SEO Template for new content

Target keywords: diy foam hand soap, how to make foam hand soap, how to make foaming hand soap, diy foaming hand soap

Page title

• Optimal title length: **55 characters**

• Add at least one of your target keywords to your <title> tag, don't use each target keyword more than 1 time: **diy foam hand soap, how to make foam hand soap, how to make foaming hand soap, diy foaming hand soap**

Meta description

• Optimal meta length: **160 characters**

H1

• Add all your target keywords at least one time: **diy foam hand soap, how to make foam hand soap, how to make foaming hand soap, diy foaming hand soap**

Text

• Try to acquire backlinks from the following domains: [opencolumnist.com](http://opencolumnist.com), [sfhpurple.com](http://sfhpurple.com), [wellnessdart.com](http://wellnessdart.com), [diyopic.com](http://diyopic.com), [happygolively.com](http://happygolively.com), [full-recipes.com](http://full-recipes.com), [craftanchor.com](http://craftanchor.com), [anonymousite.com](http://anonymousite.com), [theurnist.com](http://theurnist.com), [couponsbuy.net](http://couponsbuy.net), [8march.org](http://8march.org), [livingfreeintennessee.com](http://livingfreeintennessee.com), [theninepowerful.com](http://theninepowerful.com), [jobsvacancy.in](http://jobsvacancy.in), [education-university.com](http://education-university.com), [a-soap.com](http://a-soap.com), [vulkanladies.com](http://vulkanladies.com), [automobileinfo.net](http://automobileinfo.net), [findquestionanswer.com](http://findquestionanswer.com), [msom.in](http://msom.in)

• Enrich your text with the following semantically related words: **castile soap, store bought, empty foaming, liquid hand soap, dish soap, soap and water, homemade foaming hand soap, foaming dispenser, soap pump, foaming hand soap dispensers, coconut oil, foaming soap dispensers, mason jar, fill the rest, air into the soap, diy foaming hand, saves money, essential oils, soap bottles, foaming hand soap recipe**

• Focus on creating more informative content. Recommended text length: **891.0**

• Make sure that your text is easy to read with the Flesch-Kincaid readability test. The readability score should be: **74.6669752724512**

• Add at least one of your target keywords: **diy foam hand soap, how to make foam hand soap, how to make foaming hand soap, diy foaming hand soap**

When your content has been published, [launch a SEO Ideas](https://www.semrush.com/features/seo-ideas/?utm-source=sct&utm-medium=template) campaign to check if your content complies with all on-page SEO factors and discover what else can be done to give your content a SEO boost.

Analyzed top-10-ranking rivals for your target keywords

how to make foaming hand soap

1. <https://m.youtube.com/watch?v=KQ0yIY9k4fU>

2. <https://www.bobvila.com/articles/how-to-make-foaming-hand-soap/>

3. <https://ecolivingmama.com/how-to-make-foaming-hand-soap/>

4. <https://www.theartofdoingstuff.com/how-to-make-foaming-soap/>

5. <https://www.myfrugalhome.com/how-to-make-foaming-hand-soap/>

6. <https://sweetlittlebluebird.com/diy-foaming-hand-soap-easy-as-1-2-3/>

7. <https://hearthandvine.com/how-to-make-foaming-hand-soap/>

8. <https://gardentherapy.ca/foaming-hand-soap-recipe/>

9. <https://ecolivingmama.com/calendula-foaming-hand-soap-recipe/>

10. <https://www.livinglocurto.com/diy-foaming-hand-soap/>

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6. <https://gardentherapy.ca/foaming-hand-soap-recipe/>

7. <https://hearthandvine.com/how-to-make-foaming-hand-soap/>

8. <https://joybileefarm.com/foaming-hand-soap/>

9. <https://www.livinglocurto.com/diy-foaming-hand-soap/>

10. <https://brendid.com/easy-all-natural-foaming-hand-soap-diy/>

diy foam hand soap

1. <https://m.youtube.com/watch?v=KQ0yIY9k4fU>

2. <https://ecolivingmama.com/how-to-make-foaming-hand-soap/>

3. <https://www.bobvila.com/articles/how-to-make-foaming-hand-soap/>

4. <https://sweetlittlebluebird.com/diy-foaming-hand-soap-easy-as-1-2-3/>

5. <https://www.theartofdoingstuff.com/how-to-make-foaming-soap/>

6. <https://hearthandvine.com/how-to-make-foaming-hand-soap/>

7. <https://oursimplegraces.com/all-natural-hand-soap-recipe/>

8. <https://www.myfrugalhome.com/how-to-make-foaming-hand-soap/>

9. <https://ecolivingmama.com/calendula-foaming-hand-soap-recipe/>

10. <https://naturesnurtureblog.com/homemade-foaming-hand-soap/>

diy foaming hand soap

1. <https://m.youtube.com/watch?v=KQ0yIY9k4fU>

2. <https://ecolivingmama.com/how-to-make-foaming-hand-soap/>

3. <https://www.bobvila.com/articles/how-to-make-foaming-hand-soap/>

4. <https://sweetlittlebluebird.com/diy-foaming-hand-soap-easy-as-1-2-3/>

5. <https://www.myfrugalhome.com/how-to-make-foaming-hand-soap/>

6. <https://hearthandvine.com/how-to-make-foaming-hand-soap/>

7. <https://www.theartofdoingstuff.com/how-to-make-foaming-soap/>

8. <https://gardentherapy.ca/foaming-hand-soap-recipe/>

9. <https://thrivinghomeblog.com/make-your-own-non-toxic-foaming-hand-soap/>

10. <https://anoregoncottage.com/diy-liquid-foaming-soap/>

See how competitors write about targeted keywords:

**diy foam hand soap**

**1.** <https://m.youtube.com/watch?v=KQ0yIY9k4fU>

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**2.** <https://ecolivingmama.com/how-to-make-foaming-hand-soap/>

How To Make Foaming Hand Soap + 7 DIY Recipes to Try
March 4, 2022
by Karla
This post may contain affiliate links and we will earn a small commission if you make a purchase through these links.
If these last few years have taught us anything, it is undoubtedly the importance of handwashing.
We have all been sanitizing like never before and re-learning how to scrub for a full 20 seconds, between our fingers and right up to our wrists.
But lots of store-bought soaps are full of man-made chemicals that are bad for the environment and for our skin.
Luckily, making your own DIY hand soap is fun, easy, and really creative. Better still, you can make your own FOAMING hand soap.
Homemade foaming hand soap makes an excellent gift for friends and loved ones, and you can choose the specific scents and ingredients that appeal most to you.
This article explains how to make your foaming hand soap at home and shares seven all-natural recipes. You won’t be able to resist giving them a try!
What Are the Benefits of Foaming Hand Soap?
Foaming hand soap isn’t just a fun, bubbly novelty product; it also has some really useful benefits. If you’re not quite ready to make the switch to bar soap , liquid foaming hand soap is a great natural option!
It Saves On Water
Because the soap is already foamy, you do not need to run the tap while you lather up. This saves water and ultimately benefits the environment (and your bills).
It Lasts Longer
As foaming soap expands in your palm, you use less per wash, and it, therefore, lasts longer than average liquid soap. This means you get more for your money and do not need to refill as often.
It Is Environmentally Friendly
Not only can homemade foaming hand soap bottles be refilled, saving on wasteful packaging and harmful transportation, the ingredients are also all-natural.
There are no nasty chemicals that can be washed down the drain and into our waterways when using this soap.
Saves Money
Making your own anything almost always saves money, and liquid hand soap is no exception! You’ll find you spend far less on liquid hand soap when you make your own with castile soap. Purchase a big bottle of castile soap , and you can make many, many batches of foaming hand soap for months to come.
How Do You Make Foaming Hand Soap?
Surprisingly, there is very little difference between ordinary liquid soap and foaming hand soap ingredients. The main difference lies in the dispenser or bottle .
This is because a foaming hand dispenser introduces air into the mixture as you pump, frothing the soap into those distinctive bubbles.
Air is a crucial ingredient in foaming soap, and the internal chamber inside these specially designed bottles is where that magic happens.
Try one of these foaming soap dispensers for your DIY recipe:

**3.** <https://www.bobvila.com/articles/how-to-make-foaming-hand-soap/>

How To's & Quick Tips
How to Make Foaming Hand Soap in 5 Easy Steps
Make your own foaming soap to save money, reduce waste, and enjoy custom fragrances that match your personal preferences.
By Deirdre Mundorf | Updated Oct 30, 2021 11:39 AM
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Photo: istockphoto.com
Did you know that individuals use less water when they wash their hands using foaming soap instead of liquid soap? When you consider how many times you and the other members of your household wash your hands, using foaming hand soap can make a difference in the amount of water consumed. This can not only help you save money with decreased water bills, but it is also better for the environment.
Many individuals also prefer washing their hands with foaming soap because of how nicely it lathers and how easily it washes off the hands. Liquid soap can be sticky, which makes it take longer to wash it off of your hands.
While you can buy premade foaming soap, making your own homemade foaming hand soap is actually quite easy. With just a few simple ingredients and a foaming soap dispenser, you can have your soap made and ready to use in no time.
Be sure to purchase a foaming soap dispenser like this highly rated option available at Amazon before making your own foaming soap. These dispensers feature a special air chamber that pumps air into the soap as it is released. Without this addition of air, foaming soap won’t foam up; it will just come out as a liquidy mess.
Continue reading to discover how to make foaming hand soap!
Tools & Materials
We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites.
BEFORE YOU BEGIN
The foaming soap recipe below uses water, liquid castile soap, and essential and carrier oils. However, this is not the only way you can make foaming hand soap. As an alternative, you can also just mix liquid hand or dish soap with water to make a DIY foaming soap. If choosing this method, use a 4:1 ratio of water to soap. Combine the two ingredients in your foaming soap dispenser and turn it or shake it to ensure they mix together.
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RELATED: The Best Hand Soaps for a Healthy Home
STEP 1: Fill the soap dispenser with water, leaving space for more ingredients.
The first step for how to make foaming soap is to add water to your foaming soap dispenser. You should fill the dispenser approximately two-thirds to three-fourths with water. Take care not to add too much water, as there needs to be space left to add the other ingredients.
Before adding water to your dispenser, ensure that it is clean. If you’re reusing a soap dispenser, take a few moments to make sure the interior is completely rinsed out and to wash the exterior to eliminate any germs.
Photo: Amazon.com
STEP 2: Add 2 tablespoons of castile soap.
To make foaming hand soap, start by adding 2 tablespoons of castile soap to the water in the dispenser (this amount of soap is appropriate for a 12-ounce soap dispenser). Castile soap is naturally biodegradable and non-toxic, making it an excellent choice when making your own foaming hand soap. Castile soap is made from plant-based oils— typically olive oil — and doesn’t have any synthetic ingredients or animal fats.
You can also find castile soap that is made using other oils, such as castor , coconut, or almond. These added ingredients can make it more moisturizing, and these also can be used to make a foaming hand soap.
RELATED: The Best Hand Sanitizers for Reducing Germs
STEP 3: Add about 10 drops of essential oils of your choice.
If you’re wondering how to make foam soap that will have a pleasant scent, the key is to add essential oils. There are many different options to consider when deciding which essential oils to add. You may choose essential oils based on their scent, or opt for those with antimicrobial properties, such as tea tree oil, eucalyptus oil, or lemongrass oil.
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Photo: istockphoto.com
Add 10 drops of the essential oil of your choice to the foaming soap dispenser. You can add 10 drops of one essential oil, or you can also consider mixing two different oils (five drops of each) for a more customized scent. A few different combinations to try include:
Peppermint and eucalyptus
STEP 4: Add up to 1 teaspoon of carrier oil for moisture.
As you plan out your foaming hand soap recipe, don’t forget about adding a carrier oil to the mix as well. Carrier oils, such as jojoba oil , coconut oil , olive oil , or sweet almond oil , can help make your foaming soap more moisturizing, which can be especially beneficial during cold and dry winter months.
Photo: istockphoto.com
STEP 5: Secure the lid and shake the dispenser to mix all ingredients.
After adding the water, castile soap, and oils of your choice, close the dispenser and shake it to finish making your foaming hand soap. Shake and turn the dispenser around for 30 seconds to 1 minute to ensure all the ingredients are incorporated. You may need to periodically re-shake the bottle to keep the oils from separating from the water.
After mixing, your DIY foaming soap is ready to use right away. Press on the pump to dispense some on your hand and try it out!
Now you know how to make foamy hand soap. With just water, castile soap, essential oils, and a carrier oil, you can easily make your own foaming hand soap to reduce water waste and save money. Try using different essential oil blends to match each season and the preferences of the various members of your household. Remember, in order for your soap mixture to foam, you’ll need to use a foaming soap dispenser.
Advertisement

**4.** <https://sweetlittlebluebird.com/diy-foaming-hand-soap-easy-as-1-2-3/>

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Today I was getting ready to refill my foaming hand soap and decided to grab my cell phone, snap a few photos and show you how you can easily make your own!
I am a compulsive hand washer. I easily go through one bottle of hand soap a week in my kitchen…easily. I love Bath & Body Works. I love their foaming hand soaps. The problem for me, I go through my kitchen hand soap so fast and I hate when I run out. One day I decided to see if I could make my own using my empty foaming soap container. All I did was add a little liquid dish soap and water and shook it up…IT WORKED PERFECT! Now I never run out of hand soap. YAY! Oh, and I can wash my dishes too – happy dance
How To Make Your Own Foaming Hand Soap
Making your own foaming hand soap is so simple. All you need is an empty foaming soap dispenser (I use Bath & Body Works ), and a bottle of Liquid Dish Soap or Liquid Hand Soap – you can use any scent – I love lemon for the kitchen. Next, add 1 inch (or a little more if you like) of liquid dish soap to your container. Fill the remainder with water, shake it up and it’s ready to go!
(Grab an empty foaming dispenser & liquid dish or hand soap)
(fill dispenser with 1 inch of liquid soap)
(fill remainder with water)
(replace cap, shake and done!)
I’ve used the same dispenser for almost a year. I never run out. I can wash my hands and my dishes! Saves me time and money! When it gets grubby, I’ll just grab a new one from Bath & Body Works.
Thanks so much for stopping by!
Cheers!

**5.** <https://www.theartofdoingstuff.com/how-to-make-foaming-soap/>

SKIP TO HOW-TO
I'm going to go into this assuming you know foaming soap is a rip off. You know that, right? You pay the same, or more for foaming soap and for that you get - less soap. Here's how to make your own diy foaming hand soap.
Skip right to the tutorial.
This soap tutorial has been the number one thing people have been coming to my site for since the world changed. I'm not sure why, but I thought since it's so popular that now would be a good time for us all to revisit it. I'll be upping my soap game here in the next week or so but for now, here's how to make DIY foaming hand soap.
It's the little things in life that get me all riled up and in a good mood. Remembering I have leftover pizza in the fridge. Watching squirrels scurrying around trying to find hiding places for their nuts in the fall.. Finding out Home Depot now carries the 2" galvanized pipe elbows with a double sided, screw in end. You know. The little things.
Foaming soap is one of those little things. I love it. It's easy. It comes out puffy and lathery without any work on your part at all.
That's right. I'll spend 12 hours stacking 2 full, bush cords of wood , but I'm too lazy to lather.
What of it?
The one thing I don't like about foaming soap dispensers is refill soap for them is harder to find than regular soap and is usually more expensive. Even though you're getting less soap. Because 500 ml of regular soap = 500 ml of regular soap. 500 ml of foaming soap is actually only a tiny bit of soap and a bunch of water.
So I figured out how to turn regular liquid hand soap into the sort of soap that will work in a foaming dispenser.
Regular liquid hand soap won't work in a foaming dispenser because it's too thick.
So genius me decided I could probably just add water to it to thin it down.
Genius me was right.
Getting the proportions right isn't even difficult. It's pretty forgiving. It's foaming soap, not an atomic bomb.
Table of Contents
Can You make Your Own Foaming Hand Soap?
You CAN indeed make your own foaming hand soap. But for the soap to foam you need a special foaming soap dispenser. If you've ever bought a foaming soap that's in a dispenser this technique will work in it.
What Makes Foaming Soap Foam?
The reason the soap foams has nothing to do with the actual soap. It's the way the soap is dispensed. Foaming dispensers add air to the soap as you push down on the foaming pump. If you take a look at your foaming soap dispenser you'll see the soap is held in the main chamber, and then attached to the pump there's a smaller chamber. It's that chamber that forces air into the soap as you pump it out.
Is it Better Than Regular Soap?
Aside from the fun of having your soap being pre-foamed for you, foaming soap is actually better in many ways than regular liquid soap. Here's how:
People use less soap when dispensing it from a foaming dispenser. This makes it more economical and means that foaming soap lasts longer.
People use 15% less water to lather with foaming soap so that's less water use which is environmentally friendly. If you only use water to rinse your hands and don't add water for the initial hand washing, using foaming soap will save 45% of the water used during traditional hand washing.
Using foaming hand soap reduces the amount of soap you use for each hand washing which in turn means you get more hand washes out of each package. This means you're reducing the amount of packaging used.
How to Make Foaming Soap
Mix 1 part liquid soap with 4 parts water in a foaming soap dispenser .
Slowly mix by gently turning soap dispenser until incorporated.
You can actually use 4 or 5 or 6 parts of water. The more water you put in the more cost savings you'll have but the less foamy the soap will be.
You can use any foaming soap dispenser you have. Obviously you can use refill any store bought soap dispenser you have like I've done here.
But if you plan on doing this a lot I'd recommend getting a nice, heavy glass foaming soap dispenser. You can get 2 glass dispensers for $20 on Amazon. They're solid and heavy, so when you're down to the last bit of soap your dispenser won't flip over or tip like the lightweight plastic dispensers sometimes (always) do.
To mix the water into the soap you just have to do it slowly and gently. Just tip the container back and forth slowly until the water is incorporated with the soap.
I wasn't even going to do this tutorial because it's so logical and so easy but I thought the same thing when I did a post on How to Peel a Peach . I figured everyone knew how to do that to and as it turned out … they didn't.
If the screw top of your foaming dispenser fits other jars with a screw on lid that are more attractive, then you could attach it to that the same way I did in this billion year old post Pouring spouts and Bottles .
If your foaming dispenser screw top is an odd size then you can just slip the whole thing into a nicer container so it's hidden. If you can be bothered. My dispenser actually fits into a black ceramic vase perfectly. It would have been great if I'd taken a photo of it. But I didn't. Cause I'm not quite as geniusy as we thought just a few paragraphs

**6.** <https://hearthandvine.com/how-to-make-foaming-hand-soap/>

Homemade Foaming Hand Soap with Essential Oils
January 17, 2022
Jump to How-To - Print
Learn how to make foaming hand soap with essential oils and a few other basic ingredients. Create your own fragrance and save money with this easy craft.
Making bath and body products with essential oils is something I have long enjoyed. Recently I ran out of a foaming soap that I liked so I decided to try and make my own.
I knew that when you use foaming hand soap you are using less soap and water than traditional liquid soap, while still effectively washing your hands. And I was interested in trying to create my own scent with essential oils so this easy craft was a no-brainer.
This post contains some affiliate links (that means if you make a purchase after clicking a link, there’s no additional cost to you, but I will earn a very small commission. ) i.e. as an Amazon Associate, I earn from qualifying purchases. Click here to read my full disclosure policy .
How to Make Foaming Hand Soap
What you Need
Vegetable Glycerin or Carrier Oil (optional)
You can buy all kinds of foaming soap pumps online or reuse an empty foaming soap bottle you have already. In my case, I chose to buy just the lid and pump that fit on a pint-sized (16 oz bottle) mason jar.
A little castile soap, some essential oils, and distilled water, and you're all set to go. I did add vegetable glycerin to the mix for moisture.
Additions and Substitutions
Add a teaspoon of a carrier oil for moisture such as grapeseed oil, fractionated coconut oil, sweet almond oil, or jojoba oil. I had some glycerin leftover from another project so I decided to use it.
If you don't have distilled water you could substitute filtered water. Just don't use tap water. Tap water may have microbes or unusual contaminants.
You can use fragrance oils or blends if you prefer. They are synthetic or man made and not natural, however, there are some scents that are hard to get with essential oils or are too expensive. If you do want to use fragrance oils I would suggest starting with a smaller amount, say 5 drops, as they seem to be much stronger than essential oils.
You can also use liquid soap with water to make foaming hand soap. Use a mixture of 4 to 1 water to soap in a foaming hand soap dispenser and shake well.
The lather comes out just like it does from purchased foam soap dispensers.
Simple, natural, custom, and inexpensive. That's what I'd call a good thing.
More Homemade Bath and Body Products
Measure out 2.5 tablespoons of castile soap and place it in the mason jar.
Add 1 teaspoon of vegetable glycerin.
Add 25-30 drops of your favorite essential oils
Fill the rest of the jar with distilled water.
Place the foam dispenser lid on top.
Shake gently and test the dispenser to make sure it's working.
Add a little more essential oil if you prefer a stronger scent.
Notes
You can add a teaspoon of a carrier oil such as grapeseed, almond, or jojoba for extra moisture.
You could use fragrance oil however, they are usually much stronger. Start with 5-10 drops and test the scent first.
More DIY Projects

**7.** <https://oursimplegraces.com/all-natural-hand-soap-recipe/>

We have no data for this page, because it isn't accessible for our crawler.

**8.** <https://www.myfrugalhome.com/how-to-make-foaming-hand-soap/>

How to Make Foaming Hand Soap
Save money – and cut down on plastic waste – by making your own foaming hand soap refill. I’ve been using this recipe to refill my foaming hand soap dispensers for over a decade.
Pretty much since foaming hand soap became a thing.
Because I love foaming soap, but there’s absolutely no way I’m paying someone to mix soap and water together, when I can do that myself in like 2.5 seconds.
And foaming hand soap really is nothing more than liquid soap that’s been diluted in a bunch of water.
So, I just purchase a bag of liquid soap refill and dilute it myself. This way the savings go to me, rather than some big corporation.
One bag of the soap refill I buy is supposed to fill a liquid soap dispenser 2.8 times. Diluted, it makes enough to refill my foaming soap dispensers 17 times! That means five less bags of soap refill that I have to buy, and send to the landfill.
More Reasons to Make and Use Foaming Hand Soap
If you haven’t already made the switch from liquid to foaming hand soaps, here are some more reasons to consider making the switch:
Saves water – According to a study conducted by Strategic Research Partners and GOJO Industries Inc., people use 9.7% less water when washing their hands with foaming hand soap
Less mess – Foaming hand soap is less likely to drip on the counter, and easier to clean up if it does.
Easier/faster to use – It comes out of the bottle pre-lathered, so you don’t have to spend time working up a lather; and since it’s less concentrated than liquid soap, it’s easier to wash off. Both of these features make it easier for kids to use.
Gentler on sensitive skin – Since less soap is used each time you wash your hands, your skin is exposed to fewer irritants.
Cuts down on manufacturing – Less soap has to be manufactured to create foaming hand soap vs. liquid soap, which means fewer carbon emissions and fewer resources getting used up.
Less soap getting into waterways – By using soap in a diluted form, less soap makes its way into the ocean, and biodegradable soaps are able to degrade even faster.
And a final reason to make your own foaming hand soap? It’s ridiculously easy. Try it once, and you’ll never go back to paying someone else to do it for you. Here’s my recipe.
DIY Foaming Hand Soap Recipe
What You’ll Need:
Water
A foaming hand soap dispenser
Gel hand soaps work best in this recipe. Those opaque, creamy hand soaps don’t mix in very well. I would also stay away from any soaps with micro beads or exfoliants, like pumice. They’re likely to jam up the soap pump.
I’ve always just used tap water to make my foaming hand soap. If you have hard water, you might want to use distilled water instead. The extra minerals in your water could clog up your dispenser.
Any foaming hand soap dispenser will do. Reuse an empty store-bought dispenser, or buy a new one. Just don’t try to use this foaming soap in a liquid soap dispenser. It’ll shoot soapy water everywhere. Foaming soap dispensers have a special pump that forces air into the soap as it’s being dispensed. That’s the magic behind foaming soap.
What You Do:
Fill your foaming hand soap dispenser one-quarter of the way with liquid soap.
Fill the rest of the dispenser with hot water from the tap. Stop one inch from the top.
Screw the cap back on your soap dispenser, and shake vigorously to combine the soap and water. Then, stick your soap back by the sink, and go about your day.
You’ll probably need to pump the bottle a few times to get the foaming action started the first time you use it, but after that you should be good to go, until the next refill.
As I mentioned at the beginning of this post, I’ve been making my own foaming hand soap refills for over a decade. Until recently, I just refilled empty store-bought dispensers. Here are two such dispensers that I “dressed up” by removing their labels. Very fancy of me.
These dispensers aren’t exactly designed to be used forever, so the pumps eventually break. When that happens, I’ve always just bought another cheap bottle of foaming hand soap. This approach has me buying a bottle once every few years, which I can live with.
That being said, I recently decided to upgrade to a “nicer looking” foaming soap dispenser. This one cost me $5.40 on sale from Target. The selling feature for me – besides the nicer lid – is that it has the foaming soap “recipe” printed on the side. This effectively takes the recipe out of my head and shares it with everyone in my house, so maybe – just maybe – one day I will walk into the bathroom and be surprised to find that a teenager has refilled the soap dispenser. Hey, a mom can dream.
How Much Does It Save to Make Your Own Foaming Hand Soap?
To refill my 13.5 oz. soap dispenser, I use 2 oz. of liquid soap, and fill it the rest of the way with water. At the time of publication, the cheapest non-sale price I was able to find for my preferred liquid soap brand was $5.37 for a 34-oz. bag. This breaks down to $.16 per fl. oz. Crunch the numbers, and that means it costs me $.32, plus the cost of water, each time I refill my dispenser.
And notice I said that’s based off of non-sale prices. I hardly ever buy liquid soap without coupons, a clearance deal or rewards points to sweeten the deal. More often than not, I’m probably making my refill for the price of the tap water.
Frequently Asked Questions About Foaming Hand Soap
How Does Foaming Hand Soap Clean?
Foaming hand soap contains surfactants. These compounds lower the surface tension of water, giving it the ability to lift and bond with the dirt and oil on your hands, so they rinse away easily. Surfactants are so good at what they do, the U.S. Food and Drug Administration found no evidence to support the claim that anti-bacterial soap is more effective at removing germs than plain soap. Based on this finding, triclosan, triclocarban and 17 other common anti-bacterial ingredients have been banned from use in soap since 2016.
Can I Use Castile Soap to Make Foaming Hand Soap?
Lots of websites share recipes for foaming hand soap that call for using castile soap, but I don’t recommend it. Castile soap doesn’t contain any surfactants, so the soap and water won’t emulsify (bond together). This means the soap and water will separate frequently – it’s nothing more than a blend of oil and water, after all.
And sure, you could shake the container to mix the ingredients back together every time they separate, like some bloggers tell you to do, but that’s a hassle, and it’s not something you’re likely to get everyone in your household on board with. So, it’s just a matter of time before a big glob of undiluted soap comes through the pump and clogs it, and in the meantime you’re probably going to be washing your hands with less soap than you should.
If you’re a die-hard castile soap fan, and you’re determined to use it in your foaming hand soap, I recommend using two-thirds less soap that this recipe calls for, since castile soap is three times more concentrated than other soaps.
Can I Add Essential Oils or Moisturizing Oils to My Foaming Hand Soap?
If you want to start with unscented liquid soap, and create your own custom blend of foaming hand soap, using essential oils and/or moisturizing oils, you can certainly do that. I just wouldn’t do it with castile soap. For the oils to create an emulsion with the water – and not simply sit on the surface – you need a soap with a surfactant, and castile soap is missing this key ingredient.
Most essential oils need to be diluted to be safe to use on the skin, so I recommend using an essential oil calculator (just do a quick web search) to figure out how many drops you should use in your soap. After you mix up the first batch, look closely at your soap, to make sure the oils have mixed in properly. If they haven’t, I wouldn’t use it.
Keep in mind that adding extra oils to your soap does increase the chance of clogging the pump. You’ll probably just have to do some experiments to figure out what works.
Can I Use Dish Soap to Make My Foaming Hand Soap?
Yes, dish soap will work great in this recipe. And just to be clear, I’m referring to the liquid dish soap that you use to wash dishes in the sink – not the dishwasher detergent that you put in your dishwasher.
Dish soap has added degreasers, like citric oils, so it’ll make an excellent foaming soap for the kitchen. And since it’s diluted, it’ll be a lot easier on your hands, than washing with straight dish soap.
Use liquid hand soap and water to make your own foaming hand soap in less than a minute.
Total Time: 1 minute
Water (tap, or distilled, if you have hard water)
Instructions
Fill a foaming hand soap dispenser a quarter of the way with liquid soap.
Fill the rest of the dispenser with hot water from the tap. Stop one inch from the top.
Screw the cap back on; and give it a good shake to mix the soap and water.
Notes
Gel soaps work best. Avoid creamy hand soaps, and any soaps with micro-beads or exfoliants, like pumice. These are likely to jam up the pump.
Castile soap is not recommended for this recipe. If you decide to use it, cut the amount of soap by two-thirds to account for its concentrated formula.
Add essential oils or moisturizing oils to unscented liquid soap to create your own custom blends. Use an essential oil calculator to get the amounts right. Make sure the oils have mixed into the soap, and are not simply sitting on the surface. Note: Adding oils may clog the pump.
Use dish soap to make a foaming soap for your kitchen.

**9.** <https://ecolivingmama.com/calendula-foaming-hand-soap-recipe/>

DIY Soothing Calendula Foaming Hand Soap
July 27, 2022
by Karla
This post may contain affiliate links and we will earn a small commission if you make a purchase through these links.
Soothing calendula-infused foaming hand soap is made with just a few ingredients and is excellent for dry or sensitive skin. Made with calendula tea and calendula-infused oil, this herbal DIY uses liquid castile soap as the cleanser and is simple to make.
How to Make Foaming Hand Soap
Foaming hand soap is easier to make than you might think. The secret to making foaming hand soap at home is in the dispenser: you must use a liquid soap dispenser with a foaming pump that injects air into the soap as it is pumped from the bottle.
This is key to excellent foaming hand soap. Even if you follow the recipe exactly, you will NOT have soap that foams as it is dispensed without a foaming soap dispenser. I’ve purchased and like this soap dispenser . It works well and looks nice next to a sink; what more could you ask for??
Liquid castile soap is the perfect base for DIY foaming hand soap. It is foamy on its own, and technically you could fill your foaming soap dispenser with pure castile soap and be good to go. However, I find mixing it with a water base (or calendula tea, like this recipe) and a touch of glycerin makes it even foamier, and you get more bang for your buck with the castile soap.
Why Calendula Hand Soap
Calendula is a wonderful herb that I use in lots of homemade DIY recipes for its soothing properties. My family (myself included!) have a variety of skin types and sensitivities. For this reason, I prefer to use ingredients that are safe for everyone, and I use lots of herbs that are appropriate for sensitive skin.
As a new mom, a homemade calendula oil infusion is one of the first herbal concoctions I made many years ago as a new mom. It is soothing and gentle for new baby skin and has very little natural scent. This recipe includes calendula-infused oil, but you may substitute with a plain liquid oil if you prefer.
Calendula is particularly nice as a hand soap because hands can get so dry from constant use and washing. This soothing soap is mild and nourishing for dry, overworked hands. It’s also made with kid-friendly ingredients and is great for sensitive skin (like many products with calendula are!).
More ways to Use Calendula
If you’re new to calendula, it is such an easy herb to work with! Plus, it lends a beautiful golden color to anything you make with it. It is edible (try it in a salad for a beautiful pop of yellow) and can be made into tea for drinking. It has a mild floral taste and is a beautiful evening drink to wind down at the end of the day.
Do yourself a favor and buy more calendula than you need so you can try out a few other calendula recipes:

**10.** <https://naturesnurtureblog.com/homemade-foaming-hand-soap/>

Nature's Nurture
Print Recipe
See how quick and easy it is to whip up a batch of homemade foaming hand soap with just 2 simple, natural ingredients!
Remember when you’d walk into the store, and there was just a small handful of options for each product?
Big or small. Long or short. White or wheat.
If you needed soap, it all boiled down to the green bar or the blue bar. That was it. But nowadays, we have so many options, it can get a bit overwhelming!
Bar soap. Liquid soap. Face soap. Bath soap. Soaps for babies and soaps for pets. So. Much. Soap.
And now we have a new kid on the block: foaming soap.
I’ve always been intrigued by this seemingly magical soap that looks like a clear liquid, but then comes out of the pump in massive, white billowy bubbles. How the heck do they do that?!
But most of the foaming soaps on the market contain harmful chemicals like harsh detergents, artificial fragrances and preservatives, so I had a hard time finding a non-toxic foaming hand soap that I could buy.
Did you know that artificial fragrances are now known as “the new secondhand smoke“? ( read more )
When I started doing a little research on foaming hand soap, I learned something pretty crazy.
Those little foaming soap dispensers you see at the store? They’re filled with mostly water and just a little bit of soap. It’s actually the dispenser that does all the work. So these companies are charging full price for a dispenser of soap that’s about 80% water!
Well, you know what that means, right?
I just had to try my hand at a homemade foaming hand soap recipe. And you know what? This is seriously the easiest homemade anything you’ll ever make – promise! It’s even easier than my other favourite simple recipe for non-toxic deodorant .
Ditch the Harmful Chemicals Once & For All!
Get the new Your Non-Toxic Home eBook today and get the confidence you need to finally take charge of your family’s health!
Order today, and get access to some amazing bonuses!
FREE Cleaning Product Labels: Beautifully designed labels to print and label your homemade products.
FREE Recipe Cheat Sheets: 1-page cheat sheets with recipes for each room in your home.
Homemade Foaming Hand Soap Recipe
The ingredients are pretty simple:
Distilled water or purified water – you can find this at most grocery stores. Otherwise, water that you’ve boiled and cooled is fine.
Castile soap – I like using Dr. Bronner’s in lavender or citrus. You can also use regular hand soap, but if it’s a thicker soap, it might need to be diluted a bit more (not sure).
That’s the bare minimum that you need to make this non-toxic foaming hand soap – just two ingredients.
You’ll also need a foaming soap dispenser bottle. If you have old ones, you can just wash those out and use them. Or you can order a set of 4 bottles for a fairly good price from this link .
Now if you want to add your own scents, make an anti-bacterial version, or need a little more moisturizing action, here’s what you can add:
Essential oils – I get my oils from NOW or Plant Therapy . Lavender, peppermint, and the citrus oils have give a nice scent and can be very refreshing. Tea tree oil has strong anti-bacterial properties. Add anywhere from 5-7 drops of essential oils.
Sweet almond oil or Vitamin E oil are moisturizing – if you have vitamin E capsules, you can just break open a couple of those and add that in, or you can use almond oil or fractionated coconut oil.
NOTE: Since oil and water don’t mix, you’ll probably have to shake the bottle from time to time just to get everything incorporated again.
So here’s what you do:
Fill up the foaming pump bottle about 4/5 of the way up with distilled or purified water. Then fill it almost to the top with the castile soap.
Always add the water first, and then the soap. If you add the soap first, then when you start filling it with water you’ll just make lots of bubbles and throw everything off. Remember to add the water first.
Make sure to leave some space at the top for the pump to fit inside, otherwise it will overflow. Trust me.
This is a very forgiving recipe, so you can just eyeball the amounts. But if you’re really looking for an exact recipe, it’s about 3/4 cup water and 2 tablespoons of soap.
Lastly, you can add your essential oils and moisturizing oils for a special touch.
I don’t even bother with the essential oils or the moisturizing oils anymore. I just use the lavender or citrus castile soap, which gives enough scent for me.
And I’m used to moisturizing after I wash my hands anyways because of my eczema prone hands .
Once you’ve added everything, give it a good shake to combine the soap and oils with the water and that’s it – you’re good to go!
Test out your pump and you should have a nice, thick, homemade foaming hand soap for a fraction of the price of the store bought version – and without the harmful chemicals!
Homemade Foaming Hand Soap

**diy foaming hand soap**

**1.** <https://m.youtube.com/watch?v=KQ0yIY9k4fU>

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**2.** <https://ecolivingmama.com/how-to-make-foaming-hand-soap/>

How To Make Foaming Hand Soap + 7 DIY Recipes to Try
March 4, 2022
by Karla
This post may contain affiliate links and we will earn a small commission if you make a purchase through these links.
If these last few years have taught us anything, it is undoubtedly the importance of handwashing.
We have all been sanitizing like never before and re-learning how to scrub for a full 20 seconds, between our fingers and right up to our wrists.
But lots of store-bought soaps are full of man-made chemicals that are bad for the environment and for our skin.
Luckily, making your own DIY hand soap is fun, easy, and really creative. Better still, you can make your own FOAMING hand soap.
Homemade foaming hand soap makes an excellent gift for friends and loved ones, and you can choose the specific scents and ingredients that appeal most to you.
This article explains how to make your foaming hand soap at home and shares seven all-natural recipes. You won’t be able to resist giving them a try!
What Are the Benefits of Foaming Hand Soap?
Foaming hand soap isn’t just a fun, bubbly novelty product; it also has some really useful benefits. If you’re not quite ready to make the switch to bar soap , liquid foaming hand soap is a great natural option!
It Saves On Water
Because the soap is already foamy, you do not need to run the tap while you lather up. This saves water and ultimately benefits the environment (and your bills).
It Lasts Longer
As foaming soap expands in your palm, you use less per wash, and it, therefore, lasts longer than average liquid soap. This means you get more for your money and do not need to refill as often.
It Is Environmentally Friendly
Not only can homemade foaming hand soap bottles be refilled, saving on wasteful packaging and harmful transportation, the ingredients are also all-natural.
There are no nasty chemicals that can be washed down the drain and into our waterways when using this soap.
Saves Money
Making your own anything almost always saves money, and liquid hand soap is no exception! You’ll find you spend far less on liquid hand soap when you make your own with castile soap. Purchase a big bottle of castile soap , and you can make many, many batches of foaming hand soap for months to come.
How Do You Make Foaming Hand Soap?
Surprisingly, there is very little difference between ordinary liquid soap and foaming hand soap ingredients. The main difference lies in the dispenser or bottle .
This is because a foaming hand dispenser introduces air into the mixture as you pump, frothing the soap into those distinctive bubbles.
Air is a crucial ingredient in foaming soap, and the internal chamber inside these specially designed bottles is where that magic happens.
Try one of these foaming soap dispensers for your DIY recipe:

**3.** <https://www.bobvila.com/articles/how-to-make-foaming-hand-soap/>

How To's & Quick Tips
How to Make Foaming Hand Soap in 5 Easy Steps
Make your own foaming soap to save money, reduce waste, and enjoy custom fragrances that match your personal preferences.
By Deirdre Mundorf | Updated Oct 30, 2021 11:39 AM
We may earn revenue from the products available on this page and participate in affiliate programs.
Photo: istockphoto.com
Did you know that individuals use less water when they wash their hands using foaming soap instead of liquid soap? When you consider how many times you and the other members of your household wash your hands, using foaming hand soap can make a difference in the amount of water consumed. This can not only help you save money with decreased water bills, but it is also better for the environment.
Many individuals also prefer washing their hands with foaming soap because of how nicely it lathers and how easily it washes off the hands. Liquid soap can be sticky, which makes it take longer to wash it off of your hands.
While you can buy premade foaming soap, making your own homemade foaming hand soap is actually quite easy. With just a few simple ingredients and a foaming soap dispenser, you can have your soap made and ready to use in no time.
Be sure to purchase a foaming soap dispenser like this highly rated option available at Amazon before making your own foaming soap. These dispensers feature a special air chamber that pumps air into the soap as it is released. Without this addition of air, foaming soap won’t foam up; it will just come out as a liquidy mess.
Continue reading to discover how to make foaming hand soap!
Tools & Materials
We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites.
BEFORE YOU BEGIN
The foaming soap recipe below uses water, liquid castile soap, and essential and carrier oils. However, this is not the only way you can make foaming hand soap. As an alternative, you can also just mix liquid hand or dish soap with water to make a DIY foaming soap. If choosing this method, use a 4:1 ratio of water to soap. Combine the two ingredients in your foaming soap dispenser and turn it or shake it to ensure they mix together.
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RELATED: The Best Hand Soaps for a Healthy Home
STEP 1: Fill the soap dispenser with water, leaving space for more ingredients.
The first step for how to make foaming soap is to add water to your foaming soap dispenser. You should fill the dispenser approximately two-thirds to three-fourths with water. Take care not to add too much water, as there needs to be space left to add the other ingredients.
Before adding water to your dispenser, ensure that it is clean. If you’re reusing a soap dispenser, take a few moments to make sure the interior is completely rinsed out and to wash the exterior to eliminate any germs.
Photo: Amazon.com
STEP 2: Add 2 tablespoons of castile soap.
To make foaming hand soap, start by adding 2 tablespoons of castile soap to the water in the dispenser (this amount of soap is appropriate for a 12-ounce soap dispenser). Castile soap is naturally biodegradable and non-toxic, making it an excellent choice when making your own foaming hand soap. Castile soap is made from plant-based oils— typically olive oil — and doesn’t have any synthetic ingredients or animal fats.
You can also find castile soap that is made using other oils, such as castor , coconut, or almond. These added ingredients can make it more moisturizing, and these also can be used to make a foaming hand soap.
RELATED: The Best Hand Sanitizers for Reducing Germs
STEP 3: Add about 10 drops of essential oils of your choice.
If you’re wondering how to make foam soap that will have a pleasant scent, the key is to add essential oils. There are many different options to consider when deciding which essential oils to add. You may choose essential oils based on their scent, or opt for those with antimicrobial properties, such as tea tree oil, eucalyptus oil, or lemongrass oil.
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Photo: istockphoto.com
Add 10 drops of the essential oil of your choice to the foaming soap dispenser. You can add 10 drops of one essential oil, or you can also consider mixing two different oils (five drops of each) for a more customized scent. A few different combinations to try include:
Peppermint and eucalyptus
STEP 4: Add up to 1 teaspoon of carrier oil for moisture.
As you plan out your foaming hand soap recipe, don’t forget about adding a carrier oil to the mix as well. Carrier oils, such as jojoba oil , coconut oil , olive oil , or sweet almond oil , can help make your foaming soap more moisturizing, which can be especially beneficial during cold and dry winter months.
Photo: istockphoto.com
STEP 5: Secure the lid and shake the dispenser to mix all ingredients.
After adding the water, castile soap, and oils of your choice, close the dispenser and shake it to finish making your foaming hand soap. Shake and turn the dispenser around for 30 seconds to 1 minute to ensure all the ingredients are incorporated. You may need to periodically re-shake the bottle to keep the oils from separating from the water.
After mixing, your DIY foaming soap is ready to use right away. Press on the pump to dispense some on your hand and try it out!
Now you know how to make foamy hand soap. With just water, castile soap, essential oils, and a carrier oil, you can easily make your own foaming hand soap to reduce water waste and save money. Try using different essential oil blends to match each season and the preferences of the various members of your household. Remember, in order for your soap mixture to foam, you’ll need to use a foaming soap dispenser.
Advertisement

**4.** <https://sweetlittlebluebird.com/diy-foaming-hand-soap-easy-as-1-2-3/>

Facebook
Pinterest
Today I was getting ready to refill my foaming hand soap and decided to grab my cell phone, snap a few photos and show you how you can easily make your own!
I am a compulsive hand washer. I easily go through one bottle of hand soap a week in my kitchen…easily. I love Bath & Body Works. I love their foaming hand soaps. The problem for me, I go through my kitchen hand soap so fast and I hate when I run out. One day I decided to see if I could make my own using my empty foaming soap container. All I did was add a little liquid dish soap and water and shook it up…IT WORKED PERFECT! Now I never run out of hand soap. YAY! Oh, and I can wash my dishes too – happy dance
How To Make Your Own Foaming Hand Soap
Making your own foaming hand soap is so simple. All you need is an empty foaming soap dispenser (I use Bath & Body Works ), and a bottle of Liquid Dish Soap or Liquid Hand Soap – you can use any scent – I love lemon for the kitchen. Next, add 1 inch (or a little more if you like) of liquid dish soap to your container. Fill the remainder with water, shake it up and it’s ready to go!
(Grab an empty foaming dispenser & liquid dish or hand soap)
(fill dispenser with 1 inch of liquid soap)
(fill remainder with water)
(replace cap, shake and done!)
I’ve used the same dispenser for almost a year. I never run out. I can wash my hands and my dishes! Saves me time and money! When it gets grubby, I’ll just grab a new one from Bath & Body Works.
Thanks so much for stopping by!
Cheers!

**5.** <https://www.myfrugalhome.com/how-to-make-foaming-hand-soap/>

How to Make Foaming Hand Soap
Save money – and cut down on plastic waste – by making your own foaming hand soap refill. I’ve been using this recipe to refill my foaming hand soap dispensers for over a decade.
Pretty much since foaming hand soap became a thing.
Because I love foaming soap, but there’s absolutely no way I’m paying someone to mix soap and water together, when I can do that myself in like 2.5 seconds.
And foaming hand soap really is nothing more than liquid soap that’s been diluted in a bunch of water.
So, I just purchase a bag of liquid soap refill and dilute it myself. This way the savings go to me, rather than some big corporation.
One bag of the soap refill I buy is supposed to fill a liquid soap dispenser 2.8 times. Diluted, it makes enough to refill my foaming soap dispensers 17 times! That means five less bags of soap refill that I have to buy, and send to the landfill.
More Reasons to Make and Use Foaming Hand Soap
If you haven’t already made the switch from liquid to foaming hand soaps, here are some more reasons to consider making the switch:
Saves water – According to a study conducted by Strategic Research Partners and GOJO Industries Inc., people use 9.7% less water when washing their hands with foaming hand soap
Less mess – Foaming hand soap is less likely to drip on the counter, and easier to clean up if it does.
Easier/faster to use – It comes out of the bottle pre-lathered, so you don’t have to spend time working up a lather; and since it’s less concentrated than liquid soap, it’s easier to wash off. Both of these features make it easier for kids to use.
Gentler on sensitive skin – Since less soap is used each time you wash your hands, your skin is exposed to fewer irritants.
Cuts down on manufacturing – Less soap has to be manufactured to create foaming hand soap vs. liquid soap, which means fewer carbon emissions and fewer resources getting used up.
Less soap getting into waterways – By using soap in a diluted form, less soap makes its way into the ocean, and biodegradable soaps are able to degrade even faster.
And a final reason to make your own foaming hand soap? It’s ridiculously easy. Try it once, and you’ll never go back to paying someone else to do it for you. Here’s my recipe.
DIY Foaming Hand Soap Recipe
What You’ll Need:
Water
A foaming hand soap dispenser
Gel hand soaps work best in this recipe. Those opaque, creamy hand soaps don’t mix in very well. I would also stay away from any soaps with micro beads or exfoliants, like pumice. They’re likely to jam up the soap pump.
I’ve always just used tap water to make my foaming hand soap. If you have hard water, you might want to use distilled water instead. The extra minerals in your water could clog up your dispenser.
Any foaming hand soap dispenser will do. Reuse an empty store-bought dispenser, or buy a new one. Just don’t try to use this foaming soap in a liquid soap dispenser. It’ll shoot soapy water everywhere. Foaming soap dispensers have a special pump that forces air into the soap as it’s being dispensed. That’s the magic behind foaming soap.
What You Do:
Fill your foaming hand soap dispenser one-quarter of the way with liquid soap.
Fill the rest of the dispenser with hot water from the tap. Stop one inch from the top.
Screw the cap back on your soap dispenser, and shake vigorously to combine the soap and water. Then, stick your soap back by the sink, and go about your day.
You’ll probably need to pump the bottle a few times to get the foaming action started the first time you use it, but after that you should be good to go, until the next refill.
As I mentioned at the beginning of this post, I’ve been making my own foaming hand soap refills for over a decade. Until recently, I just refilled empty store-bought dispensers. Here are two such dispensers that I “dressed up” by removing their labels. Very fancy of me.
These dispensers aren’t exactly designed to be used forever, so the pumps eventually break. When that happens, I’ve always just bought another cheap bottle of foaming hand soap. This approach has me buying a bottle once every few years, which I can live with.
That being said, I recently decided to upgrade to a “nicer looking” foaming soap dispenser. This one cost me $5.40 on sale from Target. The selling feature for me – besides the nicer lid – is that it has the foaming soap “recipe” printed on the side. This effectively takes the recipe out of my head and shares it with everyone in my house, so maybe – just maybe – one day I will walk into the bathroom and be surprised to find that a teenager has refilled the soap dispenser. Hey, a mom can dream.
How Much Does It Save to Make Your Own Foaming Hand Soap?
To refill my 13.5 oz. soap dispenser, I use 2 oz. of liquid soap, and fill it the rest of the way with water. At the time of publication, the cheapest non-sale price I was able to find for my preferred liquid soap brand was $5.37 for a 34-oz. bag. This breaks down to $.16 per fl. oz. Crunch the numbers, and that means it costs me $.32, plus the cost of water, each time I refill my dispenser.
And notice I said that’s based off of non-sale prices. I hardly ever buy liquid soap without coupons, a clearance deal or rewards points to sweeten the deal. More often than not, I’m probably making my refill for the price of the tap water.
Frequently Asked Questions About Foaming Hand Soap
How Does Foaming Hand Soap Clean?
Foaming hand soap contains surfactants. These compounds lower the surface tension of water, giving it the ability to lift and bond with the dirt and oil on your hands, so they rinse away easily. Surfactants are so good at what they do, the U.S. Food and Drug Administration found no evidence to support the claim that anti-bacterial soap is more effective at removing germs than plain soap. Based on this finding, triclosan, triclocarban and 17 other common anti-bacterial ingredients have been banned from use in soap since 2016.
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And sure, you could shake the container to mix the ingredients back together every time they separate, like some bloggers tell you to do, but that’s a hassle, and it’s not something you’re likely to get everyone in your household on board with. So, it’s just a matter of time before a big glob of undiluted soap comes through the pump and clogs it, and in the meantime you’re probably going to be washing your hands with less soap than you should.
If you’re a die-hard castile soap fan, and you’re determined to use it in your foaming hand soap, I recommend using two-thirds less soap that this recipe calls for, since castile soap is three times more concentrated than other soaps.
Can I Add Essential Oils or Moisturizing Oils to My Foaming Hand Soap?
If you want to start with unscented liquid soap, and create your own custom blend of foaming hand soap, using essential oils and/or moisturizing oils, you can certainly do that. I just wouldn’t do it with castile soap. For the oils to create an emulsion with the water – and not simply sit on the surface – you need a soap with a surfactant, and castile soap is missing this key ingredient.
Most essential oils need to be diluted to be safe to use on the skin, so I recommend using an essential oil calculator (just do a quick web search) to figure out how many drops you should use in your soap. After you mix up the first batch, look closely at your soap, to make sure the oils have mixed in properly. If they haven’t, I wouldn’t use it.
Keep in mind that adding extra oils to your soap does increase the chance of clogging the pump. You’ll probably just have to do some experiments to figure out what works.
Can I Use Dish Soap to Make My Foaming Hand Soap?
Yes, dish soap will work great in this recipe. And just to be clear, I’m referring to the liquid dish soap that you use to wash dishes in the sink – not the dishwasher detergent that you put in your dishwasher.
Dish soap has added degreasers, like citric oils, so it’ll make an excellent foaming soap for the kitchen. And since it’s diluted, it’ll be a lot easier on your hands, than washing with straight dish soap.
Use liquid hand soap and water to make your own foaming hand soap in less than a minute.
Total Time: 1 minute
Water (tap, or distilled, if you have hard water)
Instructions
Fill a foaming hand soap dispenser a quarter of the way with liquid soap.
Fill the rest of the dispenser with hot water from the tap. Stop one inch from the top.
Screw the cap back on; and give it a good shake to mix the soap and water.
Notes
Gel soaps work best. Avoid creamy hand soaps, and any soaps with micro-beads or exfoliants, like pumice. These are likely to jam up the pump.
Castile soap is not recommended for this recipe. If you decide to use it, cut the amount of soap by two-thirds to account for its concentrated formula.
Add essential oils or moisturizing oils to unscented liquid soap to create your own custom blends. Use an essential oil calculator to get the amounts right. Make sure the oils have mixed into the soap, and are not simply sitting on the surface. Note: Adding oils may clog the pump.
Use dish soap to make a foaming soap for your kitchen.

**6.** <https://hearthandvine.com/how-to-make-foaming-hand-soap/>

Homemade Foaming Hand Soap with Essential Oils
January 17, 2022
Jump to How-To - Print
Learn how to make foaming hand soap with essential oils and a few other basic ingredients. Create your own fragrance and save money with this easy craft.
Making bath and body products with essential oils is something I have long enjoyed. Recently I ran out of a foaming soap that I liked so I decided to try and make my own.
I knew that when you use foaming hand soap you are using less soap and water than traditional liquid soap, while still effectively washing your hands. And I was interested in trying to create my own scent with essential oils so this easy craft was a no-brainer.
This post contains some affiliate links (that means if you make a purchase after clicking a link, there’s no additional cost to you, but I will earn a very small commission. ) i.e. as an Amazon Associate, I earn from qualifying purchases. Click here to read my full disclosure policy .
How to Make Foaming Hand Soap
What you Need
Vegetable Glycerin or Carrier Oil (optional)
You can buy all kinds of foaming soap pumps online or reuse an empty foaming soap bottle you have already. In my case, I chose to buy just the lid and pump that fit on a pint-sized (16 oz bottle) mason jar.
A little castile soap, some essential oils, and distilled water, and you're all set to go. I did add vegetable glycerin to the mix for moisture.
Additions and Substitutions
Add a teaspoon of a carrier oil for moisture such as grapeseed oil, fractionated coconut oil, sweet almond oil, or jojoba oil. I had some glycerin leftover from another project so I decided to use it.
If you don't have distilled water you could substitute filtered water. Just don't use tap water. Tap water may have microbes or unusual contaminants.
You can use fragrance oils or blends if you prefer. They are synthetic or man made and not natural, however, there are some scents that are hard to get with essential oils or are too expensive. If you do want to use fragrance oils I would suggest starting with a smaller amount, say 5 drops, as they seem to be much stronger than essential oils.
You can also use liquid soap with water to make foaming hand soap. Use a mixture of 4 to 1 water to soap in a foaming hand soap dispenser and shake well.
The lather comes out just like it does from purchased foam soap dispensers.
Simple, natural, custom, and inexpensive. That's what I'd call a good thing.
More Homemade Bath and Body Products
Measure out 2.5 tablespoons of castile soap and place it in the mason jar.
Add 1 teaspoon of vegetable glycerin.
Add 25-30 drops of your favorite essential oils
Fill the rest of the jar with distilled water.
Place the foam dispenser lid on top.
Shake gently and test the dispenser to make sure it's working.
Add a little more essential oil if you prefer a stronger scent.
Notes
You can add a teaspoon of a carrier oil such as grapeseed, almond, or jojoba for extra moisture.
You could use fragrance oil however, they are usually much stronger. Start with 5-10 drops and test the scent first.
More DIY Projects

**7.** <https://www.theartofdoingstuff.com/how-to-make-foaming-soap/>

SKIP TO HOW-TO
I'm going to go into this assuming you know foaming soap is a rip off. You know that, right? You pay the same, or more for foaming soap and for that you get - less soap. Here's how to make your own diy foaming hand soap.
Skip right to the tutorial.
This soap tutorial has been the number one thing people have been coming to my site for since the world changed. I'm not sure why, but I thought since it's so popular that now would be a good time for us all to revisit it. I'll be upping my soap game here in the next week or so but for now, here's how to make DIY foaming hand soap.
It's the little things in life that get me all riled up and in a good mood. Remembering I have leftover pizza in the fridge. Watching squirrels scurrying around trying to find hiding places for their nuts in the fall.. Finding out Home Depot now carries the 2" galvanized pipe elbows with a double sided, screw in end. You know. The little things.
Foaming soap is one of those little things. I love it. It's easy. It comes out puffy and lathery without any work on your part at all.
That's right. I'll spend 12 hours stacking 2 full, bush cords of wood , but I'm too lazy to lather.
What of it?
The one thing I don't like about foaming soap dispensers is refill soap for them is harder to find than regular soap and is usually more expensive. Even though you're getting less soap. Because 500 ml of regular soap = 500 ml of regular soap. 500 ml of foaming soap is actually only a tiny bit of soap and a bunch of water.
So I figured out how to turn regular liquid hand soap into the sort of soap that will work in a foaming dispenser.
Regular liquid hand soap won't work in a foaming dispenser because it's too thick.
So genius me decided I could probably just add water to it to thin it down.
Genius me was right.
Getting the proportions right isn't even difficult. It's pretty forgiving. It's foaming soap, not an atomic bomb.
Table of Contents
Can You make Your Own Foaming Hand Soap?
You CAN indeed make your own foaming hand soap. But for the soap to foam you need a special foaming soap dispenser. If you've ever bought a foaming soap that's in a dispenser this technique will work in it.
What Makes Foaming Soap Foam?
The reason the soap foams has nothing to do with the actual soap. It's the way the soap is dispensed. Foaming dispensers add air to the soap as you push down on the foaming pump. If you take a look at your foaming soap dispenser you'll see the soap is held in the main chamber, and then attached to the pump there's a smaller chamber. It's that chamber that forces air into the soap as you pump it out.
Is it Better Than Regular Soap?
Aside from the fun of having your soap being pre-foamed for you, foaming soap is actually better in many ways than regular liquid soap. Here's how:
People use less soap when dispensing it from a foaming dispenser. This makes it more economical and means that foaming soap lasts longer.
People use 15% less water to lather with foaming soap so that's less water use which is environmentally friendly. If you only use water to rinse your hands and don't add water for the initial hand washing, using foaming soap will save 45% of the water used during traditional hand washing.
Using foaming hand soap reduces the amount of soap you use for each hand washing which in turn means you get more hand washes out of each package. This means you're reducing the amount of packaging used.
How to Make Foaming Soap
Mix 1 part liquid soap with 4 parts water in a foaming soap dispenser .
Slowly mix by gently turning soap dispenser until incorporated.
You can actually use 4 or 5 or 6 parts of water. The more water you put in the more cost savings you'll have but the less foamy the soap will be.
You can use any foaming soap dispenser you have. Obviously you can use refill any store bought soap dispenser you have like I've done here.
But if you plan on doing this a lot I'd recommend getting a nice, heavy glass foaming soap dispenser. You can get 2 glass dispensers for $20 on Amazon. They're solid and heavy, so when you're down to the last bit of soap your dispenser won't flip over or tip like the lightweight plastic dispensers sometimes (always) do.
To mix the water into the soap you just have to do it slowly and gently. Just tip the container back and forth slowly until the water is incorporated with the soap.
I wasn't even going to do this tutorial because it's so logical and so easy but I thought the same thing when I did a post on How to Peel a Peach . I figured everyone knew how to do that to and as it turned out … they didn't.
If the screw top of your foaming dispenser fits other jars with a screw on lid that are more attractive, then you could attach it to that the same way I did in this billion year old post Pouring spouts and Bottles .
If your foaming dispenser screw top is an odd size then you can just slip the whole thing into a nicer container so it's hidden. If you can be bothered. My dispenser actually fits into a black ceramic vase perfectly. It would have been great if I'd taken a photo of it. But I didn't. Cause I'm not quite as geniusy as we thought just a few paragraphs

**8.** <https://gardentherapy.ca/foaming-hand-soap-recipe/>

How to Make a Foaming Soap Dispenser + an All-Natural Foam Soap Recipe
June 7
Tags DIY , mason jar , natural beauty , natural cleaning , Natural Skincare Series , soap
Making your own all-natural foaming hand soap costs a fraction of store-bought options, takes mere seconds to make, is healthy for your skin, and you can customize the scent to be whatever you choose. All that should be enough to get your excited, but making your own dispenser also reduces unnecessary waste! In this post, I’m going to show you how to make an easy foaming soap dispenser and give you my favourite recipe for a luxurious and eco-friendly foaming soap.
If you follow along on Garden Therapy you know that I scrapped the store-bought beauty products and make all of my own natural skincare products.
Somehow along the way, I became addicted to foaming hand soap. At first, I thought that I was cheating on my homemade soap bars . All-natural homemade soap is so much better for my skin than store-bought liquid soap. But the foam. Oh, the foam. It’s so luxurious!
In this post, you will learn:
More Soap Recipes to Try
FAQs About Foaming Hand Soap
Update: this project and recipe were originally published in 2016 and since then I have received many questions on foaming hand soap. I’ll answer a few of those questions here so you can get all of the information in one place!
How does the pump work?
The pump is made with two parts, one for the soap and one for air. It injects air into the soap when it goes through the pump, making it lather.
What are the benefits of foaming soap?
I wrote at the beginning that making your own foaming soap is both less expensive and less wasteful than buying pre-made foaming hand soap. It’s very easy to make as you simply dilute liquid soap and water at the appropriate ratio. You can also reduce waste by refilling a container as opposed to buying a new one each time.
Finally, if you use natural Castile (olive oil) soap as the basis of the recipe, it’s very gentle on skin and all natural.
Will regular soap work in the foaming dispenser?
No, regular soap is too thick for a foaming dispenser, you need to reduce the viscosity by diluting it in water.
Is foaming soap less effective than regular soap?
Yes, if not used properly. Dirt and germs are removed from skin in the process of lathering up with soap so if that lathering is already done for you, it can be less effective at cleaning to use foaming soap.
That being said, proper hand washing is the variable. If you apply any soap and lather for 20 seconds, rinse well, dry your hands, and then apply hand cream , you will have clean, soft, well cared for hands no matter which soap format you choose.
How to Make a Foaming Soap Dispenser
I set upon the task to make a homemade foaming hand soap recipe and came up with some fun and foamy soap that I’m proud to wash with.
Of course, I needed a stylish container and pump that I could refill, so I made one from a Mason jar and a foam soap pump from a disposable bottle.
I’ve shared how to make one today so you can reduce the waste of buying disposable foam soap dispensers by replacing them with a reusable DIY version.
First, I’ll show you how to make the Mason jar foaming soap dispenser, then I’ll share my basic foaming hand soap recipe.
There are a number of options for a permanent foaming soap dispenser. You could certainly just buy one as there are some pretty nice ones out there on Amazon like this one , this one , and these ones . You could also just refill the disposable foam soap bottle with my foam soap recipe below.
Or you can make one inexpensively using a attractive mason jar and the pump from the disposable ones.
That’s what I did. Here’s how you can too.
Materials
Castile soap
Make it!
First, look for a disposable foaming hand soap bottle. I chose a Method one because I liked the look of it. You only need the nozzle and foaming mechanism, so remove that from the bottle.
Next, cut a hole in the middle of the snap lid to fit the soap pump into. The easiest way to do this is to use a hammer and nail to pierce a few holes in the center of the snap lid. Then, squeeze the metal snips in to cut out a hole.
Cut the hole large enough that the thinner bottom part of the pump fits into the hole, but small enough that the top of the pump sits above it.
Insert the pump into the snap lid, top the Mason jar, and twist on the ring to see how it fits. Trim the length of the straw to fit if necessary.
How to Make Foam Soap
Make your own foaming hand soap by using this recipe:
60% water
20% prepared liquid soap\*
20% air
\*I use this liquid castile soap , which comes concentrated and needs to be diluted. I prepare the castile soap according to the instructions on the package and use that for my 20%. If you like it a bit more creamy, use a bit less water. You can replace 5% of the water with more soap.
If you are using unscented castile soap, add 5-6 drops of essential oils to the recipe for a personalized scent. I like these scents in my DIY foaming hand soap:

**9.** <https://thrivinghomeblog.com/make-your-own-non-toxic-foaming-hand-soap/>

How to Make Your Own Non-Toxic Foaming Hand Soap
Updated: 9/19/22
This post may contain affiliate or sponsored links. Please read our disclosure policy .
Seriously…why did I wait so long to do this? For years I’ve either been buying way over-priced safe hand soap or cheap unsafe soap. Those days are over.
This past weekend, I used three simple ingredients to make my own non-toxic foaming hand wash. It is the perfect consistency, smell, and price! Read on to find out:
why regular hand soap is unsafe
what supplies you’ll need to make your own non-toxic foaming hand soap
how to make non-toxic foaming hand soap in about 5 minutes
and how much money I saved!
What Makes Regular Hand Soap Unsafe?
From commons allergens and skin irritants to chemicals that are known to cause brain damage in rats, most soap on store shelves is full of ingredients that can be both harmful to our bodies and our environment.
The great thing about my non-toxic foaming hand soap “recipe” below is that you don’t have to worry about exposing you and your family to any of the unsafe chemicals in store-bought soaps ever again!
Supplies You’ll Need To Make Your Own Hand Soap
You’ll need three simple ingredients (only 2 if you don’t want scented soap) plus foaming soap dispensers.
The supplies I recommend using are an upfront investment but will save you money in the long run, as you’ll see at the end of this post.
1 – Distilled or purified water – About $1/gallon at Walmart in bottled water aisle. This kind of water has had many of it’s impurities removed.
2 – Dr. Bronner – Castille Soap, liquid – I bought the unscented, mild formula since I figured it is the gentlest on our skin, and we are using it on our kids in the tub. Check out how simple and recognizable the ingredient list is: Water, Saponified Organic Coconut & Olive oils (w/ retained Glycerin), Organic Hemp Oil, Organic Jojoba Oil, Citric Acid, Vitamin E.
3 – Optional: Tea tree oil (or your favorite essential oil) – Tea tree oil not only adds a fresh, clean scent, but it also lends natural anti-bacterial qualities to the soap.
4 – Foaming Soap Dispensers – I just used empty ones I had previously purchased.
5 – Optional: A funnel – You don’t have to have one, but it helps cut down on potential mess.
How to Make Non-Toxic Foaming Hand Soap
Step 1: Pour enough castile soap in bottle to fill it about 1/5 of the way full. For a 9 oz bottle, I put in roughly 2 fl oz. I just eye-balled it.
Step 2: Fill the rest of the bottle to the fill line or almost to the top with the water.
Step 3: Add 1-2 drops of tea tree oil (or your favorite essential oil). Don’t go too crazy, though, since it has a strong scent. Note: If you have sensitive skin, you may want to skip this step.
Step 4: Screw on the lid and give a little shake.
Step 5: Wash hands and enjoy the fresh smell and feel of clean hands!
How Much Money Did I Save on My Foaming Hand Soap?
Here are my finished products–six dispensers with a total of 73 fl oz of foaming hand soap–that took about five minutes to make. Want to see how much money I saved?
Here’s the cost of the original safe store-bought soaps:
Johnson’s Baby Natural Wash (9 oz): $4.49 x 2 = $8.98
Johnson’s Baby Natural Head-to-toe Wash (18 oz): $7.79 x 2 = $15.58
Clean & Well All Natural Antibacterial Foaming Hand Soap (9.5 oz): $4.33 each x 2 = $8.66
Store-Bought Safe Soap Total = $33.22 ($.46/fl oz)
Here’s the cost of my homemade non-toxic foaming hand wash in the same containers:
9 oz containers: $.90 x 2 = $1.80
18 oz containers: $1.55 x 2 = $3.10
9.5 oz containers: $90 x 2 = $1.80
Homemade Non-Toxic Soap Total = $6.70 ($.09/fl oz)
TOTAL SAVINGS BY MAKING MY OWN = $26.52!!!!!!
Like this DIY all-natural household product? Try this thrifty, non-toxic solution that’s worked for us…
All-Natural DIY Drano – Naturally unclogs your toilet or any drain with only 2 ingredients!
113 shares

**10.** <https://anoregoncottage.com/diy-liquid-foaming-soap/>

Easy DIY Liquid Foaming Soap
Jump to Tutorial
Make this easy DIY liquid foaming soap in just minutes with all-natural Castile soap and essential oils or other quality liquid soap. It's not only good for your wallet, but also the environment!
Some links in this article are affiliate links and if you click on them I will receive a small commission at no cost to you.
If you have ever wondered, "Can I make my own foaming hand soap?" then this homemade cleaning recipe is for you!
Being a naturally frugal person, I was thrilled when I first learned that you could turn liquid soap into DIY foaming soap crazy fast and save money.
With just two ingredients - water and the liquid soap of your choice (plus optional essential oils), it's literally one of the easiest cleaning recipes around.
While you can use any liquid soap, I like to keep our soap as natural as possible so my favorite soap to use is Dr. Bronner's Castile soap that I get from Grove Collaborative (referral link for a free gift set!).
You will not believe how easy this is to make - and that it consists of only liquid soap (Castile or other), water, and a maybe few essential oils if using an unscented soap.
That's it. Don't you love it?
You don't have to only buy store soaps that have whatever in them (seriously, what?) - you can quickly make your own whenever you need it!
Update: While I still love using Castile soap for this DIY liquid foaming soap, Grove also carries other natural soaps that work just as well, like Seventh Generation Dish & Hand Soap and Grove's plastic-free liquid soaps. If you use these soaps in a scented variety, you don't need to add any essential oils unless you're wanting the antibacterial properties of eucalyptus oil.
How to Make Liquid Foaming Soap
Ingredients
Optional essential oils of your choice- my favorites include: Eucalyptus Oil for antibacterial, Lemon Oil , Orange Oil or Lavender Oil
Directions
Pour 1/4 cup of liquid soap into a pint size glass jar (or measuring cup to pour into a refillable foaming container).
Add 1 cup of water and mix with a spoon. Add essential oils at this point if using.
Attach foaming pump lid (or pour into an old soap pump).
There's not much that's easier and quicker than this, is there?
Does this really work with Castile soap?
In full honesty, I have to say that I wasn't so sure how a foaming soap made with Castile soap would turn out.
I'd been making regular liquid soap with Castile for years, using it for both hand washing and dish washing - no need for two bottles on the sink, one does it all. So easy.
So when I learned that you could dilute the Castile to a 1:4 ratio for a foaming soap, I had my doubts.
I mean, Castile soap is made from 100 percent plant oils with no animal products (like tallow), synthetic preservatives, detergents or foaming agents (making Castile soap completely biodegradable and very earth-friendly).
How could it be a foaming soap with no foaming agents?
Guess what? I don't know how, but it really does make an awesome foaming soap!
You just use more water than the regular dilution (saving more money, yes!) and when you use a recycled foaming soap dispenser, out comes perfect foaming soap.
I love it, since I like using foaming soap because it seems to last a lot longer for us.
How to make a foaming soap dispenser
As far as foaming soap containers, the easiest thing is to reuse a foaming soap bottle from a purchased soap. But if you'd like something that might go better with your decor, I have a few ideas for you!
Zinc-Lid & Mason Jar Dispenser
I made the dispenser pictured in these photos from a mason jar and vintage zinc cap, the kind that had a hole in it (I think it was used with glass lids originally?).
If you find a lid like this, use metal snips to cut the hole bigger to fit a recycled foaming soap dispenser to the top and use hot-glue or Gorilla Glue to hold it in place.
You can do the same thing with reproduction zinc lids , since they don't have the white caps inside them like most vintage zinc lids do. You will need need to cut a full hole in the top, though.
OR you can spend a few dollars more and buy zinc lids with the holes already cut !
Ready-to-Go Foaming Soap Lids for Jars
Use your own jars and simply buy these oil-rubbed bronze looking lids with foaming dispensers attached (and even waterproof labels).
Refillable Foaming Soap Dispensers
And there is even a cool touch-free silver metal foaming soap dispenser .
Gift Idea
Package a nice bottle full of this soap with a label listing the ingredients along with a hand towel for an inexpensive, sweet gift.
Think house warming, teacher appreciation, or hostess gifts.
Does making foaming soap really save money?
Making your own DIY liquid foaming soap is actually economical. A 32-oz bottle of Castile soap lasts a long time when you only use 1/4 cup at a time.
Our foaming soap lasts in our kitchen for 2-3 weeks, depending on how many people are using it.
Even if you add a few drops of essential oils, this comes in around $1 for 1 cup of liquid soap.
That's a good return on time and investment, right?
More DIY Foaming Soap Frequently Asked Questions
What kind of water should I use to make hand soap?
The recommendation is to use distilled, filtered, or boiled and cooled water to eliminate the possibility of bacteria and make your soap last longer. If you are certain of your water source, you can use it as is like I have with our well water.
Does foaming hand soap kill germs?
Yes, both regular liquid hand soap and foaming soap killed germs on hands in one study, though foaming soap was slightly less effective. ( source )
What are the benefits of foaming hand soap?
Since you use less soap to water, you obviously save money, but there is another reason - studies have indicated that people who use foaming soap use less water - between 16 and up to 45 percent. So you save money and help the environment! ( source )

**how to make foam hand soap**

**1.** <https://ecolivingmama.com/how-to-make-foaming-hand-soap/>

How To Make Foaming Hand Soap + 7 DIY Recipes to Try
March 4, 2022
by Karla
This post may contain affiliate links and we will earn a small commission if you make a purchase through these links.
If these last few years have taught us anything, it is undoubtedly the importance of handwashing.
We have all been sanitizing like never before and re-learning how to scrub for a full 20 seconds, between our fingers and right up to our wrists.
But lots of store-bought soaps are full of man-made chemicals that are bad for the environment and for our skin.
Luckily, making your own DIY hand soap is fun, easy, and really creative. Better still, you can make your own FOAMING hand soap.
Homemade foaming hand soap makes an excellent gift for friends and loved ones, and you can choose the specific scents and ingredients that appeal most to you.
This article explains how to make your foaming hand soap at home and shares seven all-natural recipes. You won’t be able to resist giving them a try!
What Are the Benefits of Foaming Hand Soap?
Foaming hand soap isn’t just a fun, bubbly novelty product; it also has some really useful benefits. If you’re not quite ready to make the switch to bar soap , liquid foaming hand soap is a great natural option!
It Saves On Water
Because the soap is already foamy, you do not need to run the tap while you lather up. This saves water and ultimately benefits the environment (and your bills).
It Lasts Longer
As foaming soap expands in your palm, you use less per wash, and it, therefore, lasts longer than average liquid soap. This means you get more for your money and do not need to refill as often.
It Is Environmentally Friendly
Not only can homemade foaming hand soap bottles be refilled, saving on wasteful packaging and harmful transportation, the ingredients are also all-natural.
There are no nasty chemicals that can be washed down the drain and into our waterways when using this soap.
Saves Money
Making your own anything almost always saves money, and liquid hand soap is no exception! You’ll find you spend far less on liquid hand soap when you make your own with castile soap. Purchase a big bottle of castile soap , and you can make many, many batches of foaming hand soap for months to come.
How Do You Make Foaming Hand Soap?
Surprisingly, there is very little difference between ordinary liquid soap and foaming hand soap ingredients. The main difference lies in the dispenser or bottle .
This is because a foaming hand dispenser introduces air into the mixture as you pump, frothing the soap into those distinctive bubbles.
Air is a crucial ingredient in foaming soap, and the internal chamber inside these specially designed bottles is where that magic happens.
Try one of these foaming soap dispensers for your DIY recipe:

**2.** <https://www.bobvila.com/articles/how-to-make-foaming-hand-soap/>

How To's & Quick Tips
How to Make Foaming Hand Soap in 5 Easy Steps
Make your own foaming soap to save money, reduce waste, and enjoy custom fragrances that match your personal preferences.
By Deirdre Mundorf | Updated Oct 30, 2021 11:39 AM
We may earn revenue from the products available on this page and participate in affiliate programs.
Photo: istockphoto.com
Did you know that individuals use less water when they wash their hands using foaming soap instead of liquid soap? When you consider how many times you and the other members of your household wash your hands, using foaming hand soap can make a difference in the amount of water consumed. This can not only help you save money with decreased water bills, but it is also better for the environment.
Many individuals also prefer washing their hands with foaming soap because of how nicely it lathers and how easily it washes off the hands. Liquid soap can be sticky, which makes it take longer to wash it off of your hands.
While you can buy premade foaming soap, making your own homemade foaming hand soap is actually quite easy. With just a few simple ingredients and a foaming soap dispenser, you can have your soap made and ready to use in no time.
Be sure to purchase a foaming soap dispenser like this highly rated option available at Amazon before making your own foaming soap. These dispensers feature a special air chamber that pumps air into the soap as it is released. Without this addition of air, foaming soap won’t foam up; it will just come out as a liquidy mess.
Continue reading to discover how to make foaming hand soap!
Tools & Materials
We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites.
BEFORE YOU BEGIN
The foaming soap recipe below uses water, liquid castile soap, and essential and carrier oils. However, this is not the only way you can make foaming hand soap. As an alternative, you can also just mix liquid hand or dish soap with water to make a DIY foaming soap. If choosing this method, use a 4:1 ratio of water to soap. Combine the two ingredients in your foaming soap dispenser and turn it or shake it to ensure they mix together.
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RELATED: The Best Hand Soaps for a Healthy Home
STEP 1: Fill the soap dispenser with water, leaving space for more ingredients.
The first step for how to make foaming soap is to add water to your foaming soap dispenser. You should fill the dispenser approximately two-thirds to three-fourths with water. Take care not to add too much water, as there needs to be space left to add the other ingredients.
Before adding water to your dispenser, ensure that it is clean. If you’re reusing a soap dispenser, take a few moments to make sure the interior is completely rinsed out and to wash the exterior to eliminate any germs.
Photo: Amazon.com
STEP 2: Add 2 tablespoons of castile soap.
To make foaming hand soap, start by adding 2 tablespoons of castile soap to the water in the dispenser (this amount of soap is appropriate for a 12-ounce soap dispenser). Castile soap is naturally biodegradable and non-toxic, making it an excellent choice when making your own foaming hand soap. Castile soap is made from plant-based oils— typically olive oil — and doesn’t have any synthetic ingredients or animal fats.
You can also find castile soap that is made using other oils, such as castor , coconut, or almond. These added ingredients can make it more moisturizing, and these also can be used to make a foaming hand soap.
RELATED: The Best Hand Sanitizers for Reducing Germs
STEP 3: Add about 10 drops of essential oils of your choice.
If you’re wondering how to make foam soap that will have a pleasant scent, the key is to add essential oils. There are many different options to consider when deciding which essential oils to add. You may choose essential oils based on their scent, or opt for those with antimicrobial properties, such as tea tree oil, eucalyptus oil, or lemongrass oil.
Advertisement
Photo: istockphoto.com
Add 10 drops of the essential oil of your choice to the foaming soap dispenser. You can add 10 drops of one essential oil, or you can also consider mixing two different oils (five drops of each) for a more customized scent. A few different combinations to try include:
Peppermint and eucalyptus
STEP 4: Add up to 1 teaspoon of carrier oil for moisture.
As you plan out your foaming hand soap recipe, don’t forget about adding a carrier oil to the mix as well. Carrier oils, such as jojoba oil , coconut oil , olive oil , or sweet almond oil , can help make your foaming soap more moisturizing, which can be especially beneficial during cold and dry winter months.
Photo: istockphoto.com
STEP 5: Secure the lid and shake the dispenser to mix all ingredients.
After adding the water, castile soap, and oils of your choice, close the dispenser and shake it to finish making your foaming hand soap. Shake and turn the dispenser around for 30 seconds to 1 minute to ensure all the ingredients are incorporated. You may need to periodically re-shake the bottle to keep the oils from separating from the water.
After mixing, your DIY foaming soap is ready to use right away. Press on the pump to dispense some on your hand and try it out!
Now you know how to make foamy hand soap. With just water, castile soap, essential oils, and a carrier oil, you can easily make your own foaming hand soap to reduce water waste and save money. Try using different essential oil blends to match each season and the preferences of the various members of your household. Remember, in order for your soap mixture to foam, you’ll need to use a foaming soap dispenser.
Advertisement

**3.** <https://www.theartofdoingstuff.com/how-to-make-foaming-soap/>

SKIP TO HOW-TO
I'm going to go into this assuming you know foaming soap is a rip off. You know that, right? You pay the same, or more for foaming soap and for that you get - less soap. Here's how to make your own diy foaming hand soap.
Skip right to the tutorial.
This soap tutorial has been the number one thing people have been coming to my site for since the world changed. I'm not sure why, but I thought since it's so popular that now would be a good time for us all to revisit it. I'll be upping my soap game here in the next week or so but for now, here's how to make DIY foaming hand soap.
It's the little things in life that get me all riled up and in a good mood. Remembering I have leftover pizza in the fridge. Watching squirrels scurrying around trying to find hiding places for their nuts in the fall.. Finding out Home Depot now carries the 2" galvanized pipe elbows with a double sided, screw in end. You know. The little things.
Foaming soap is one of those little things. I love it. It's easy. It comes out puffy and lathery without any work on your part at all.
That's right. I'll spend 12 hours stacking 2 full, bush cords of wood , but I'm too lazy to lather.
What of it?
The one thing I don't like about foaming soap dispensers is refill soap for them is harder to find than regular soap and is usually more expensive. Even though you're getting less soap. Because 500 ml of regular soap = 500 ml of regular soap. 500 ml of foaming soap is actually only a tiny bit of soap and a bunch of water.
So I figured out how to turn regular liquid hand soap into the sort of soap that will work in a foaming dispenser.
Regular liquid hand soap won't work in a foaming dispenser because it's too thick.
So genius me decided I could probably just add water to it to thin it down.
Genius me was right.
Getting the proportions right isn't even difficult. It's pretty forgiving. It's foaming soap, not an atomic bomb.
Table of Contents
Can You make Your Own Foaming Hand Soap?
You CAN indeed make your own foaming hand soap. But for the soap to foam you need a special foaming soap dispenser. If you've ever bought a foaming soap that's in a dispenser this technique will work in it.
What Makes Foaming Soap Foam?
The reason the soap foams has nothing to do with the actual soap. It's the way the soap is dispensed. Foaming dispensers add air to the soap as you push down on the foaming pump. If you take a look at your foaming soap dispenser you'll see the soap is held in the main chamber, and then attached to the pump there's a smaller chamber. It's that chamber that forces air into the soap as you pump it out.
Is it Better Than Regular Soap?
Aside from the fun of having your soap being pre-foamed for you, foaming soap is actually better in many ways than regular liquid soap. Here's how:
People use less soap when dispensing it from a foaming dispenser. This makes it more economical and means that foaming soap lasts longer.
People use 15% less water to lather with foaming soap so that's less water use which is environmentally friendly. If you only use water to rinse your hands and don't add water for the initial hand washing, using foaming soap will save 45% of the water used during traditional hand washing.
Using foaming hand soap reduces the amount of soap you use for each hand washing which in turn means you get more hand washes out of each package. This means you're reducing the amount of packaging used.
How to Make Foaming Soap
Mix 1 part liquid soap with 4 parts water in a foaming soap dispenser .
Slowly mix by gently turning soap dispenser until incorporated.
You can actually use 4 or 5 or 6 parts of water. The more water you put in the more cost savings you'll have but the less foamy the soap will be.
You can use any foaming soap dispenser you have. Obviously you can use refill any store bought soap dispenser you have like I've done here.
But if you plan on doing this a lot I'd recommend getting a nice, heavy glass foaming soap dispenser. You can get 2 glass dispensers for $20 on Amazon. They're solid and heavy, so when you're down to the last bit of soap your dispenser won't flip over or tip like the lightweight plastic dispensers sometimes (always) do.
To mix the water into the soap you just have to do it slowly and gently. Just tip the container back and forth slowly until the water is incorporated with the soap.
I wasn't even going to do this tutorial because it's so logical and so easy but I thought the same thing when I did a post on How to Peel a Peach . I figured everyone knew how to do that to and as it turned out … they didn't.
If the screw top of your foaming dispenser fits other jars with a screw on lid that are more attractive, then you could attach it to that the same way I did in this billion year old post Pouring spouts and Bottles .
If your foaming dispenser screw top is an odd size then you can just slip the whole thing into a nicer container so it's hidden. If you can be bothered. My dispenser actually fits into a black ceramic vase perfectly. It would have been great if I'd taken a photo of it. But I didn't. Cause I'm not quite as geniusy as we thought just a few paragraphs

**4.** <https://sweetlittlebluebird.com/diy-foaming-hand-soap-easy-as-1-2-3/>

Facebook
Pinterest
Today I was getting ready to refill my foaming hand soap and decided to grab my cell phone, snap a few photos and show you how you can easily make your own!
I am a compulsive hand washer. I easily go through one bottle of hand soap a week in my kitchen…easily. I love Bath & Body Works. I love their foaming hand soaps. The problem for me, I go through my kitchen hand soap so fast and I hate when I run out. One day I decided to see if I could make my own using my empty foaming soap container. All I did was add a little liquid dish soap and water and shook it up…IT WORKED PERFECT! Now I never run out of hand soap. YAY! Oh, and I can wash my dishes too – happy dance
How To Make Your Own Foaming Hand Soap
Making your own foaming hand soap is so simple. All you need is an empty foaming soap dispenser (I use Bath & Body Works ), and a bottle of Liquid Dish Soap or Liquid Hand Soap – you can use any scent – I love lemon for the kitchen. Next, add 1 inch (or a little more if you like) of liquid dish soap to your container. Fill the remainder with water, shake it up and it’s ready to go!
(Grab an empty foaming dispenser & liquid dish or hand soap)
(fill dispenser with 1 inch of liquid soap)
(fill remainder with water)
(replace cap, shake and done!)
I’ve used the same dispenser for almost a year. I never run out. I can wash my hands and my dishes! Saves me time and money! When it gets grubby, I’ll just grab a new one from Bath & Body Works.
Thanks so much for stopping by!
Cheers!

**5.** <https://www.myfrugalhome.com/how-to-make-foaming-hand-soap/>

How to Make Foaming Hand Soap
Save money – and cut down on plastic waste – by making your own foaming hand soap refill. I’ve been using this recipe to refill my foaming hand soap dispensers for over a decade.
Pretty much since foaming hand soap became a thing.
Because I love foaming soap, but there’s absolutely no way I’m paying someone to mix soap and water together, when I can do that myself in like 2.5 seconds.
And foaming hand soap really is nothing more than liquid soap that’s been diluted in a bunch of water.
So, I just purchase a bag of liquid soap refill and dilute it myself. This way the savings go to me, rather than some big corporation.
One bag of the soap refill I buy is supposed to fill a liquid soap dispenser 2.8 times. Diluted, it makes enough to refill my foaming soap dispensers 17 times! That means five less bags of soap refill that I have to buy, and send to the landfill.
More Reasons to Make and Use Foaming Hand Soap
If you haven’t already made the switch from liquid to foaming hand soaps, here are some more reasons to consider making the switch:
Saves water – According to a study conducted by Strategic Research Partners and GOJO Industries Inc., people use 9.7% less water when washing their hands with foaming hand soap
Less mess – Foaming hand soap is less likely to drip on the counter, and easier to clean up if it does.
Easier/faster to use – It comes out of the bottle pre-lathered, so you don’t have to spend time working up a lather; and since it’s less concentrated than liquid soap, it’s easier to wash off. Both of these features make it easier for kids to use.
Gentler on sensitive skin – Since less soap is used each time you wash your hands, your skin is exposed to fewer irritants.
Cuts down on manufacturing – Less soap has to be manufactured to create foaming hand soap vs. liquid soap, which means fewer carbon emissions and fewer resources getting used up.
Less soap getting into waterways – By using soap in a diluted form, less soap makes its way into the ocean, and biodegradable soaps are able to degrade even faster.
And a final reason to make your own foaming hand soap? It’s ridiculously easy. Try it once, and you’ll never go back to paying someone else to do it for you. Here’s my recipe.
DIY Foaming Hand Soap Recipe
What You’ll Need:
Water
A foaming hand soap dispenser
Gel hand soaps work best in this recipe. Those opaque, creamy hand soaps don’t mix in very well. I would also stay away from any soaps with micro beads or exfoliants, like pumice. They’re likely to jam up the soap pump.
I’ve always just used tap water to make my foaming hand soap. If you have hard water, you might want to use distilled water instead. The extra minerals in your water could clog up your dispenser.
Any foaming hand soap dispenser will do. Reuse an empty store-bought dispenser, or buy a new one. Just don’t try to use this foaming soap in a liquid soap dispenser. It’ll shoot soapy water everywhere. Foaming soap dispensers have a special pump that forces air into the soap as it’s being dispensed. That’s the magic behind foaming soap.
What You Do:
Fill your foaming hand soap dispenser one-quarter of the way with liquid soap.
Fill the rest of the dispenser with hot water from the tap. Stop one inch from the top.
Screw the cap back on your soap dispenser, and shake vigorously to combine the soap and water. Then, stick your soap back by the sink, and go about your day.
You’ll probably need to pump the bottle a few times to get the foaming action started the first time you use it, but after that you should be good to go, until the next refill.
As I mentioned at the beginning of this post, I’ve been making my own foaming hand soap refills for over a decade. Until recently, I just refilled empty store-bought dispensers. Here are two such dispensers that I “dressed up” by removing their labels. Very fancy of me.
These dispensers aren’t exactly designed to be used forever, so the pumps eventually break. When that happens, I’ve always just bought another cheap bottle of foaming hand soap. This approach has me buying a bottle once every few years, which I can live with.
That being said, I recently decided to upgrade to a “nicer looking” foaming soap dispenser. This one cost me $5.40 on sale from Target. The selling feature for me – besides the nicer lid – is that it has the foaming soap “recipe” printed on the side. This effectively takes the recipe out of my head and shares it with everyone in my house, so maybe – just maybe – one day I will walk into the bathroom and be surprised to find that a teenager has refilled the soap dispenser. Hey, a mom can dream.
How Much Does It Save to Make Your Own Foaming Hand Soap?
To refill my 13.5 oz. soap dispenser, I use 2 oz. of liquid soap, and fill it the rest of the way with water. At the time of publication, the cheapest non-sale price I was able to find for my preferred liquid soap brand was $5.37 for a 34-oz. bag. This breaks down to $.16 per fl. oz. Crunch the numbers, and that means it costs me $.32, plus the cost of water, each time I refill my dispenser.
And notice I said that’s based off of non-sale prices. I hardly ever buy liquid soap without coupons, a clearance deal or rewards points to sweeten the deal. More often than not, I’m probably making my refill for the price of the tap water.
Frequently Asked Questions About Foaming Hand Soap
How Does Foaming Hand Soap Clean?
Foaming hand soap contains surfactants. These compounds lower the surface tension of water, giving it the ability to lift and bond with the dirt and oil on your hands, so they rinse away easily. Surfactants are so good at what they do, the U.S. Food and Drug Administration found no evidence to support the claim that anti-bacterial soap is more effective at removing germs than plain soap. Based on this finding, triclosan, triclocarban and 17 other common anti-bacterial ingredients have been banned from use in soap since 2016.
Can I Use Castile Soap to Make Foaming Hand Soap?
Lots of websites share recipes for foaming hand soap that call for using castile soap, but I don’t recommend it. Castile soap doesn’t contain any surfactants, so the soap and water won’t emulsify (bond together). This means the soap and water will separate frequently – it’s nothing more than a blend of oil and water, after all.
And sure, you could shake the container to mix the ingredients back together every time they separate, like some bloggers tell you to do, but that’s a hassle, and it’s not something you’re likely to get everyone in your household on board with. So, it’s just a matter of time before a big glob of undiluted soap comes through the pump and clogs it, and in the meantime you’re probably going to be washing your hands with less soap than you should.
If you’re a die-hard castile soap fan, and you’re determined to use it in your foaming hand soap, I recommend using two-thirds less soap that this recipe calls for, since castile soap is three times more concentrated than other soaps.
Can I Add Essential Oils or Moisturizing Oils to My Foaming Hand Soap?
If you want to start with unscented liquid soap, and create your own custom blend of foaming hand soap, using essential oils and/or moisturizing oils, you can certainly do that. I just wouldn’t do it with castile soap. For the oils to create an emulsion with the water – and not simply sit on the surface – you need a soap with a surfactant, and castile soap is missing this key ingredient.
Most essential oils need to be diluted to be safe to use on the skin, so I recommend using an essential oil calculator (just do a quick web search) to figure out how many drops you should use in your soap. After you mix up the first batch, look closely at your soap, to make sure the oils have mixed in properly. If they haven’t, I wouldn’t use it.
Keep in mind that adding extra oils to your soap does increase the chance of clogging the pump. You’ll probably just have to do some experiments to figure out what works.
Can I Use Dish Soap to Make My Foaming Hand Soap?
Yes, dish soap will work great in this recipe. And just to be clear, I’m referring to the liquid dish soap that you use to wash dishes in the sink – not the dishwasher detergent that you put in your dishwasher.
Dish soap has added degreasers, like citric oils, so it’ll make an excellent foaming soap for the kitchen. And since it’s diluted, it’ll be a lot easier on your hands, than washing with straight dish soap.
Use liquid hand soap and water to make your own foaming hand soap in less than a minute.
Total Time: 1 minute
Water (tap, or distilled, if you have hard water)
Instructions
Fill a foaming hand soap dispenser a quarter of the way with liquid soap.
Fill the rest of the dispenser with hot water from the tap. Stop one inch from the top.
Screw the cap back on; and give it a good shake to mix the soap and water.
Notes
Gel soaps work best. Avoid creamy hand soaps, and any soaps with micro-beads or exfoliants, like pumice. These are likely to jam up the pump.
Castile soap is not recommended for this recipe. If you decide to use it, cut the amount of soap by two-thirds to account for its concentrated formula.
Add essential oils or moisturizing oils to unscented liquid soap to create your own custom blends. Use an essential oil calculator to get the amounts right. Make sure the oils have mixed into the soap, and are not simply sitting on the surface. Note: Adding oils may clog the pump.
Use dish soap to make a foaming soap for your kitchen.

**6.** <https://gardentherapy.ca/foaming-hand-soap-recipe/>

How to Make a Foaming Soap Dispenser + an All-Natural Foam Soap Recipe
June 7
Tags DIY , mason jar , natural beauty , natural cleaning , Natural Skincare Series , soap
Making your own all-natural foaming hand soap costs a fraction of store-bought options, takes mere seconds to make, is healthy for your skin, and you can customize the scent to be whatever you choose. All that should be enough to get your excited, but making your own dispenser also reduces unnecessary waste! In this post, I’m going to show you how to make an easy foaming soap dispenser and give you my favourite recipe for a luxurious and eco-friendly foaming soap.
If you follow along on Garden Therapy you know that I scrapped the store-bought beauty products and make all of my own natural skincare products.
Somehow along the way, I became addicted to foaming hand soap. At first, I thought that I was cheating on my homemade soap bars . All-natural homemade soap is so much better for my skin than store-bought liquid soap. But the foam. Oh, the foam. It’s so luxurious!
In this post, you will learn:
More Soap Recipes to Try
FAQs About Foaming Hand Soap
Update: this project and recipe were originally published in 2016 and since then I have received many questions on foaming hand soap. I’ll answer a few of those questions here so you can get all of the information in one place!
How does the pump work?
The pump is made with two parts, one for the soap and one for air. It injects air into the soap when it goes through the pump, making it lather.
What are the benefits of foaming soap?
I wrote at the beginning that making your own foaming soap is both less expensive and less wasteful than buying pre-made foaming hand soap. It’s very easy to make as you simply dilute liquid soap and water at the appropriate ratio. You can also reduce waste by refilling a container as opposed to buying a new one each time.
Finally, if you use natural Castile (olive oil) soap as the basis of the recipe, it’s very gentle on skin and all natural.
Will regular soap work in the foaming dispenser?
No, regular soap is too thick for a foaming dispenser, you need to reduce the viscosity by diluting it in water.
Is foaming soap less effective than regular soap?
Yes, if not used properly. Dirt and germs are removed from skin in the process of lathering up with soap so if that lathering is already done for you, it can be less effective at cleaning to use foaming soap.
That being said, proper hand washing is the variable. If you apply any soap and lather for 20 seconds, rinse well, dry your hands, and then apply hand cream , you will have clean, soft, well cared for hands no matter which soap format you choose.
How to Make a Foaming Soap Dispenser
I set upon the task to make a homemade foaming hand soap recipe and came up with some fun and foamy soap that I’m proud to wash with.
Of course, I needed a stylish container and pump that I could refill, so I made one from a Mason jar and a foam soap pump from a disposable bottle.
I’ve shared how to make one today so you can reduce the waste of buying disposable foam soap dispensers by replacing them with a reusable DIY version.
First, I’ll show you how to make the Mason jar foaming soap dispenser, then I’ll share my basic foaming hand soap recipe.
There are a number of options for a permanent foaming soap dispenser. You could certainly just buy one as there are some pretty nice ones out there on Amazon like this one , this one , and these ones . You could also just refill the disposable foam soap bottle with my foam soap recipe below.
Or you can make one inexpensively using a attractive mason jar and the pump from the disposable ones.
That’s what I did. Here’s how you can too.
Materials
Castile soap
Make it!
First, look for a disposable foaming hand soap bottle. I chose a Method one because I liked the look of it. You only need the nozzle and foaming mechanism, so remove that from the bottle.
Next, cut a hole in the middle of the snap lid to fit the soap pump into. The easiest way to do this is to use a hammer and nail to pierce a few holes in the center of the snap lid. Then, squeeze the metal snips in to cut out a hole.
Cut the hole large enough that the thinner bottom part of the pump fits into the hole, but small enough that the top of the pump sits above it.
Insert the pump into the snap lid, top the Mason jar, and twist on the ring to see how it fits. Trim the length of the straw to fit if necessary.
How to Make Foam Soap
Make your own foaming hand soap by using this recipe:
60% water
20% prepared liquid soap\*
20% air
\*I use this liquid castile soap , which comes concentrated and needs to be diluted. I prepare the castile soap according to the instructions on the package and use that for my 20%. If you like it a bit more creamy, use a bit less water. You can replace 5% of the water with more soap.
If you are using unscented castile soap, add 5-6 drops of essential oils to the recipe for a personalized scent. I like these scents in my DIY foaming hand soap:

**7.** <https://hearthandvine.com/how-to-make-foaming-hand-soap/>

Homemade Foaming Hand Soap with Essential Oils
January 17, 2022
Jump to How-To - Print
Learn how to make foaming hand soap with essential oils and a few other basic ingredients. Create your own fragrance and save money with this easy craft.
Making bath and body products with essential oils is something I have long enjoyed. Recently I ran out of a foaming soap that I liked so I decided to try and make my own.
I knew that when you use foaming hand soap you are using less soap and water than traditional liquid soap, while still effectively washing your hands. And I was interested in trying to create my own scent with essential oils so this easy craft was a no-brainer.
This post contains some affiliate links (that means if you make a purchase after clicking a link, there’s no additional cost to you, but I will earn a very small commission. ) i.e. as an Amazon Associate, I earn from qualifying purchases. Click here to read my full disclosure policy .
How to Make Foaming Hand Soap
What you Need
Vegetable Glycerin or Carrier Oil (optional)
You can buy all kinds of foaming soap pumps online or reuse an empty foaming soap bottle you have already. In my case, I chose to buy just the lid and pump that fit on a pint-sized (16 oz bottle) mason jar.
A little castile soap, some essential oils, and distilled water, and you're all set to go. I did add vegetable glycerin to the mix for moisture.
Additions and Substitutions
Add a teaspoon of a carrier oil for moisture such as grapeseed oil, fractionated coconut oil, sweet almond oil, or jojoba oil. I had some glycerin leftover from another project so I decided to use it.
If you don't have distilled water you could substitute filtered water. Just don't use tap water. Tap water may have microbes or unusual contaminants.
You can use fragrance oils or blends if you prefer. They are synthetic or man made and not natural, however, there are some scents that are hard to get with essential oils or are too expensive. If you do want to use fragrance oils I would suggest starting with a smaller amount, say 5 drops, as they seem to be much stronger than essential oils.
You can also use liquid soap with water to make foaming hand soap. Use a mixture of 4 to 1 water to soap in a foaming hand soap dispenser and shake well.
The lather comes out just like it does from purchased foam soap dispensers.
Simple, natural, custom, and inexpensive. That's what I'd call a good thing.
More Homemade Bath and Body Products
Measure out 2.5 tablespoons of castile soap and place it in the mason jar.
Add 1 teaspoon of vegetable glycerin.
Add 25-30 drops of your favorite essential oils
Fill the rest of the jar with distilled water.
Place the foam dispenser lid on top.
Shake gently and test the dispenser to make sure it's working.
Add a little more essential oil if you prefer a stronger scent.
Notes
You can add a teaspoon of a carrier oil such as grapeseed, almond, or jojoba for extra moisture.
You could use fragrance oil however, they are usually much stronger. Start with 5-10 drops and test the scent first.
More DIY Projects

**8.** <https://joybileefarm.com/foaming-hand-soap/>

We have no data for this page, because it isn't accessible for our crawler.

**9.** <https://www.livinglocurto.com/diy-foaming-hand-soap/>

/ Home & Decorating / DIY Home / How to Make Foaming Hand Soap
How to Make Foaming Hand Soap
July 9, 2017
Homemade foaming hand soap recipe. An easy hack for how to make your own foaming soap from home. Great money saving tip and easy as 1,2,3!
Easy Foaming Hand Soap Recipe
Making your own foaming hand soap is as easy as 1, 2, 3. Seriously… it only takes three to four steps to make!
I love foaming soap and little did I know how easy it is to make. My mom told me about this quick DIY hack for making more foaming hand soap when you run out.
Don’t miss my recipe for how to make your own Homemade Hand
Is Foaming Hand Soap better?
Most soap is created equal, but foaming soap may be less effective in killing bacteria than liquid soap. Foam soap comes out of the pump as a lather, whereas liquid soap lather is built up in the process of hand washing.
How do you make foaming hand soap?
All you need to refill your foaming soap is a small bit of organic dishwashing or regular liquid hand soap and water. All I had available at the time I made this was my dishwashing soap. I was desperate to fill my foaming soap container back up!
Some people who have made this foam soap, say dishwashing soap made their hands dry. If you have dry skin, make sure to use liquid soap meant for hands.
Directions
1. Fill the empty bottle 1/4 full of liquid hand soap or dishwashing soap.
2. If you have essential oils , add a few drops of your favorite scent such as lavender, peppermint or lemon. (optional step)
3. Fill the rest of the bottle with water.
4. Put the cap back on and shake.
That’s it! You might already know this easy hack, but if not, now you’ll be hooked on making your own foaming soap.
You might also like these homemade recipes:

**10.** <https://brendid.com/easy-all-natural-foaming-hand-soap-diy/>

Home » Natural Bath and Body Products » Easy All-Natural Homemade Foaming Hand Soap
Easy All-Natural Homemade Foaming Hand Soap
Published:
by Bren
Learn to make easy all-natural foaming hand soap in five different ways. It’s the easiest non-toxic DIY you’ll ever attempt. To make foaming hand soap you need just two simple ingredients: 1. liquid soap or detergent and 2. water. Combine the two in an empty foaming hand soap container and you’ll never run out of foaming hand soap again!
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This easy guide to DIY homemade foaming hand soap will teach you to make foaming hand soap from soap, detergent, body wash, or even shampoo. Plus learn how and when to add additional ingredients to moisturize hands and add scent.
Can You Love Soap?
Cause I love foaming hand soap! It is an easy to use, convenient product that doesn’t leave globs of liquid soap all over the sink… and I love any product that results in less time cleaning bathrooms!
Plus foaming hand soap is easier on the environment and more cost-effective than regular liquid soap. Except…
The Downside to Foaming Hand Soap
There is also a lot DISLIKE about most foaming hand soaps:
Dangerous ingredients – Many store-bought versions contain unhealthy ingredients such as artificial fragrance, artificial color, triclosan , and a host of other additives that can act as allergens, endocrine disruptors, or carcinogens. These substances may cause allergies to develop in young children, early-onset puberty, and/or cellular level changes. My love of bubbles is not worth a malfunctioning immune system or breast cancer!
Cost – Another problem with foaming hand soap is the cost! An all-natural, non-toxic version of foaming hand soap can cost more than $5 for an 8-ounce bottle that contains mostly water.
Plastic waste – Foaming hand soap is often sold in single-use plastic bottles. I don’t like adding to the amount of plastic waste produced in the world, but the bottles can be used again and again by buying a refill bag or making your own soap solution.
Luckily all-natural foaming hand soap is the easiest non-DIY project you’ll ever attempt!
To make foaming hand soap you need just two simple ingredients: 1. liquid soap or detergent and 2. Water. Combine the two in an empty foaming hand soap container and PREST… foaming hand soap!
DIY Foaming Hand Soap Ingredients
Foaming hand soap can be made from any liquid soap or detergent found in your home. It just needs to be diluted with water! Of course, different detergents/liquid soaps will clean your hands in different ways so you might have to try a few versions before you find one you love.
1. Liquid Soap or Detergent
The first necessary ingredient in foaming hand soap is liquid soap or detergent. In the US we call commonly call all hand washes “soap” the same way we call all facial tissues “Kleenex.” In reality, some hand washes contain soap and some contain detergent. Both soap and detergent will work in this recipe because both remove soils and bacteria when aided by friction and water.
Common soap examples: Liquid Castile soap, a liquid vegetable oil soap that can be used in homemade foaming soap recipes.
Common detergent examples: liquid hand wash, body wash, liquid dish detergent (for hand washing dishes), and shampoo are all detergents that can be used in foaming hand soap recipes.
Note: Select a natural soap or detergent if you want to make all-natural foaming hand soap. Any liquid soap or detergent will work in this recipe but some contain better ingredients.
2. Water
The second necessary ingredient in foaming hand soap is water. In fact, water is what turns liquid soap into foaming hand soap!
Use distilled, filtered, or boiled (then cooled) water to make sure there is no bacteria present. Your foaming hand soap will last longer, and you’ll be sure your hands are getting clean.
Optional Foaming Hand Soap Ingredients
You can customize your foaming hand soap by adding one or more of these 3 optional ingredients:
1. Moisturizing Oil
Moisturizing oils are sometimes used in foaming hand soap recipes to soften the skin since soap and/or detergent can be drying. Especially when hands are washed frequently.
How to add moisturizing oils to foaming hand soap: If you’d like to add oil to your soap start with one teaspoon of argan oil jojoba oil, avocado oil, sweet almond oil, fractionated coconut oil, etc.
A note on moisturizing oils: You may find that adding moisturizing oil decreases the cleaning power of your soap. You can skip this ingredient and simply rub a drop or two of the oil into your hands once you are done washing.
2. Essential Oils
Essential oils (EOS) are sometimes used in DIY foaming hand soap recipes to add scent and/or to increase the antibacterial power of the soap (some essential oils have been shown to have antifungal/ antibacterial properties).
How to add essential oils to foaming hand soap: If you’d like to add oil to your soap start with one teaspoon of moisturizing oil and add 1-15 drops of essential oils. Follow this chart for proper dilution by oil type.
Notes on essential oils: The addition of EOS is completely optional and does not change the effectiveness of the foaming hand soap. Science shows that proper handwashing with plain soap and water is just as effective at preventing illness .
If you are adding EOS to your foaming hand soap you must dilute them with a carrier oil first. Essential oils are not water-soluble so you cannot simply add them to a solution of water and soap. This rule applies to ALL brands of EOS.
EOS can cause adverse reactions in children, adults, and pets including allergic reactions, skin irritation or rash, and neurological impartment. Health experts recommend limiting the use of many EOS on surfaces that contact food and in homes with sensitive individuals (children under 5, pregnant women, people with respiratory issues, and certain pets).
3. Vegetable Glycerin
Vegetable glycerin is sometimes used in all-natural foaming hand soap recipes to help moisturize the skin , soothe skin irritation, and/or thicken the final product.
How to add glycerin to foaming hand soap: If you’d like to add glycerin to your soap start with 1 tablespoon of vegetable glycerin.
A note on glycerin: You may find that adding glycerin leaves hands feeling a bit sticky. You can skip this ingredient and moisturize your hands once you are done washing.
How to Make Foaming Hand Soap with Castile Soap
Supplies
Foaming hand soap dispenser (or reuse an old dispenser)
Directions
Add liquid body wash to foaming hand soap pump.
Add 6 ounces of water to the container (make sure you leave room for the pump or the bottle will overflow).
Stir or swirl gently to combine.
How to Make Foaming Hand Soap with Shampoo
Supplies
1 Tbsp. Shampoo (0.5 fluid ounce) – pick a simple shampoo not one that is medicated or color depositing
3/4 C. Water (6 fluid ounces)
Foaming hand soap dispenser (or reuse an old dispenser)
Directions
Add liquid Castile soap to foaming hand soap pump.
Add 6 ounces of water to the container (make sure you leave room for the pump or the bottle will overflow).
Stir or swirl gently to combine.
How to Make Foaming Hand Soap with Dish Detergent
Supplies
2 Tbsp. Natural Dish Detergent (1 fluid ounce) – the kind used for hand washing dishes in the sink
3/4 C. Water (6 fluid ounces)
Foaming hand soap dispenser (or reuse an old dispenser)
Directions
Add liquid Castile soap to foaming hand soap pump.
Add 6 ounces of water to the container (make sure you leave room for the pump or the bottle will overflow).
Stir or swirl gently to combine.
How to Make Foaming Hand Soap with Hand Soap
Supplies
Foaming hand soap dispenser (or reuse an old dispenser)
Directions
Add liquid Castile soap to foaming hand soap pump.
Add 6 ounces of water to the container (make sure you leave room for the pump or the bottle will overflow).
Stir or swirl gently to combine.
How Foaming Soap Works
All foaming hand soaps contain one active cleaning ingredient: soap or detergents. Both soap and detergents are surfactants : they lower the surface tension of water which makes it more able to bind with soils and oils.
Both detergents and soap molecules have a hydrophobic end that binds to the soil and a hydrophilic portion that binds to water, so when you rinse your hands, the soap or detergent is swept away by the water and it carries unwanted soils away with it.
Why does foaming soap foam?
Foaming hand soap is simply liquid soap or detergent diluted with water. As the mixture leaves the dispenser it is mixed with air to create a foamy lather.
You must use a foaming hand soap dispenser for foaming hand soap to work properly. When the diluted soap is placed in a regular soap dispenser you will simply get watery soap.
Foaming Hand Soap Q &A
What is Castile soap? Castile soap is vegetable oil-based soap that can be found in both bar and liquid forms. The name Castile comes from the region of Spain where this technique of soap making originated. Today Castile soap is made all over the world, often from coconut oil or olive oil.
How is Castile soap different from other soaps? In the United States, many soaps are made from animal fat. When you see the ingredient sodium tallowate or tallow acid on a soap label you know the soap is made from animal fat.
How can I make naturally scented hand foaming soap? There are two easy ways to scent your soap:
Buy scented Castile soap, it comes in a variety of scents including peppermint, lemongrass, pine, lavender, citrus, almond, eucalyptus, rose, tea tree, and orange. You can even combine scents to make your own blends.
Add a few drops of essential oil along in a carrier oil to your soap and water mixture. Please use caution when adding essential oils to foaming hand soap. Essential oils are not water-soluble and can separate from the mixture as it sits in your bathroom. These undiluted oils can damage the skin or cause an allergic reaction if they are dispensed onto bare hands.
How can I make moisturizing foaming hand soap? There are two easy ways to make moisturizing soap:
Buy liquid Castile soap that contains shea butter. It also comes in a variety of scents and is naturally moisturizing.
Add a teaspoon of moisturizing oil to your soap. Read more in the “Moisturizing oil section” above.
Can I make foaming body wash? Yes, follow the steps for foaming hand soap and put the dispenser in your shower or bathtub. Use plain Castile soap if you want to the foaming soap use it as shampoo, not a moisturizing shea butter version which is hard to rinse out of hair.
Can I use dishwasher detergent to make foaming hand soap? No, foaming hand soap can only be made with dish soap that is formulated for hand washing dishes in the sink. Dishwasher detergent is not meant to come into contact with human skin and does not contain the same lathering ingredients.
Can I use bar soap to make foaming dish soap? Yes. People have successful melted grated soap in hot water and then diluted the mixture to make foaming hand soap . While this works in a pinch, I have found it to be a bit gloppy in the long run.
Foaming Hand Soap Cost
Making your own all-natural foaming hand soap is much cheaper than buying natural foaming hand soap at the store. My favorite store-bought version costs about $3.00 for 8 fluid ounces.
Liquid Castile soap costs approximately $16.00 for 32 ounces.
My homemade foaming hand soap uses one ounce of Castile soap plus water to make 6 ounces for $0.50!
That’s a cost savings of more than $2.00 and I can tell NO DIFFERENCE!
Soap and Detergent Buying Tip
Be sure to check your product labels when buying any natural body care product, even Castile Soap. Many products claim to be pure and natural but have synthetic chemicals or fragrances added. I like to check my products on the EWG Consumer Guides or on a Smartphone with the Think Dirty App .
Want to learn more about healthy body care? Sign up for my free weekly newsletter below.

**how to make foaming hand soap**

**1.** <https://m.youtube.com/watch?v=KQ0yIY9k4fU>

We have no data for this page, because it isn't accessible for our crawler.

**2.** <https://www.bobvila.com/articles/how-to-make-foaming-hand-soap/>

How To's & Quick Tips
How to Make Foaming Hand Soap in 5 Easy Steps
Make your own foaming soap to save money, reduce waste, and enjoy custom fragrances that match your personal preferences.
By Deirdre Mundorf | Updated Oct 30, 2021 11:39 AM
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Photo: istockphoto.com
Did you know that individuals use less water when they wash their hands using foaming soap instead of liquid soap? When you consider how many times you and the other members of your household wash your hands, using foaming hand soap can make a difference in the amount of water consumed. This can not only help you save money with decreased water bills, but it is also better for the environment.
Many individuals also prefer washing their hands with foaming soap because of how nicely it lathers and how easily it washes off the hands. Liquid soap can be sticky, which makes it take longer to wash it off of your hands.
While you can buy premade foaming soap, making your own homemade foaming hand soap is actually quite easy. With just a few simple ingredients and a foaming soap dispenser, you can have your soap made and ready to use in no time.
Be sure to purchase a foaming soap dispenser like this highly rated option available at Amazon before making your own foaming soap. These dispensers feature a special air chamber that pumps air into the soap as it is released. Without this addition of air, foaming soap won’t foam up; it will just come out as a liquidy mess.
Continue reading to discover how to make foaming hand soap!
Tools & Materials
We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites.
BEFORE YOU BEGIN
The foaming soap recipe below uses water, liquid castile soap, and essential and carrier oils. However, this is not the only way you can make foaming hand soap. As an alternative, you can also just mix liquid hand or dish soap with water to make a DIY foaming soap. If choosing this method, use a 4:1 ratio of water to soap. Combine the two ingredients in your foaming soap dispenser and turn it or shake it to ensure they mix together.
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RELATED: The Best Hand Soaps for a Healthy Home
STEP 1: Fill the soap dispenser with water, leaving space for more ingredients.
The first step for how to make foaming soap is to add water to your foaming soap dispenser. You should fill the dispenser approximately two-thirds to three-fourths with water. Take care not to add too much water, as there needs to be space left to add the other ingredients.
Before adding water to your dispenser, ensure that it is clean. If you’re reusing a soap dispenser, take a few moments to make sure the interior is completely rinsed out and to wash the exterior to eliminate any germs.
Photo: Amazon.com
STEP 2: Add 2 tablespoons of castile soap.
To make foaming hand soap, start by adding 2 tablespoons of castile soap to the water in the dispenser (this amount of soap is appropriate for a 12-ounce soap dispenser). Castile soap is naturally biodegradable and non-toxic, making it an excellent choice when making your own foaming hand soap. Castile soap is made from plant-based oils— typically olive oil — and doesn’t have any synthetic ingredients or animal fats.
You can also find castile soap that is made using other oils, such as castor , coconut, or almond. These added ingredients can make it more moisturizing, and these also can be used to make a foaming hand soap.
RELATED: The Best Hand Sanitizers for Reducing Germs
STEP 3: Add about 10 drops of essential oils of your choice.
If you’re wondering how to make foam soap that will have a pleasant scent, the key is to add essential oils. There are many different options to consider when deciding which essential oils to add. You may choose essential oils based on their scent, or opt for those with antimicrobial properties, such as tea tree oil, eucalyptus oil, or lemongrass oil.
Advertisement
Photo: istockphoto.com
Add 10 drops of the essential oil of your choice to the foaming soap dispenser. You can add 10 drops of one essential oil, or you can also consider mixing two different oils (five drops of each) for a more customized scent. A few different combinations to try include:
Peppermint and eucalyptus
STEP 4: Add up to 1 teaspoon of carrier oil for moisture.
As you plan out your foaming hand soap recipe, don’t forget about adding a carrier oil to the mix as well. Carrier oils, such as jojoba oil , coconut oil , olive oil , or sweet almond oil , can help make your foaming soap more moisturizing, which can be especially beneficial during cold and dry winter months.
Photo: istockphoto.com
STEP 5: Secure the lid and shake the dispenser to mix all ingredients.
After adding the water, castile soap, and oils of your choice, close the dispenser and shake it to finish making your foaming hand soap. Shake and turn the dispenser around for 30 seconds to 1 minute to ensure all the ingredients are incorporated. You may need to periodically re-shake the bottle to keep the oils from separating from the water.
After mixing, your DIY foaming soap is ready to use right away. Press on the pump to dispense some on your hand and try it out!
Now you know how to make foamy hand soap. With just water, castile soap, essential oils, and a carrier oil, you can easily make your own foaming hand soap to reduce water waste and save money. Try using different essential oil blends to match each season and the preferences of the various members of your household. Remember, in order for your soap mixture to foam, you’ll need to use a foaming soap dispenser.
Advertisement

**3.** <https://ecolivingmama.com/how-to-make-foaming-hand-soap/>

How To Make Foaming Hand Soap + 7 DIY Recipes to Try
March 4, 2022
by Karla
This post may contain affiliate links and we will earn a small commission if you make a purchase through these links.
If these last few years have taught us anything, it is undoubtedly the importance of handwashing.
We have all been sanitizing like never before and re-learning how to scrub for a full 20 seconds, between our fingers and right up to our wrists.
But lots of store-bought soaps are full of man-made chemicals that are bad for the environment and for our skin.
Luckily, making your own DIY hand soap is fun, easy, and really creative. Better still, you can make your own FOAMING hand soap.
Homemade foaming hand soap makes an excellent gift for friends and loved ones, and you can choose the specific scents and ingredients that appeal most to you.
This article explains how to make your foaming hand soap at home and shares seven all-natural recipes. You won’t be able to resist giving them a try!
What Are the Benefits of Foaming Hand Soap?
Foaming hand soap isn’t just a fun, bubbly novelty product; it also has some really useful benefits. If you’re not quite ready to make the switch to bar soap , liquid foaming hand soap is a great natural option!
It Saves On Water
Because the soap is already foamy, you do not need to run the tap while you lather up. This saves water and ultimately benefits the environment (and your bills).
It Lasts Longer
As foaming soap expands in your palm, you use less per wash, and it, therefore, lasts longer than average liquid soap. This means you get more for your money and do not need to refill as often.
It Is Environmentally Friendly
Not only can homemade foaming hand soap bottles be refilled, saving on wasteful packaging and harmful transportation, the ingredients are also all-natural.
There are no nasty chemicals that can be washed down the drain and into our waterways when using this soap.
Saves Money
Making your own anything almost always saves money, and liquid hand soap is no exception! You’ll find you spend far less on liquid hand soap when you make your own with castile soap. Purchase a big bottle of castile soap , and you can make many, many batches of foaming hand soap for months to come.
How Do You Make Foaming Hand Soap?
Surprisingly, there is very little difference between ordinary liquid soap and foaming hand soap ingredients. The main difference lies in the dispenser or bottle .
This is because a foaming hand dispenser introduces air into the mixture as you pump, frothing the soap into those distinctive bubbles.
Air is a crucial ingredient in foaming soap, and the internal chamber inside these specially designed bottles is where that magic happens.
Try one of these foaming soap dispensers for your DIY recipe:

**4.** <https://www.theartofdoingstuff.com/how-to-make-foaming-soap/>

SKIP TO HOW-TO
I'm going to go into this assuming you know foaming soap is a rip off. You know that, right? You pay the same, or more for foaming soap and for that you get - less soap. Here's how to make your own diy foaming hand soap.
Skip right to the tutorial.
This soap tutorial has been the number one thing people have been coming to my site for since the world changed. I'm not sure why, but I thought since it's so popular that now would be a good time for us all to revisit it. I'll be upping my soap game here in the next week or so but for now, here's how to make DIY foaming hand soap.
It's the little things in life that get me all riled up and in a good mood. Remembering I have leftover pizza in the fridge. Watching squirrels scurrying around trying to find hiding places for their nuts in the fall.. Finding out Home Depot now carries the 2" galvanized pipe elbows with a double sided, screw in end. You know. The little things.
Foaming soap is one of those little things. I love it. It's easy. It comes out puffy and lathery without any work on your part at all.
That's right. I'll spend 12 hours stacking 2 full, bush cords of wood , but I'm too lazy to lather.
What of it?
The one thing I don't like about foaming soap dispensers is refill soap for them is harder to find than regular soap and is usually more expensive. Even though you're getting less soap. Because 500 ml of regular soap = 500 ml of regular soap. 500 ml of foaming soap is actually only a tiny bit of soap and a bunch of water.
So I figured out how to turn regular liquid hand soap into the sort of soap that will work in a foaming dispenser.
Regular liquid hand soap won't work in a foaming dispenser because it's too thick.
So genius me decided I could probably just add water to it to thin it down.
Genius me was right.
Getting the proportions right isn't even difficult. It's pretty forgiving. It's foaming soap, not an atomic bomb.
Table of Contents
Can You make Your Own Foaming Hand Soap?
You CAN indeed make your own foaming hand soap. But for the soap to foam you need a special foaming soap dispenser. If you've ever bought a foaming soap that's in a dispenser this technique will work in it.
What Makes Foaming Soap Foam?
The reason the soap foams has nothing to do with the actual soap. It's the way the soap is dispensed. Foaming dispensers add air to the soap as you push down on the foaming pump. If you take a look at your foaming soap dispenser you'll see the soap is held in the main chamber, and then attached to the pump there's a smaller chamber. It's that chamber that forces air into the soap as you pump it out.
Is it Better Than Regular Soap?
Aside from the fun of having your soap being pre-foamed for you, foaming soap is actually better in many ways than regular liquid soap. Here's how:
People use less soap when dispensing it from a foaming dispenser. This makes it more economical and means that foaming soap lasts longer.
People use 15% less water to lather with foaming soap so that's less water use which is environmentally friendly. If you only use water to rinse your hands and don't add water for the initial hand washing, using foaming soap will save 45% of the water used during traditional hand washing.
Using foaming hand soap reduces the amount of soap you use for each hand washing which in turn means you get more hand washes out of each package. This means you're reducing the amount of packaging used.
How to Make Foaming Soap
Mix 1 part liquid soap with 4 parts water in a foaming soap dispenser .
Slowly mix by gently turning soap dispenser until incorporated.
You can actually use 4 or 5 or 6 parts of water. The more water you put in the more cost savings you'll have but the less foamy the soap will be.
You can use any foaming soap dispenser you have. Obviously you can use refill any store bought soap dispenser you have like I've done here.
But if you plan on doing this a lot I'd recommend getting a nice, heavy glass foaming soap dispenser. You can get 2 glass dispensers for $20 on Amazon. They're solid and heavy, so when you're down to the last bit of soap your dispenser won't flip over or tip like the lightweight plastic dispensers sometimes (always) do.
To mix the water into the soap you just have to do it slowly and gently. Just tip the container back and forth slowly until the water is incorporated with the soap.
I wasn't even going to do this tutorial because it's so logical and so easy but I thought the same thing when I did a post on How to Peel a Peach . I figured everyone knew how to do that to and as it turned out … they didn't.
If the screw top of your foaming dispenser fits other jars with a screw on lid that are more attractive, then you could attach it to that the same way I did in this billion year old post Pouring spouts and Bottles .
If your foaming dispenser screw top is an odd size then you can just slip the whole thing into a nicer container so it's hidden. If you can be bothered. My dispenser actually fits into a black ceramic vase perfectly. It would have been great if I'd taken a photo of it. But I didn't. Cause I'm not quite as geniusy as we thought just a few paragraphs

**5.** <https://www.myfrugalhome.com/how-to-make-foaming-hand-soap/>

How to Make Foaming Hand Soap
Save money – and cut down on plastic waste – by making your own foaming hand soap refill. I’ve been using this recipe to refill my foaming hand soap dispensers for over a decade.
Pretty much since foaming hand soap became a thing.
Because I love foaming soap, but there’s absolutely no way I’m paying someone to mix soap and water together, when I can do that myself in like 2.5 seconds.
And foaming hand soap really is nothing more than liquid soap that’s been diluted in a bunch of water.
So, I just purchase a bag of liquid soap refill and dilute it myself. This way the savings go to me, rather than some big corporation.
One bag of the soap refill I buy is supposed to fill a liquid soap dispenser 2.8 times. Diluted, it makes enough to refill my foaming soap dispensers 17 times! That means five less bags of soap refill that I have to buy, and send to the landfill.
More Reasons to Make and Use Foaming Hand Soap
If you haven’t already made the switch from liquid to foaming hand soaps, here are some more reasons to consider making the switch:
Saves water – According to a study conducted by Strategic Research Partners and GOJO Industries Inc., people use 9.7% less water when washing their hands with foaming hand soap
Less mess – Foaming hand soap is less likely to drip on the counter, and easier to clean up if it does.
Easier/faster to use – It comes out of the bottle pre-lathered, so you don’t have to spend time working up a lather; and since it’s less concentrated than liquid soap, it’s easier to wash off. Both of these features make it easier for kids to use.
Gentler on sensitive skin – Since less soap is used each time you wash your hands, your skin is exposed to fewer irritants.
Cuts down on manufacturing – Less soap has to be manufactured to create foaming hand soap vs. liquid soap, which means fewer carbon emissions and fewer resources getting used up.
Less soap getting into waterways – By using soap in a diluted form, less soap makes its way into the ocean, and biodegradable soaps are able to degrade even faster.
And a final reason to make your own foaming hand soap? It’s ridiculously easy. Try it once, and you’ll never go back to paying someone else to do it for you. Here’s my recipe.
DIY Foaming Hand Soap Recipe
What You’ll Need:
Water
A foaming hand soap dispenser
Gel hand soaps work best in this recipe. Those opaque, creamy hand soaps don’t mix in very well. I would also stay away from any soaps with micro beads or exfoliants, like pumice. They’re likely to jam up the soap pump.
I’ve always just used tap water to make my foaming hand soap. If you have hard water, you might want to use distilled water instead. The extra minerals in your water could clog up your dispenser.
Any foaming hand soap dispenser will do. Reuse an empty store-bought dispenser, or buy a new one. Just don’t try to use this foaming soap in a liquid soap dispenser. It’ll shoot soapy water everywhere. Foaming soap dispensers have a special pump that forces air into the soap as it’s being dispensed. That’s the magic behind foaming soap.
What You Do:
Fill your foaming hand soap dispenser one-quarter of the way with liquid soap.
Fill the rest of the dispenser with hot water from the tap. Stop one inch from the top.
Screw the cap back on your soap dispenser, and shake vigorously to combine the soap and water. Then, stick your soap back by the sink, and go about your day.
You’ll probably need to pump the bottle a few times to get the foaming action started the first time you use it, but after that you should be good to go, until the next refill.
As I mentioned at the beginning of this post, I’ve been making my own foaming hand soap refills for over a decade. Until recently, I just refilled empty store-bought dispensers. Here are two such dispensers that I “dressed up” by removing their labels. Very fancy of me.
These dispensers aren’t exactly designed to be used forever, so the pumps eventually break. When that happens, I’ve always just bought another cheap bottle of foaming hand soap. This approach has me buying a bottle once every few years, which I can live with.
That being said, I recently decided to upgrade to a “nicer looking” foaming soap dispenser. This one cost me $5.40 on sale from Target. The selling feature for me – besides the nicer lid – is that it has the foaming soap “recipe” printed on the side. This effectively takes the recipe out of my head and shares it with everyone in my house, so maybe – just maybe – one day I will walk into the bathroom and be surprised to find that a teenager has refilled the soap dispenser. Hey, a mom can dream.
How Much Does It Save to Make Your Own Foaming Hand Soap?
To refill my 13.5 oz. soap dispenser, I use 2 oz. of liquid soap, and fill it the rest of the way with water. At the time of publication, the cheapest non-sale price I was able to find for my preferred liquid soap brand was $5.37 for a 34-oz. bag. This breaks down to $.16 per fl. oz. Crunch the numbers, and that means it costs me $.32, plus the cost of water, each time I refill my dispenser.
And notice I said that’s based off of non-sale prices. I hardly ever buy liquid soap without coupons, a clearance deal or rewards points to sweeten the deal. More often than not, I’m probably making my refill for the price of the tap water.
Frequently Asked Questions About Foaming Hand Soap
How Does Foaming Hand Soap Clean?
Foaming hand soap contains surfactants. These compounds lower the surface tension of water, giving it the ability to lift and bond with the dirt and oil on your hands, so they rinse away easily. Surfactants are so good at what they do, the U.S. Food and Drug Administration found no evidence to support the claim that anti-bacterial soap is more effective at removing germs than plain soap. Based on this finding, triclosan, triclocarban and 17 other common anti-bacterial ingredients have been banned from use in soap since 2016.
Can I Use Castile Soap to Make Foaming Hand Soap?
Lots of websites share recipes for foaming hand soap that call for using castile soap, but I don’t recommend it. Castile soap doesn’t contain any surfactants, so the soap and water won’t emulsify (bond together). This means the soap and water will separate frequently – it’s nothing more than a blend of oil and water, after all.
And sure, you could shake the container to mix the ingredients back together every time they separate, like some bloggers tell you to do, but that’s a hassle, and it’s not something you’re likely to get everyone in your household on board with. So, it’s just a matter of time before a big glob of undiluted soap comes through the pump and clogs it, and in the meantime you’re probably going to be washing your hands with less soap than you should.
If you’re a die-hard castile soap fan, and you’re determined to use it in your foaming hand soap, I recommend using two-thirds less soap that this recipe calls for, since castile soap is three times more concentrated than other soaps.
Can I Add Essential Oils or Moisturizing Oils to My Foaming Hand Soap?
If you want to start with unscented liquid soap, and create your own custom blend of foaming hand soap, using essential oils and/or moisturizing oils, you can certainly do that. I just wouldn’t do it with castile soap. For the oils to create an emulsion with the water – and not simply sit on the surface – you need a soap with a surfactant, and castile soap is missing this key ingredient.
Most essential oils need to be diluted to be safe to use on the skin, so I recommend using an essential oil calculator (just do a quick web search) to figure out how many drops you should use in your soap. After you mix up the first batch, look closely at your soap, to make sure the oils have mixed in properly. If they haven’t, I wouldn’t use it.
Keep in mind that adding extra oils to your soap does increase the chance of clogging the pump. You’ll probably just have to do some experiments to figure out what works.
Can I Use Dish Soap to Make My Foaming Hand Soap?
Yes, dish soap will work great in this recipe. And just to be clear, I’m referring to the liquid dish soap that you use to wash dishes in the sink – not the dishwasher detergent that you put in your dishwasher.
Dish soap has added degreasers, like citric oils, so it’ll make an excellent foaming soap for the kitchen. And since it’s diluted, it’ll be a lot easier on your hands, than washing with straight dish soap.
Use liquid hand soap and water to make your own foaming hand soap in less than a minute.
Total Time: 1 minute
Water (tap, or distilled, if you have hard water)
Instructions
Fill a foaming hand soap dispenser a quarter of the way with liquid soap.
Fill the rest of the dispenser with hot water from the tap. Stop one inch from the top.
Screw the cap back on; and give it a good shake to mix the soap and water.
Notes
Gel soaps work best. Avoid creamy hand soaps, and any soaps with micro-beads or exfoliants, like pumice. These are likely to jam up the pump.
Castile soap is not recommended for this recipe. If you decide to use it, cut the amount of soap by two-thirds to account for its concentrated formula.
Add essential oils or moisturizing oils to unscented liquid soap to create your own custom blends. Use an essential oil calculator to get the amounts right. Make sure the oils have mixed into the soap, and are not simply sitting on the surface. Note: Adding oils may clog the pump.
Use dish soap to make a foaming soap for your kitchen.

**6.** <https://sweetlittlebluebird.com/diy-foaming-hand-soap-easy-as-1-2-3/>

Facebook
Pinterest
Today I was getting ready to refill my foaming hand soap and decided to grab my cell phone, snap a few photos and show you how you can easily make your own!
I am a compulsive hand washer. I easily go through one bottle of hand soap a week in my kitchen…easily. I love Bath & Body Works. I love their foaming hand soaps. The problem for me, I go through my kitchen hand soap so fast and I hate when I run out. One day I decided to see if I could make my own using my empty foaming soap container. All I did was add a little liquid dish soap and water and shook it up…IT WORKED PERFECT! Now I never run out of hand soap. YAY! Oh, and I can wash my dishes too – happy dance
How To Make Your Own Foaming Hand Soap
Making your own foaming hand soap is so simple. All you need is an empty foaming soap dispenser (I use Bath & Body Works ), and a bottle of Liquid Dish Soap or Liquid Hand Soap – you can use any scent – I love lemon for the kitchen. Next, add 1 inch (or a little more if you like) of liquid dish soap to your container. Fill the remainder with water, shake it up and it’s ready to go!
(Grab an empty foaming dispenser & liquid dish or hand soap)
(fill dispenser with 1 inch of liquid soap)
(fill remainder with water)
(replace cap, shake and done!)
I’ve used the same dispenser for almost a year. I never run out. I can wash my hands and my dishes! Saves me time and money! When it gets grubby, I’ll just grab a new one from Bath & Body Works.
Thanks so much for stopping by!
Cheers!

**7.** <https://hearthandvine.com/how-to-make-foaming-hand-soap/>

Homemade Foaming Hand Soap with Essential Oils
January 17, 2022
Jump to How-To - Print
Learn how to make foaming hand soap with essential oils and a few other basic ingredients. Create your own fragrance and save money with this easy craft.
Making bath and body products with essential oils is something I have long enjoyed. Recently I ran out of a foaming soap that I liked so I decided to try and make my own.
I knew that when you use foaming hand soap you are using less soap and water than traditional liquid soap, while still effectively washing your hands. And I was interested in trying to create my own scent with essential oils so this easy craft was a no-brainer.
This post contains some affiliate links (that means if you make a purchase after clicking a link, there’s no additional cost to you, but I will earn a very small commission. ) i.e. as an Amazon Associate, I earn from qualifying purchases. Click here to read my full disclosure policy .
How to Make Foaming Hand Soap
What you Need
Vegetable Glycerin or Carrier Oil (optional)
You can buy all kinds of foaming soap pumps online or reuse an empty foaming soap bottle you have already. In my case, I chose to buy just the lid and pump that fit on a pint-sized (16 oz bottle) mason jar.
A little castile soap, some essential oils, and distilled water, and you're all set to go. I did add vegetable glycerin to the mix for moisture.
Additions and Substitutions
Add a teaspoon of a carrier oil for moisture such as grapeseed oil, fractionated coconut oil, sweet almond oil, or jojoba oil. I had some glycerin leftover from another project so I decided to use it.
If you don't have distilled water you could substitute filtered water. Just don't use tap water. Tap water may have microbes or unusual contaminants.
You can use fragrance oils or blends if you prefer. They are synthetic or man made and not natural, however, there are some scents that are hard to get with essential oils or are too expensive. If you do want to use fragrance oils I would suggest starting with a smaller amount, say 5 drops, as they seem to be much stronger than essential oils.
You can also use liquid soap with water to make foaming hand soap. Use a mixture of 4 to 1 water to soap in a foaming hand soap dispenser and shake well.
The lather comes out just like it does from purchased foam soap dispensers.
Simple, natural, custom, and inexpensive. That's what I'd call a good thing.
More Homemade Bath and Body Products
Measure out 2.5 tablespoons of castile soap and place it in the mason jar.
Add 1 teaspoon of vegetable glycerin.
Add 25-30 drops of your favorite essential oils
Fill the rest of the jar with distilled water.
Place the foam dispenser lid on top.
Shake gently and test the dispenser to make sure it's working.
Add a little more essential oil if you prefer a stronger scent.
Notes
You can add a teaspoon of a carrier oil such as grapeseed, almond, or jojoba for extra moisture.
You could use fragrance oil however, they are usually much stronger. Start with 5-10 drops and test the scent first.
More DIY Projects

**8.** <https://gardentherapy.ca/foaming-hand-soap-recipe/>

How to Make a Foaming Soap Dispenser + an All-Natural Foam Soap Recipe
June 7
Tags DIY , mason jar , natural beauty , natural cleaning , Natural Skincare Series , soap
Making your own all-natural foaming hand soap costs a fraction of store-bought options, takes mere seconds to make, is healthy for your skin, and you can customize the scent to be whatever you choose. All that should be enough to get your excited, but making your own dispenser also reduces unnecessary waste! In this post, I’m going to show you how to make an easy foaming soap dispenser and give you my favourite recipe for a luxurious and eco-friendly foaming soap.
If you follow along on Garden Therapy you know that I scrapped the store-bought beauty products and make all of my own natural skincare products.
Somehow along the way, I became addicted to foaming hand soap. At first, I thought that I was cheating on my homemade soap bars . All-natural homemade soap is so much better for my skin than store-bought liquid soap. But the foam. Oh, the foam. It’s so luxurious!
In this post, you will learn:
More Soap Recipes to Try
FAQs About Foaming Hand Soap
Update: this project and recipe were originally published in 2016 and since then I have received many questions on foaming hand soap. I’ll answer a few of those questions here so you can get all of the information in one place!
How does the pump work?
The pump is made with two parts, one for the soap and one for air. It injects air into the soap when it goes through the pump, making it lather.
What are the benefits of foaming soap?
I wrote at the beginning that making your own foaming soap is both less expensive and less wasteful than buying pre-made foaming hand soap. It’s very easy to make as you simply dilute liquid soap and water at the appropriate ratio. You can also reduce waste by refilling a container as opposed to buying a new one each time.
Finally, if you use natural Castile (olive oil) soap as the basis of the recipe, it’s very gentle on skin and all natural.
Will regular soap work in the foaming dispenser?
No, regular soap is too thick for a foaming dispenser, you need to reduce the viscosity by diluting it in water.
Is foaming soap less effective than regular soap?
Yes, if not used properly. Dirt and germs are removed from skin in the process of lathering up with soap so if that lathering is already done for you, it can be less effective at cleaning to use foaming soap.
That being said, proper hand washing is the variable. If you apply any soap and lather for 20 seconds, rinse well, dry your hands, and then apply hand cream , you will have clean, soft, well cared for hands no matter which soap format you choose.
How to Make a Foaming Soap Dispenser
I set upon the task to make a homemade foaming hand soap recipe and came up with some fun and foamy soap that I’m proud to wash with.
Of course, I needed a stylish container and pump that I could refill, so I made one from a Mason jar and a foam soap pump from a disposable bottle.
I’ve shared how to make one today so you can reduce the waste of buying disposable foam soap dispensers by replacing them with a reusable DIY version.
First, I’ll show you how to make the Mason jar foaming soap dispenser, then I’ll share my basic foaming hand soap recipe.
There are a number of options for a permanent foaming soap dispenser. You could certainly just buy one as there are some pretty nice ones out there on Amazon like this one , this one , and these ones . You could also just refill the disposable foam soap bottle with my foam soap recipe below.
Or you can make one inexpensively using a attractive mason jar and the pump from the disposable ones.
That’s what I did. Here’s how you can too.
Materials
Castile soap
Make it!
First, look for a disposable foaming hand soap bottle. I chose a Method one because I liked the look of it. You only need the nozzle and foaming mechanism, so remove that from the bottle.
Next, cut a hole in the middle of the snap lid to fit the soap pump into. The easiest way to do this is to use a hammer and nail to pierce a few holes in the center of the snap lid. Then, squeeze the metal snips in to cut out a hole.
Cut the hole large enough that the thinner bottom part of the pump fits into the hole, but small enough that the top of the pump sits above it.
Insert the pump into the snap lid, top the Mason jar, and twist on the ring to see how it fits. Trim the length of the straw to fit if necessary.
How to Make Foam Soap
Make your own foaming hand soap by using this recipe:
60% water
20% prepared liquid soap\*
20% air
\*I use this liquid castile soap , which comes concentrated and needs to be diluted. I prepare the castile soap according to the instructions on the package and use that for my 20%. If you like it a bit more creamy, use a bit less water. You can replace 5% of the water with more soap.
If you are using unscented castile soap, add 5-6 drops of essential oils to the recipe for a personalized scent. I like these scents in my DIY foaming hand soap:

**9.** <https://ecolivingmama.com/calendula-foaming-hand-soap-recipe/>

DIY Soothing Calendula Foaming Hand Soap
July 27, 2022
by Karla
This post may contain affiliate links and we will earn a small commission if you make a purchase through these links.
Soothing calendula-infused foaming hand soap is made with just a few ingredients and is excellent for dry or sensitive skin. Made with calendula tea and calendula-infused oil, this herbal DIY uses liquid castile soap as the cleanser and is simple to make.
How to Make Foaming Hand Soap
Foaming hand soap is easier to make than you might think. The secret to making foaming hand soap at home is in the dispenser: you must use a liquid soap dispenser with a foaming pump that injects air into the soap as it is pumped from the bottle.
This is key to excellent foaming hand soap. Even if you follow the recipe exactly, you will NOT have soap that foams as it is dispensed without a foaming soap dispenser. I’ve purchased and like this soap dispenser . It works well and looks nice next to a sink; what more could you ask for??
Liquid castile soap is the perfect base for DIY foaming hand soap. It is foamy on its own, and technically you could fill your foaming soap dispenser with pure castile soap and be good to go. However, I find mixing it with a water base (or calendula tea, like this recipe) and a touch of glycerin makes it even foamier, and you get more bang for your buck with the castile soap.
Why Calendula Hand Soap
Calendula is a wonderful herb that I use in lots of homemade DIY recipes for its soothing properties. My family (myself included!) have a variety of skin types and sensitivities. For this reason, I prefer to use ingredients that are safe for everyone, and I use lots of herbs that are appropriate for sensitive skin.
As a new mom, a homemade calendula oil infusion is one of the first herbal concoctions I made many years ago as a new mom. It is soothing and gentle for new baby skin and has very little natural scent. This recipe includes calendula-infused oil, but you may substitute with a plain liquid oil if you prefer.
Calendula is particularly nice as a hand soap because hands can get so dry from constant use and washing. This soothing soap is mild and nourishing for dry, overworked hands. It’s also made with kid-friendly ingredients and is great for sensitive skin (like many products with calendula are!).
More ways to Use Calendula
If you’re new to calendula, it is such an easy herb to work with! Plus, it lends a beautiful golden color to anything you make with it. It is edible (try it in a salad for a beautiful pop of yellow) and can be made into tea for drinking. It has a mild floral taste and is a beautiful evening drink to wind down at the end of the day.
Do yourself a favor and buy more calendula than you need so you can try out a few other calendula recipes:

**10.** <https://www.livinglocurto.com/diy-foaming-hand-soap/>

/ Home & Decorating / DIY Home / How to Make Foaming Hand Soap
How to Make Foaming Hand Soap
July 9, 2017
Homemade foaming hand soap recipe. An easy hack for how to make your own foaming soap from home. Great money saving tip and easy as 1,2,3!
Easy Foaming Hand Soap Recipe
Making your own foaming hand soap is as easy as 1, 2, 3. Seriously… it only takes three to four steps to make!
I love foaming soap and little did I know how easy it is to make. My mom told me about this quick DIY hack for making more foaming hand soap when you run out.
Don’t miss my recipe for how to make your own Homemade Hand
Is Foaming Hand Soap better?
Most soap is created equal, but foaming soap may be less effective in killing bacteria than liquid soap. Foam soap comes out of the pump as a lather, whereas liquid soap lather is built up in the process of hand washing.
How do you make foaming hand soap?
All you need to refill your foaming soap is a small bit of organic dishwashing or regular liquid hand soap and water. All I had available at the time I made this was my dishwashing soap. I was desperate to fill my foaming soap container back up!
Some people who have made this foam soap, say dishwashing soap made their hands dry. If you have dry skin, make sure to use liquid soap meant for hands.
Directions
1. Fill the empty bottle 1/4 full of liquid hand soap or dishwashing soap.
2. If you have essential oils , add a few drops of your favorite scent such as lavender, peppermint or lemon. (optional step)
3. Fill the rest of the bottle with water.
4. Put the cap back on and shake.
That’s it! You might already know this easy hack, but if not, now you’ll be hooked on making your own foaming soap.
You might also like these homemade recipes: