

# MAKE YOUR OWN LIQUID HAND SOAP

From the Maitland Gaol recipe archives

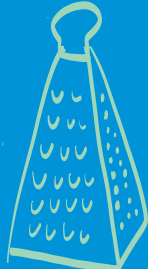
In the early days, Maitland Gaol prisoners certainly weren't known for their cleanliness. Many prisoners only had one set of clothes and they washed their undergarments on a weekly basis, so the gaol could be very smelly. But that was 150 years ago and today we realise the importance of keeping our bodies and hands clean more than ever.

We hope you have fun making this gooey hand soap, it makes so much you shouldn't run out for ages.

## WHAT YOU'LL NEED



1.5 litres of water



Grater



A recycled bottle or jar for storage



Bar of soap



A large spoon or whisk to stir



Saucepan (min. 2L capacity)



An adult to help

## INSTRUCTIONS

### STEP 1

Carefully grate your bar of soap using the medium side of the grater. Make sure you are careful of your fingers and get an adult to help you as the bar of soap gets small.

### STEP 2

Place all the soap shavings into the saucepan and add 1.5 litres of water. Get an adult to help you carefully place the saucepan on the stove on low heat. Make sure the saucepan doesn't come to the boil and stir occasionally so the soap dissolves.

### STEP 3

Once all the soap is dissolved put the lid on the saucepan and let it cool completely.

### STEP 4

Once cool you can take a look at your soap mix. It will be very thick, and you'll need to use a mixing spoon to break it up. Add small amounts of water and mix it in (place in a bigger bowl if you're having trouble stirring). Keep adding water until the mix is close to the consistency of normal hand soap (not too runny or it won't work properly).

### STEP 5

When you have the right consistency, check with an adult, spoon the mix into a hand soap pump you have at home, and the extra into a recycled bottle or jar to store for later.

### NOTES:

- Add essential oils to make soap smell nice. Add 10 – 20 drops (depending on your liking) to saucepan.
- Liquid soap will store for up to 12 months in a cool dark place.
- Soap doesn't contain the moisturisers usually added to liquid hand soap, so may cause irritations for some skin conditions.



We hope you enjoy this activity at home with your family. We'd love you to share photos and your thoughts about making your own soap with us on social media, so don't forget to tag [#maitlandgaol](#) or [#gaolsoap](#)