



ZERO WASTE RECIPE



SOAP

Block

INGREDIENTS

- 400g olive oil
- 200g coconut oil
- 200ml water
- 85g caustic soda
- 40 drops essential oil

UTENSILS

- 1 scale (gram)
- 1 hand blender
- 1 glass container
- 1 mould

INDICATIONS

- Preparation : 30 minutes
- Precautions: gloves, goggles and covering clothes, in a ventilated room

PREPARATION

- 01** In a bowl, pour the water and then add the soda slowly. If you go too fast, the mixture will heat up, which is not good. The ideal temperature is around 30°C.
- 02** Pour in the olive oil a little at a time while stirring. Once incorporated, do the same with the coconut oil.
- 03** Blend the mixture until the saponification begins. Take some of the paste and let it flow over the rest, it should have the consistency of a custard or a little thicker. This should take between 20 and 40 minutes. If it is too liquid, continue mixing.
- 04** Add the essential oils and mix again. Pour the soap into the moulds.
- 05** Leave to harden for a few days. Remove from the mould. Wait 7/8 weeks before using them.