

NZSMA NEWS



JANUARY 2020



Editor's desk



Welcome to the first NZSMA Newsletter! I'm super-excited that the collective enthusiasm of a bunch of like-minded soap makers has got us this far.

We are also lucky to have the support of various suppliers to soap makers. Two companies donated lucky draw prizes to promote our initial launch. Thank you for the stamps Soap Stamps 4 U and another big thank you to Zen Designs for the rosehip oil. The prizes were a great prompt for our first couple of articles.

Amy Warden from Soap Challenge Club has donated one free entry to the January challenge. The theme is a landscape design soap. If you'd like to go into the lucky draw for this entry pop "Pick Me" in the subject line and email me at info@nzisma.org.nz ASAP. The deadline is midnight on 8 January (as in VERY soon). Everyone in the Challenge Club is very supportive and I can almost guarantee that you will learn a lot and be bowled over by everyone's creativity. The soap photo above is my entry into the December challenge.

Happy reading and happy soaping. If you have any ideas for articles for future editions, please let me know.
Shaz - info@nzisma.org.nz



Rosehip Lip Balm

A natural lip balm you can make with rosehip oil. See P4.



NZSMA Discounts

Find out more about the discounts you get from our vendor partners. See P7.



Win a Free Entry

Send us an email to enter the lucky draw for one free entry into the January challenge. Details under Editor's Desk on this page.

3

ROSEHIP SEED OIL

Find out more about the amazing properties of rosehip seed oil.

5

SOAP STAMPS

Top tips and how-to advice to use soap stamps on your soaps.

7

SOAP TIPS

Dominique Baker tells us about her favourite soap tools and tips.



From the Chair

Dear Members,

I hope 2020 is off to a good start for you all. Not only is this a new year, but we are also in a new decade. Have you set your goals for the year? What do you want to achieve in 2020? What is your outlook for this decade? Where do you want to be in 10 years? It sounds like a long way away, but success always follows a plan.

Take a moment and sit down and ask yourself the following three questions:

1. What is my focus this year?
2. Where do I want to be at the end of this year?
3. How will I get there?

Although these questions sound very general, your answers should be very specific. For example, as the (interim) chair of NZSMA, my focus for the association is to become an established and recognised association in the wider industry. What this means is that by the end of the year, I would like to have our membership numbers up in the hundreds (I'd be thrilled if we reach 200); have established solid relationships with our existing and new partner vendors; have had our first successful AGM and convention; have a clear idea of what our members (that is you) want from the (your) association; open several channels of communication for our members; and lastly keep finding more ways to support and benefit you!

And how we will get there? Through planning and communication. Setting dates for the events. Getting flyers printed and distributed. Communicating the benefits of our association to potential members. Regular emails with our partners. Monthly newsletters, and so on.



The key to success is to break down each goal down into smaller, tangible tasks that can then be carried out in one go. And as you fulfil more and more of these items on your to-do list, the closer you'll get to reaching your goals and targets of the year. I do the same process with my own business, with my blog, and even with my personal life. And to help you along the way, I have copied and adjusted my own sheets for you to use. You will find them under the resources section, or you can download them from the [resources page](#) on the NZSMA website.

Lastly, I want to thank all of you for supporting NZSMA and believing in us. I know it sounds so cliché, but NZSMA wouldn't exist, and we couldn't achieve our goals, without you. We are getting close to 50 members already and it's only one month since our launch! I am so proud of the work that the committee has done, in particular, Shaz and Cynthia, for all the hours they've put in and the perseverance to get things done.

There is still a lot of work to do, and we have some wonderful ideas and plans for 2020 that I can't wait to share! But that will have to wait for the next newsletter ;-)

Best wishes to you all!

Jackie Ziegler (Interim Chair) -
chair@nzsma.org.nz

The amazing properties of rosehip seed oil

by: Jackie Ziegler

Rosehip seed oil is a cold-pressed oil extracted from the seeds of rose hips. The colour of the oil varies, ranging from golden orange to a dark red hue, varying based on the beta-carotene content. Beta carotene doesn't just add colour to the oil; our skin converts this provitamin into vitamin A, an antioxidant, which helps prevent skin damage and protects the skin from premature ageing.

Rosehip seed oil is also rich in many other nutrients, in particular, essential omega 3 and 6 fatty acids that our body does not produce but is necessary for healthy skin. Existing research has shown that the oil reduces skin pigmentation, discolouration, acne scars and stretch marks, and helps delay the appearance of wrinkles.

Other studies have shown that the high content of omega 3 and 6, phytosterols and antioxidants in rosehip seed oil has high protection against inflammation. The topical use benefits those suffering from inflammatory dermatitis, such as eczema.

Compared to other plant oils, rosehip seed oil is very nourishing, yet still light enough to feel non-greasy on the skin. It is non-comedogenic and penetrates deeply into the skin tissue, which means it doesn't clog the pores of the skin.

You can use rosehip seed oil as a face serum, applying two-to-three drops to cleansed skin twice daily to improve skin appearance and texture and help slow down skin ageing.

Your hair and scalp also benefit from the oil, as it nourishes and helps repair and renew damaged hair follicles and as such, promotes healthy hair growth. Massage a small amount into your scalp



every evening. You can boost the benefits by adding a drop of rosemary and peppermint essential oils to it.

Rosehip seed oil is not cheap, but it is worth to pay the extra cost for good quality cold-pressed rosehip seed oil. Avoid rosehip seed oil extracted by other methods, such as using solvents, which reduce the amount of beneficial content significantly.

Due to the high cost, it is also not recommended to use rosehip seed oil in cold or hot process soap making; the caustic environment and the heat in the process of making soap destroy many of the nutrients. Plus, with soap being a wash-off product, none of the oil's goodness will be left on the skin after rinsing. Use the rosehip seed oil for your leave-on products to work its magic.

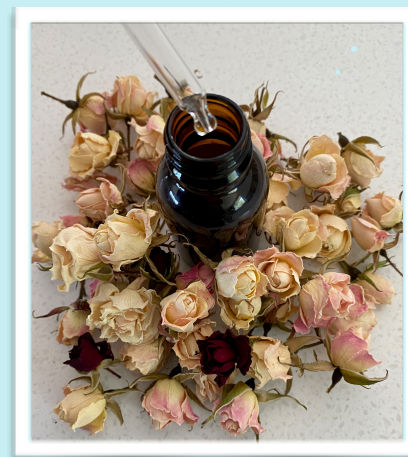
“Rosehip seed oil is available from Zen Designs for \$27 for 100ml. They currently have short-dated stock at 75% discount”

ROSEHIP ANTI-AGEING FACE SERUM

Full of vitamins, antioxidants and essential fatty acids, regular use of this serum can help to improve skin texture, reduce the appearance of pigmentation, and slow down skin ageing and wrinkles.

50 % rosehip seed oil; 30 % evening primrose oil; 16 % olive squalane; 1 % vitamin E; 1 % frankincense essential oil; 1 % rose geranium essential oil; 0.5 % sandalwood essential oil; 0.5 % ylang ylang essential oil.

Combine all ingredients and fill in a dark glass bottle. Shelf life is six months. To use, gently massage two-to-three drops into skin twice daily after cleansing.



Rosehip Lip Balm

This balm is perfect for summer! Nourishing and conditioning, this balm will help keep your lips smooth and soft. Carrot seed and raspberry seed oils have some natural sun protection to help protect your lips from harmful UV rays.

20% shea butter; 18% coconut oil; 20% beeswax; 20% rosehip seed oil; 10% raspberry seed oil; 10% carrot seed oil; 1% vitamin E; 1% lip safe fragrance oil

Slowly heat the shea butter, coconut oil and beeswax in a double boiler until completely melted. Stir in the remaining ingredients and pour into lip balm containers or tubes.



Rosehip Hand Cream

Especially for gardeners, this rich and nourishing hand cream will soften and condition hard-working hands, and help heal cuts and rashes.

65 % rose hydrosol
8 % avocado oil
6 % shea butter
4 % jojoba ester 60
5 % emulsifying wax (i.e. polawax)
10 % rosehip seed oil
1 % rose geranium essential oil
0.5 % lavender essential oil
0.5 % preservative (i.e. Germall Plus or Microcare DB)

Using the double boiler method, melt the shea butter, emulsifying wax, jojoba esters. Once melted, stir in the avocado butter. At the same time, gently heat the rose hydrosol, also using the double boiler method. Both should be around 70 C. Pour the oils into the hydrosol and stick blend for a minute. Once the temperature has cooled down to about 40% add the rosehip seed oil, essential oils and preservative. Stick blend again for about 30 seconds. Pour into pots and let set.

Recipes courtesy of Jackie Ziegler and In My Soap Pot

Stamping soaps

by: Shaz Davis

There isn't a one-size-fits-all right way to stamp soap. Getting your stamps to look perfect, with precise edges and perfect definition takes a bit of trial and error - and, dare I say it, time and practice.

Stamps work best on plain soaps which allows them to stand out and can add a professional pop to a simple soap.

Heike Koester from SoundSoap says, "You can use stamps to rescue a soap that didn't turn out as well as you hoped. You can pep it up with gold mica or other colours - spray the stamp surface with alcohol, dip into mica and stamp. When I get too much mica on the soap, I wash it off with a soft cloth - first with a bit of water, then clean it again with alcohol."

The best time to stamp your soap will depend on a few factors, including your percentage of hard and soft oils, your water discount, the temperature you soap at, the use of sodium lactate or salt, and the processes you might use

such as Hot Process (HP) or Cold Process Oven Process (CPOP) in addition to how or where you cure your soaps.

As a rough rule of thumb, anything that makes your soap harden faster (like a high percentage of hard oils) will mean that you need to stamp earlier than average, while anything that makes your soap softer (not using a water discount or sodium lactate) will mean waiting a little longer to test your stamp.

The right timing can also depend on your stamp. Stamps with thin, clear lines are more forgiving and easier to work with than stamps with chunky patterns and complex designs - so it's best to build up to what could be considered more advanced stamps.

Timing will also depend on whether you prefer to press your stamp by hand (earlier) or with a rubber hammer where a slightly harder soap works better.

If your soap is too soft to stamp the soap will stick in the stamp, and you won't have a clean design - or worst case, a smooch that you need to plane off.



Heike used gold mica on her soap stamps to make these soaps pop. Photo credit: Heike Koester of SoundSoap.

If your soap is too hard to stamp it cracks and breaks, but sometimes the rubber mallet works better than hand pressing around this point.

As a general guideline, your soap will be ready to stamp around one to two weeks, or up to three weeks, after the cut. If your soap surface feels soft or tacky, it will be too soon to stamp. Use your soap ends to test your stamps to get a feeling for the timing for your recipe.

I personally CPOP my CP soaps (high hard oil content and water at 27%) and my optimal stamping period for hand stamping is a day or two after the cut. For HP with 38% water I get the best results at around one week.

Stamping Tips

- Soap ends are your friend. Always test your stamp on an endpiece first.
- A light spray of isopropyl alcohol onto the stamp before you use it will help prevent soft soap from sticking to the stamp and ruining the sharpness of the design.
- Some people wrap their stamp with cling wrap to stop the soap sticking. In my experience, this only works with certain stamp designs.
- You can mica stamp your soaps at any time by lightly touching the surface of a mica-and-alcohol covered stamp to your soap. This won't work with 3D stamps but is an option if you're super impatient or have waited too long to stamp your soap.
- Keep notes! Each recipe and process makes a difference. To get perfect stamp results, you either have to find what works and stick to it or keep records to help you remember.
- Clean your stamp between each use and apply a new spritz of isopropyl alcohol.
- Experiment to find the right pressure. Too soft and your stamp will not stand out well unless you've used mica as a highlight. Too hard and you will have an ugly and unwanted outline of the stamp edge impressed into your soap.

Heike's Hints for stamping

The best time to stamp depends a lot on your recipe. Always try your stamp on a sample first; if the soap sticks to your stamp wait a day or two longer.

I use 50% tallow in my soaps, so they are quite hard. I usually soap with 25% - 30% water in my CP soaps and 38% in HP and stamp my CP soaps after one-to-three days and my HP soaps after five days or so. The timing changed after I started to cure my soaps in a cupboard with a dehumidifier. Before I could wait up to three weeks, but I need to stamp my HP soaps earlier now.

I spray my stamps with rubbing alcohol and then use a rubber mallet. For the best results with a mallet on hard soaps it is important to really hit the stamp into the soap the first time, otherwise the stamp might flick back. Then just go around the stamp hitting around the edges, like every quarter-of-an-hour on a clock face, and then back in the middle to really get an even stamp. If you have a softer recipe, just pressing in by hand might work for you. It is a question of trial and error.

With really hard soaps, like 100% tallow for example, try stamping a few hours after unmoulding. I have found some soaps couldn't be stamped after 24 hours - not even with a hammer. I should have softened the soap in the baking oven, or possibly with a hairdryer, but I didn't think to give that a try - next time!





Tools and Tips

with Dominique Baker

DOMINIQUE IS BASED IN GISBORNE AND HAS BEEN MAKING SOAP FOR FOUR YEARS. SHE'S BUILDING UP GAIAS ESSENTIALS AND SAYS SHE'S STILL LEARNING FROM OTHER SEASONED SOAPERS.

My top tip would be patience.

It might sound obvious, but sometimes the lye does not cool as fast as we want, or the oils are too warm. I have been impatient before, and it did not end well. Soap volcanoes do not make for beautiful soap. I have found that when I am patient I end up with a better end product.

Another essential tip would be to make sure you have NO distractions. If you have kids, make sure they will not disturb you. Once you start, you can not stop mixing to go and tend to the children. I have teens, and they are told that I am soaping so not to "need" me during that time.

Make sure you have the time needed, so you do not need to rush. I have found that having everything organised before starting helps so much. Have your colourants and fragrances out before you start too. Trying to find the colour and fragrance you want when it is needed can cause stress. Be organised is my mantra now.

Wouldn't soap without



My favourite soaping tool is my infrared thermometer. With this, I can make sure my lye water and oils are in the same temperature range. It might sound like a basic tool, but I will not soap without it. Trying to judge temperatures without it does not work, I have tried and created a disaster.



NZSMA membership benefits include a 10% discount from the following business partners:

Pure Nature

Soap Stamps 4 U

The Sourcingery

Zen Designs

The details you need to access these discounts can be found in the membership section of the NZSMA website. Make sure you are logged in first or you'll be sent to the sign-up page.

All-time favourite technique or ingredient

My favourite technique is an In The Pot Swirl (ITPS). For an ITPS you separate the soap batter into separate containers, mix different colours into each one and then combine them again in a bowl and lightly swirl them before pouring into the mould. I like this swirl because you never know what the cut soap will look like. Each cut is different slightly.

I love soaping with cacao butter. I have found it gives me a lovely lather and helps to create a hard soap.



One of Dominique's ITPS soaps

Last thoughts

Calling all soap makers!

If you would like your photo to be featured on the front page of our website, send a high-quality image to chair@nzsma.org.nz. Please note photo will not be credited, as it will be part of a collage.

Vendor partner news

Pure Nature has three new fragrances with 10% discount. Peppermint Mocha is a must for all After Eight lovers. Add Tonka & Oud to expand your men's fragrance selection. Rosemary Sage is an invigorating herbal blend with a woody base. All three are approved for use in soap, lotion and candles. Note, Peppermint Mocha and Tonka & Oud discolour to dark brown in soap, Rosemary Sage to light yellow.

Zen Designs has a new product in stock: Zinc ricinoleate. A combination of zinc and castor oil, it can be added to your deodorant base to help reduce and prevent odour when sweating. They also have a great deal on bubble bath base with 50% discount (end of line).

The Sourcing has several specials on: 20L refined coconut oil for \$99; cocoa butter refined \$39 for 1.5 kg; and SCS \$20 for 1.5 kg.

Soap Stamps 4U has two new text stamps available: 'natural' and 'handmade'. And don't forget the member discounts available at all our partner vendors!

Australia bushfire crisis

Australia is being ravaged by bushfires, and our neighbours need our help. Sending products is problematic, so the best way is to donate money. Here are some suggested ways to help:

- Donate directly to any of the following fire services and rescues or give them a percentage of your sales:

NSW Rural fire service <https://www.rfs.nsw.gov.au/volunteer/support-your-local-brigade>

QLD Fire and rescue <http://www.givit.org.au>

SA Country fire service <https://cfsfoundation.org.au/donate>

VIC Country fire authority <https://www.cfa.vic.gov.au/about/supporting-cfa>

- Make a unique product and donate all proceeds of that product to the above appeals
- Do a fundraiser with all your singles and end-of-line products and give the monies to the above appeals

Christmas markets 2020

Too soon? Now is the perfect time if you want to get a spot at some of the coveted Christmas markets. Some, like the Coatesville Christmas market, are booked out a year or more ahead! While you still remember which Christmas markets looked promising, find out their contact details and make sure you get on the waiting list.

Sunscreen and regulations

NZ has one of the highest melanoma rates in the world, yet sunscreen is not regulated here. This means you can make and sell your own (natural) sunscreen; however, your product cannot make unsupported claims and must comply with cosmetic labelling requirements. For example, you cannot claim a specific sun protection factor unless you have had it tested (independently). Your labelling also needs to include a full ingredients list, batch number, use-by date, and any particular safety information, as well as your company name and contact details.