

In **Victoria on Vancouver Island**, a company makes very unique soaps for household use. [C Soap](#) fabricate them from **cooking oil**! We told you it was original. This initiative attracted us and we decided to meet Cynthia and Carol, the two founders, during our stay in Victoria.

The Making Steps: From the Consumer to the Consumer

Indeed, the main manufacturing element of their soap is cooking oil which is **recovered from individual citizens**. *“We ask to put the oil in a clear container of five liters,”* this allowed Cynthia and Carol to reduce their trips. Because they are also in charge of the collect.

At first, people tend to think that five liters are a lot of oil to gather but *“we think of it as a way to get more and more people involved in the process, family, friends or neighbors.”* Victoria’s citizen can come in contact to C Soap via their [website](#) or their [Facebook page](#) when their oil can is full.

For now, our focus is residential just because there is nowhere for anyone to bring used cooking oil.

They entrusted us that a partnership with a restaurant is very tempting. However, they would need a **bigger space to handle this enormous amount of oil**. Meanwhile, Cynthia and Carol are focusing their efforts on individual citizens! They are thinking about ways of making the pick-up easier by creating drop-off points in partnership with the city or shops.



Soap and Luffa sponge © C Soap

After collecting the oil, the work is decomposed in four steps:

- **Filter the oil** to take off all the food residual possible. Filtrer l’huile pour enlever tous les résidus de nourriture possible.
- **Add the sodium hydroxide** and mix well.
- **Pour the mixture into mold** and let sit for two days.
- After, **pop them out** the molds and make them **harden and dry** for two months.

C Soap just adds essential oil in addition to the oil and sodium hydroxide. They guarantee that they **“don’t add sensing agents or chemicals added in the process.”**

This could seem simple, but it has been the result of a long study on the good proportion of the oil and sodium hydroxide and also the drying time. Each soap is 85 grams or more.

“No animals are harmed in the testing our products. We test it on ourselves. So far, everything as work fine! ;)”

Zero-Waste’s goals

Throughout his mission, C Soap fill two aims of zero waste: **no packaging** and **reuse of materials**.

The soap

“You can use it for dishes, you can use it for the laundry, to clean your bathroom, etc.” Just one product for all these uses?! **We love the idea!** Depending on how you will use it, the soap’s lifetime will vary. If it is for washing the dishes on a daily basis, it will last about 2 weeks. If it is for household works, it can last 2 months. The drying process (during the making of the soap) is something that improves a lot his lifetime.



© C Soap

Cynthia and Carol noted that it is also **less wasteful** to use a soap bar than the liquid version. *“With this one, you are constantly pouring liquid soap or detergent on your sponge.”* But with the solid version, this is not necessary. So, you don’t waste as much product.

The packaging is only a stamp on one side of the soap. This is all we need to identify it! Before being sold, they are stocked in bulk in a wooden crate. Nothing simpler.

This zero waste goal is very important for C Soap because the two founders suffer from the impact of the garbage in their island. *“And just walking along the beach, we see garbage everywhere. I think this is getting to a point where it is completely out of control.”*



National Park Pacific Rim © Deux Évadés

The sponge



In addition, C Soap also sells **Luffa sponges** which replace easily the plastic sponges often used. *“So Luffa is a vegetable sponge. Those are imported from Brazil,”* Carol told us. *“I wanted to support the community there.”* **This natural sponge will break down as you will use it.** But as it is not plastic, it will not have impact on the environment if it goes down the drain. When the sponge achieves its lifetime, you just need to compost it. *“It is totally biodegradable.”*

As the soap, Luffa sponge can be used in different ways: wash the dishes or wash ourselves.

With the soap and the sponge, Cynthia and Carol offer two products which are helping citizens to reduce their garbage, but also their impact on the planet more generally.

“We don’t want to be responsible for creating more garbage, we want to be the solution for people who are trying to reduce their amount of garbage.”

An environmental need

The cooking oil curse

Before our meeting with C Soap, we never asked ourselves that to do with our used cooking oil. Maybe if we had cooked more with it, this problem would have been raised in fact.

According Cynthia and Carol, *“I think people really do want to do the right thing. They just need to be given an outlet in where to do it.”*

How citizens with no good solution on their hand disposed of cooking oil?

Often, **they will throw it down the drain**, thinking that it will be treated with used water.

“This is very contaminated by the fact it will just lie on the surface of the water and the sunlight is unable to penetrate through the water.” So the plants and fishes won’t access this source anymore.

As for **throwing it to the garbage**, it will contaminate other stuff too. And impossible to put it in the **compost**. Oil makes soil waterproof and prevents water from going down the bed rock.

“It is important first to start thinking about that is going down the drain, rather than once it is already down the drain to clean it. If we stop pouring stuff down the drain that shouldn’t be there, we don’t need to clean it as aggressively at the end.”



C Soap’s founder in a brazilian Luffa farm © C Soap

But Also the Health

Cynthia told us she suffered during a long time from **allergies due to chemical agents** inside beauty products, but also household ones. “*These preservatives are found in a lot of shampoo, lotions, detergents, laundry soap, even baby products,*” as she told us. Make her own soap was a solution for her and allowed her to recover some comfort in the daily life! This is why **there are no preservatives and chemicals inside the C Soap**. Because they want it to be a solution for sensitive and allergic persons.



C Soap and body Luffa sponge © C Soap

This is how our series of articles “Deux Evadés are meeting” citizens’ initiatives in North America ends. This experience was very rewarding. We hope it inspires you to change your way of consuming or it helps you to start an initiative on your side.

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