

Homemade soaps

GENERAL INFORMATION

Target audience	> 11 years old
Recommended number of participants	3 - 10
Activity duration	30 min
Recommended season	Any














OBJECTIVE

- Learn how to make homemade soaps
- Learn about the use of certain plants in cosmetics

SUMMARY

Participants will take part in the creation of homemade soaps using a glycerin base and other natural ingredients. The process requires mixing the ingredients in a double boiler and then pouring the mixture into molds, which is why this activity is not suitable for large groups or young children.

MATERIALS

-  Coconut oil
-  Honey
-  Solid glycerin (1kg bar)
-  Molds
-  Large saucepan
-  Small saucepan
-  Knife
-  Large wooden spoon
-  Small spoons
-  Essences
-  Chia seeds
-  Coffee
-  Cloth

RATIONALE FOR THE ACTIVITY

This activity aims to promote creativity, hands-on learning, and knowledge about the use of natural ingredients in the creation of cosmetic products. Through the process of making homemade soaps, participants develop manual skills, ecological awareness, and a basic understanding of natural cosmetics. It also encourages teamwork, respect for artisanal processes, and interest in sustainable alternatives for personal care.

Benefits of the ingredients used in our soaps:

- **Glycerin:**
 - Gentle and suitable for all skin types.
 - Does not dry out the skin like many industrial soaps.
 - Easy to melt and mold — ideal for homemade artisanal soaps.
 - Easily customizable with essences, oils, and natural additives.
- **Coconut oil:**
 - Moisturizing: Deeply nourishing for dry skin.
 - Antibacterial and antifungal: Helps cleanse and prevent mild infections.
 - Natural foaming agent: Creates a rich lather, enhancing soap texture.
- **Honey:**
 - Natural humectant: Attracts and retains moisture in the skin.
 - Antibacterial: Great for acne-prone or sensitive skin.
 - Antioxidant: Fights premature skin aging.
 - Healing: Promotes skin regeneration and healing of minor wounds.
- **Chia seeds:**
 - Natural exfoliant: Whole chia seeds gently remove dead skin cells.
- **Rosehip essence:**
 - Cell regenerator: Helps reduce scars, spots, and stretch marks.
 - Anti-aging: Rich in vitamins A and C, which stimulate collagen production.
 - Deep hydration: Improves skin elasticity and softness.
 - Aromatherapy: Its soft scent provides a calming and balancing effect.

Soap Name	Glycerin	Coconut Oil	Honey	Chía	Rosehip Essence	Main uses
Moisturizing & Nourishing soap	✓	✓	✓	✗	✓	Dry or mature skin, facial use

Gentle Exfoliating Soap	✓	✓ (optional)	✓	✓	✗	Body exfoliation 2–3 times per week
Sensitive or Acne-Prone Skin Soap	✓	✓ (small amt)	✓	✗	✓	Body exfoliation 2–3 times per week
Relaxing Aromatherapy Soap	✓	✓	✗	✗	✓	Relaxation, aromatherapy, daily use

STEPS TO FOLLOW

1. Prepare the soap molds in advance.
2. Use a small saucepan with water, and place another smaller container inside it to create a double boiler.
3. Cut the glycerin into small pieces and place it in the smaller saucepan.
4. Once the glycerin has melted, add one spoonful of coconut oil and one spoonful of honey.
5. Stir the mixture until it becomes smooth and fully liquid.
6. Carefully pour the mixture into the molds.
7. Optional: Before pouring the melted glycerin, you can add a pinch of chia seeds or coffee into each mold for a decorative and exfoliating effect.
8. You can also add a few drops of fragrance or essential oil to each mold for a pleasant aroma.