



INCLUSIVE BUBBLES HANDBOOK

INCLUSIVE BUBBLES: YOUNGTREPRENEURSHIP IN ACTION

2020-3-BG01-KA205-094819

THE HISTORY

Babylonians were the first one to master the art of soap making. They made soap from fats boiled with ashes around 2800 B.C. Babylonians, Mesopotamians, Egyptians, as well as the ancient Greeks and Romans. All of them made soap by mixing fat, oils and salts. Soap wasn't made and use for bathing and personal hygiene but was rather produced for cleaning cooking utensils or goods or was used for medicine purposes.

The Ebers papyrus (Egypt, 1550 BC) reveals that the ancient Egyptians mixed animal and vegetable oils with alkaline salts to produce a soap-like substance.

How does soap get its name?

The soap got its name (according to an ancient Roman legend) from Mount Sapo, where animals were sacrificed. Rain washed a mixture of wood ashes and melted animal fat, or tallow, down into the clay soil along the river Tiber. Women found this clay mixture to be highly helpful in making the cleaning easy and effective. Soap is a product for cleaning made from natural ingredients that may include both plant and animal products, including items as: animal fat, such as tallow or vegetable oil, such as castor, olive, or coconut oil. Soap supposedly got its name from Mount Sapo in Rome. The word sapo, Latin for soap, first appeared in Pliny the Elder's Historia Naturalis. The first soap was made by Babylonians around 2800 B.C. The early references to soap making were for the use of soap in the textile industry and medicinally.

Soap making history goes back many thousands years. The most basic supplies for soap making were those taken from animal and nature.

In the early beginnings of soap making, it was an exclusive technique used by small groups of soap makers. The demand for soap was high, but it was very expensive and there was a monopoly on soap production in many areas. Over time, recipes for soap making became more widely known, but soap was still expensive. In 1791 when a Frenchman by the name of LeBlanc discovered a chemical process that allowed soap to be sold for significantly less money.

More than 20 years later, another Frenchman identified relationships between glycerin, fats and acid what marked the beginning of modern soap making. With the 1800 discovery of another method of making soap ingredients, soap became even less expensive. The cold process method is the most popular soap making process today, while some soap makers use the historical hot process.

Today, there are many different soaps made for a vast array of purposes. Soap is available for personal, commercial and industrial use. There is handmade, homemade and commercially produced soap, there is soap used to wash clothes, dishes and cars, there is soap used for your pet, soap for your carpet and soap for your child.



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BULGARIA

Do you know that a small quantity of goat's milk will make your skin smooth as silk!

Goat's milk contains natural emollients, vitamins and triglycerides, as well as capric-capric triglyceride, which soothes, moisturizes and rejuvenates sensitive, dry and mixed skin.

How about homemade goat's milk soap? You can find the products you will need everywhere, and the preparation technique is not very complicated.

What do you need to know before you start making goat soap?

Before the soap starts to harden, it reacts with iron and aluminum, so you should use stainless steel or plastic utensils.

The time for preparation is about 2 hours. It takes up to 24 hours to harden and it will take 4 to 6 weeks to mature before it is ready for use.

RECIPE FOR GOAT'S MILK SOAP



Necessary products:

coconut oil - 500 g
palm oil - 500 g
lye (sodium hydrochloride) - 120 g
goat's milk - 300 ml

sweet almond essential oil - 5 ml
Additional supplements (the amount is your choice):
oat flakes
lavender flowers

Method of preparation:

Mix all the oils and heat them to 120 degrees, then slowly add the lye and goat's milk. Mix all ingredients well and add the essential oil of sweet almonds. Before pouring the goat soap into molds, you can add some oat flakes and lavender flowers.



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POLAND



What do you need?

Glycerin base - it is crucial that it is made of the highest quality vegetable glycerin. If you want to soak decorative accessories in the soap, a transparent glycerin soap base will be the best solution.

Dye - you can choose the colour you want. It depends on you and your preferences.

Essential or fragrance oils - for the body. The soap base has a neutral smell, so the essential oil will leave a beautiful scent on the skin (should not use those designed for aromatising rooms as they are not suitable for contact with the skin).

Moulds - can be an ice mould, cake mould or children's sandbox moulds. The best are silicone ones because it is easy to take the soap out of the form. If they are for baby soap, it is worth choosing moulds of various shapes.

Accessories for Glycerin soap for sure you find at your home. If you want your own natural soap to contain something "special", you can add, for example, herbs (lavender, rosemary, lemon balm), spices, dried flowers, ground fruit peels (apples, oranges, lemons, mangoes) if you want so that the soap has to peel properties, wider ground and sieved nut shells, grains or oat flakes (can be whole).

Method of preparation:

1. Use a knife to cut the needed piece of glycerin base and cut it into smaller pieces. Apply a little more, as some will remain on the sides of the vessel when heated.
2. Then put it in a glass dish.



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3. Heat the dish in a microwave oven or in a stainless steel pot in a water bath. A water bath consists in putting a vessel with a glycerin base into a pot with hot water and heating it until it dissolves completely. Stir the soap base from time to time; it will dissolve faster. Remember to watch the temperature - the glycerin base can boil. The base is to become liquid.
4. Add the dye to the liquid glycerin base. If you have liquid dye, add a few drops of dye; if in powder, dissolve it in a little water or alcohol beforehand. Add the dissolved dye (a few drops) to the dissolved soap base. The colours of the dyes are very intense, and you don't have to overuse them; you really only need a little.
5. Add your favourite fragrance. You don't need much here either. As with the dye - a few drops.
6. If you want the additives to be sunk in the middle of the soap, slowly pour part of the glycerin base into the silicone moulds, wait for it to cool slightly, add flower petals, herbs, shells or other additives and pour the rest of the base over them. The base solidifies very quickly, so you may need to reheat it. You can also simply add additives to the base, mix and pour into moulds and sprinkle isopropyl alcohol on to remove air bubbles.
7. And actually, the end of work. Now we are waiting for the DIY glycerin soaps to solidify completely. Depending on the size of the soap, it may take about 30 minutes to several hours. Bar soaps not only smell great but also look great. Depending on the form used, they can have a classic cube shape and much more designer patterns.
8. When the base is completely cool and hard, take the ready-made soaps out of the mould. You can put them in the fridge beforehand; it will be easier to take them out. If you still have a problem removing the soaps, pry them gently with a sharp knife, and they will come out without any problem.
9. Homemade glycerin soaps are now ready for use. Put in a soap dish in the bathroom, and pack the rest in foil or cellophane to keep them fresh and beautiful for a long time.
10. Natural hand-made glycerin soap is a great gift idea. You can put them in cellophane, tie them with a ribbon or raffia, and attach a note with your invented name, fragrance or dedication. We guarantee that when you give such a gift, you can expect delight, surprise and admiration not only of the recipient but of all who will see your work!



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SLOVENIA

Poppy Seed & Lavender Soap recipe

PREP TIME: 1hour

SERVINGS: 6 bars

EQUIPMENT

Infrared thermometer / digital thermometer

Digital Kitchen Scale

Immersion blender

Stainless steel pan for melting the solid oils

Heat-proof jug for the lye-solution

A large bowl for measuring the liquid oils into

Rubber spatula for stirring and scraping

A small dish for mixing the color in

Small sieve (strainer)

Soap mould(s)



INGREDIENTS

Lye water

64 g Sodium hydroxide

115 g Distilled water

Solid oils

146 g Coconut oil (refined)

52 g Shea butter

Liquid oils

123 g Olive oil (light colored olive oil)

51 g Sunflower oil

45 g Sweet almond oil

37 g Castor oil

1/4+1/8 tsp Ultramarine Violet (optional)

Add after Trace

9.33 g Lavender essential oil 1 tsp

1/8 tsp Poppy seeds

To decorate

Lavender buds

Method of preparation:

Pre-mix the Ultramarine violet in about a Tablespoon of the olive oil. Prepare your soap mould(s) now too. Use a clean take-out container lined with two strips of baking paper. One laid lengthwise, and the other one across. Leaving overlapping paper will help you get the soap out when it's ready.



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Next, dissolve the lye (Sodium hydroxide) crystals in water. Gear up with eye protection, gloves, and wear a long sleeved top. In an airy place, outdoors is best, pour the lye crystals into the water and stir well. There will be a lot of heat and steam so be careful. Try not to breath it in. Leave outside in a safe place, or in a shallow basin of water to cool.

Melt the solid oils in a stainless steel pan on very low heat. When melted, remove from the heat and set on a pot holder. Pour in the liquid oils including the colored oil.

Measure the temperatures of the lye-water and the oils. You should aim to cool them both to be about 49°C. Pour the lye-solution into the pan of oils. I tend to always pour the liquid through a sieve to catch any potential undissolved lye or bits.

Dip your immersion blender into the pan and with it turned off, stir the mixture. Next, bring it to the center of the pan and with both your hands, hold it on the bottom of the pan and blitz it for just a couple seconds. Turn it off and stir the soap batter, using the blender as a spoon. Repeat until the mixture thickens up to 'Trace'. This is when the batter leaves a distinguishable trail on the surface. The consistency will be like thin custard.

With your spatula, stir in the essential oils. When mixed in, sprinkle in the poppy seeds and stir well. Working quickly, pour the soap into the mold(s). Sprinkle the top with dried lavender buds. Turn your oven on to very low and heat for just a minute or two until it's 38°C. Then turn your oven off, and pop your soap mould(s) inside. Leave overnight. Oven-processing the soap like this intensifies the color.

The next day, take the soap out of the oven and set some place to rest for another day. Once 48 hours have passed, you can take the soap out of the mould(s). Cure it for 28 days before using. Curing means leaving the bars spaced out on a protected surface out of direct sunlight and in an airy place. This allows the extra water content to fully evaporate out. Once made, your soap will have a shelf-life of up to two years.



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SPAIN



Handmade soap

Recipe 1. Homemade rosemary soap

The **ingredients** you need are:

- 470 ml of olive oil
- 60 gr of caustic soda
- 150 ml of water
- Rosemary leaves
- Rosemary oil



Preparation:



1. Dissolve the caustic soda in the water, stir with a wooden spoon and use gloves to avoid damaging your skin.
2. Once dissolved, add the olive oil and use the blender until you have a homogeneous mixture.
3. Add the rosemary oil and continue beating until you obtain a dough and integrate the remaining ingredients.
4. Pour the mixture into a silicone mold, cover with plastic wrap and store in a dark place.
5. Let it stand for one month and use it afterwards.

The homemade rosemary soap must rest to be in perfect condition at the time of use.



Recipe 2. Homemade Coffee exfoliating soap

Ingredients

- 1 part glycerin
- 1 part grated neutral soap
- 1 pinch of salt
- Remains of ground coffee
- Cinnamon essential oil (or the one of your choice)
- 1 cup of oatmeal hydrated with a teaspoon of water
- Olive oil (or the one of your preference)
- Moulds



Preparation:

1. Melt the glycerin over low heat in a saucepan and add the soap until they are mixed (it has to be the same portion of both ingredients). You can do it with just the glycerin, but it will melt the soaps very easily.
2. In a bowl, add a dash of cinnamon essence and salt to the hydrated oatmeal; mix well and add two tablespoons of olive oil.
3. Add to the glycerin and soap mixture (you can do this on the stove or in several time lapses in the microwave), add the rest of the ingredients. Start with the coffee and follow with the oatmeal and mix thoroughly.
4. Pour the mixture into the soap moulds (previously greased with olive oil) and let it dry; it can take up to three hours.





Recipe 3. Homemade lemon soap

Ingredients:

- 10 drops of lemon essential oil
- Zest of 1 lemon
- Half a lemon
- 150 ml of water
- Vitamin E capsule
- 350 ml Virgin olive oil
- 50 ml of caustic sod
- Mould



Preparation:

1. Heat 150 ml of water, as soon as it gets hot add half a lemon cut in slices.
2. As soon as the water boils, turn off the heat and let it stand.
3. Strain the mixture in a plastic container.
4. Add the caustic soda and mix to integrate the ingredients. **USE LATEX GLOVES TO AVOID HURTING YOUR HANDS AND DO THIS PROCESS IN A VENTILATED PLACE.**
5. Then heat the olive oil.
6. As soon as the oil is hot add it to the previous mixture and stir to integrate the ingredients. You will notice that the mixture becomes thick.
7. Add the lemon essential oil droplets, then add the lemon zest and finally the vitamin E capsule.
8. Once the mixture is stirred, pour it all into a mould.
9. Let the mixture stand for 10 days to harden, so it is recommended to place it in a cold place.
10. After this time, remove from the mould and use your lemon soaps.





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TURKEY

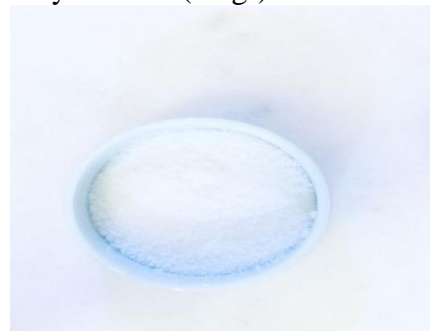
SOAP MAKING WITH TURKISH COFFEE

Ingredients:

Turkish coffee (102 gr)



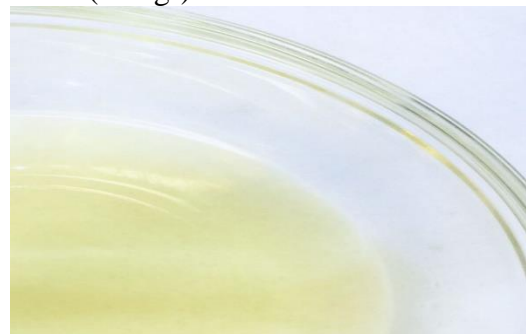
Sodium Hydroxide (44 gr)



Sodium Lactate (5 gr)



Olive Oil (124 gr)



Coconut Oil (93 gr)



Cocoa Oil (62 gr)





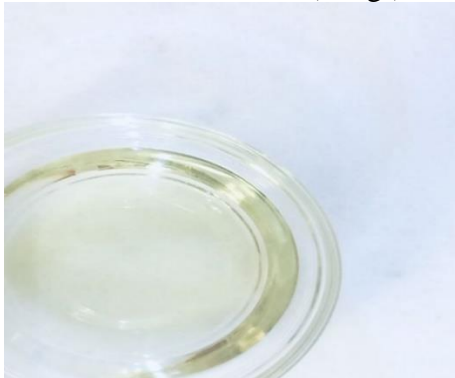
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Sweet Almond Oil (31 gr)



Coffee Powder (1 tablespoon)



Method of preparation - steps

1. Add 102 grams of cold & filtered coffee 44 grams of sodium Hydroxide slowly and chill it off.



2. Add 5 grams of Sodium Lactate to the caustic mixture



3. Mix 124 g Olive Oil, 93 g Coconut Oil, 62 g Cocoa Oil and 31 g Almond Butter.



4. Add the caustic solution to the oils carefully and mix until thickened.





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5. Divide the soap dough in half



6. Add coffee powder.



7. Pour your soap dough into your mold from both ends at the same time



8. Cover your soap and let it rest.



9. After 1 – 2 days, take it out of the mold and clean the edges.





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HOW TO MAKE LAUREL SOAP

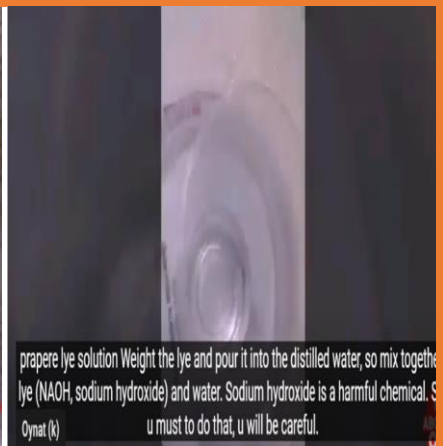
Ingredients and Instructions :



13 grams caustic (NaOH)



28 grams distilled water for lye solution



prapere lye solution Weight the lye and pour it into the distilled water, so mix together lye (NaOH, sodium hydroxide) and water. Sodium hydroxide is a harmful chemical. So you must to do that, u will be careful.



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After that Wait for lye solution to cool to room temperature



Mix the oils together 5 grams of defne oil + 85 grams of olive oil



Pour the lye solution into the oils slowly, caferully and stirring with stick or blender.



Add 1 pinch salt after mixing a little.



When the lye and oil are completely mixed, continue to mix the soap mixture for about 35-40 minutes.



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