making conditioner bar add coconut oil and argan oil to the container)
3. Melt the base in the microwave at 50% power in 30 second bursts. Stir between intervals to help melt any clumps. Do not overheat the base, it will turn clear when melted.
4. Add essential oils and stir mixture.
5. Pour into soap mold and spray with alcohol to remove any bubbles and allow soap to set.
6. Remove from mold and allow the bar 24 hours to harden.
7. Package in airtight material or enjoy right away!