



Benefits of Peppermint & Charcoal Detox Soap

- Detoxifies skin by drawing bacteria, dirt, and toxins to surface of skin
- Stimulates blood flow
- Moisturizes
- Tones and tightens skin
- Minimizes the appearance of pores
- Brightens dull skin
- Soothes and reduces skin inflammation
- Helps fight acne
- Removes excess oils from skin which helps control oily skin

Peppermint & Charcoal Detox Soap Recipe

1. prep the melt & pour soap

cut 2 pounds of goat's milk melt & pour soap into small pieces (about 1/2 inch cubes)

cut 1/2 pound of triple butter melt and pour soap, then set this triple butter soap aside and SAVE IT FOR LATER in the recipe

2. melt goat's milk soap (only melt goat's milk soap, set triple butter soap aside and save it for later)

option 1: use microwave - melt for 30 seconds, stir, melt for another 30 seconds, and stir. If soap is not completely melted, continue with this process until it's completely melted and liquid all the way through.

option 2: double boiler method - place heat- safe glass bowl or measuring cup fill with soap inside of a pot that has 1-2 inches of water at the bottom. Heat pan and soap over medium heat until the soap is completely melted. Stir occasionally.

3. remove soap from heat and let it cool for just a few seconds before adding essential oil.

add 25 drops peppermint essential oil and stir well to mix essential oil evenly throughout soap

4. carefully add 2 tablespoons activated charcoal to soap

tip: add it slowly and close to the bowl. You don't want activated charcoal flying everywhere. It's black and can stain.

5. working quickly pour charcoal soap mixture into silicone molds.

Fill about 3/4 full. You want to leave room for the white triple butter soap that we'll add next.

6. melt triple butter soap

7. pour melted triple butter soap on top of the goat's milk/charcoal soap

8. use a wooden skewer or small knife to swirl the white and black soaps

9. (optional) to prevent the air bubbles on the top of the soap that I got in my soap bars, you can spray the top of the soap with rubbing alcohol

10. allow to dry completely before removing from molds

After about 24 hours the bars should be completely hardened and cured.

What's used to make this homemade peppermint & charcoal detox soap?

Activated charcoal ([this is the kind I use](#)) - Activated charcoal is great for detoxing. It draws out impurities like bacteria, dirt, and toxins to the surface of your skin so that they can be washed away. It's also an astringent that tightens skin, minimizes the appearance of pores, and help fight acne. Plus it stimulates blood flow and acts as a very mild exfoliant, both of which help to brighten dull skin. Activated charcoal also helps to soothe and reduce skin inflammation.

Peppermint essential oil - Peppermint essential oil smells great and gives a slight cooling sensation on the skin. But it also has a long list of skin benefits. Its stimulating properties promote blood circulation which leads to healthy skin. Like activated charcoal, peppermint has astringent properties that help tighten skin and lessen the appearance of large pores. It removes excess oils which helps control oily skin. And It also has antiseptic properties that kill acne-causing bacteria.

Goat's milk melt & pour soap ([I use this kind that's 100% natural](#)) - Goat's milk is loaded with vitamins like vitamin A (which is one of the most important vitamins for skin) and B vitamins including riboflavin, niacin, B6, and B12. It also has alpha-hydroxyl acids like lactic acid that help remove dead skin cells.

triple butter melt & pour soap ([like this](#)) - Made three highly moisturizing butters -- cocoa butter, shea butter, and mango butter. It's high in vitamin E, D, and A.

silicone mold ([like this](#))

wooden skewer to stir (grocery store, party store, or [find online here](#))

heat-safe glass measuring cups (Walmart, Target, or [find online here](#))

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