



## Learning, Teaching and Training – Baião, September 2018

2017-1-HR01-KA219-035385\_4  
YOUNG ENTREPREUNERS IN ACTION

### Workshop: Making Basic Hand Cream

Reagents	Material
<ul style="list-style-type: none"><li>➤ 5 mL of warm water;</li><li>➤ 1 spoon (5mL?) of olive oil;</li><li>➤ 4 g de lanolin;</li><li>➤ 3 g de pectin;</li><li>➤ ± 3 drops of essential oils.</li></ul>	<ul style="list-style-type: none"><li>➤ Beaker of 50 mL;</li><li>➤ Spatula;</li><li>➤ Pipette;</li><li>➤ Glass rod;</li><li>➤ Scales.</li></ul>

1<sup>st</sup> Mix the warm water, the olive oil, the lanolin and the pectin in the beaker;

2<sup>nd</sup> Use the glass rod to stir energetically the mix until you obtain a uniform emulsion;

3<sup>rd</sup> Add some drops of essential oils;

4<sup>th</sup> Transfer the mixture to an appropriate container. And here you are: your basic hand cream!

5<sup>th</sup> Now, put a label on the container.

The skin is the largest of the organs of the human body that protects all other organs from the aggressions of the outer environment. It is a very important organ that must be very well preserved.

The basic hand cream is a very simple cream with antioxidant, regenerative, healing and moisturizing properties.

Olive oil is obtained from olives since ancient times with varied applications. Among other qualities, olive oil has antioxidant properties and a pH value very close to the pH of human skin. Maintaining the pH = 5.5 is very important to prevent the development of bacteria and other microorganisms in the skin.

Lanolin is a wax (fat) obtained naturally from the washing of sheep's wool. It has moisturizing, healing and protective properties for the skin. Because of these qualities, the hands of the women who used to work the wool of the sheep had hands with a very soft, elastic and very well cared skin.

Note: This basic hand cream is a completely natural product. It contains no preservatives or stabilizers, so its storage potential is very limited. It should therefore be stored in a dark, dry and cool place and consumed within a maximum of one week.

[https://www.youtube.com/watch?v=NVKy2UzjH\\_w](https://www.youtube.com/watch?v=NVKy2UzjH_w)

