

A close-up portrait of a young woman with voluminous, curly dark hair. She is smiling warmly at the camera, with her hands gently framing her face. The background is a soft, out-of-focus light grey.

SommiesWorld.

NATURAL SKINCARE FORMULATION eBook

A Step-by-Step Guide to
Making Skincare Products.

2nd Edition

Chisom Omenugha
SommiesWorld.com

BEAUTY IS MORE THAN SKIN DEEP

The skin is an expression of our inner health, how we care for it is extremely important. I believe there's got to be a natural approach to everything so I constantly research and explore different fruits, herbs, spices, naturally derived ingredients etc. and ways they can be used in formulating skin-loving and eco-friendly products which will nourish, pamper and heal your skin. I want to invite you to join me in these explorations!

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1. | WELCOME

Hello, I want to personally congratulate you for investing in your education and buying this Natural Skin Care Training Manual. You've made a wise decision picking up this book. The formulas in this manual are specially designed to familiarize you with the world of Natural Skin Care Product formulation through a hands-on approach.

We're going to have so much fun formulating **Boutique Skin Care Products** from scratch using natural and safe ingredients. I bet you'll never guess it'd be this easy and fun to make.

So get ready to soil your hands because that's what experimenting and formulating skin care products entails. Make sure you get through with all you have to do for the day before you continue as this can be addictive. 😊

2. | WHY SHOULD WE MAKE AND USE NATURAL PRODUCTS?

- Our skin is the largest organ in our bodies and 0 --100% of what we put on it (depending on different factors) eventually ends up in our bloodstream so it's best we use products that won't load our systems with toxins.
- Natural products are biodegradable and eco-friendly (friendly to the environment) thereby prevents toxic chemicals from being washed into the drains and back to our bodies (i.e. drains > oceans > farms > water supplies > body recycling toxins.)
- Natural skin care products contain a high amount of active skin beneficial ingredients and not cheap filler, boring ingredients (like mineral oil) that have little or no benefit whatsoever to the skin.
- The beauty of making your own Natural Skin Care Products is that you can test and choose the ingredients to use in your products. I personally love to be in control of whatever I use on my skin. (You might not know all the ingredients in a product just from looking at the label, but when you make your products yourself, you are totally sure of what's in your products.)

3. | WHAT EXACTLY DOES NATURAL MEAN?

With the constant sensitization and rise in awareness of the dangers of toxic chemicals lurking around in our environment, foods and cosmetic products today, more people are tending towards a safer, healthier, less complex, natural and 'when possible' organic lifestyle. However, this trend has also brought about a lot of misconceptions, myths, dishonesty from individuals who are just concerned about making a living by taking advantage of the insecurities of consumers. A lot of online platforms (BBM channels, Facebook & Whatsapp groups etc.) that teach unhealthy DIY (Do it yourself) recipes, cream mixing, and other misleading stuff contrary to what natural and organic skin care really means have emerged and some of these have resulted in severe issues in the natural skin care industry today.

NATURAL SKIN CARE: The word natural isn't regulated, this is where the lies come in. People formulate products with over 70% synthetic ingredients and add just a teeny weeny bit of natural ingredients and yet still claim their products are Natural. (This is one major reason why I advocate that people should learn to make their own products by themselves). Personally, with my research, I've come to realize that natural doesn't always mean safe and synthetic doesn't always mean bad or unsafe and there is no such thing as a 'Chemical free' product because everything in nature is made up of chemicals. Even water (H₂O) is a chemical. My own definition of natural products is "products that are formulated with over 95% combination of naturally derived, plant-derived, minimally processed, toxic free ingredients."

ORGANIC SKIN CARE: This, on the other hand, is regulated by certifying bodies e.g. USDA, NSF etc. Products that qualify for to use this certification/ label are formulated with at least 70% organic ingredients. This means the ingredients were gotten from organic plants that were planted following the rules of organic farming. Some of those rules include No artificial Fertilizers or Pesticides, No Genetically modified plants/seeds or artificial growth hormones etc.

The words organic and natural are being used interchangeably when in an actual sense these two greatly differ from each other.

NATURAL VS ORGANIC PLANT/INGREDIENTS

	NATURAL	ORGANIC
Artificial fertilizers	Probably	NEVER
Genetically modified plants	Probably	NEVER
Artificial pesticides	Probably	NEVER
Artificial growth hormones	Probably	NEVER
Artificial herbicides	Probably	NEVER

From the table above you can decipher that an organic product is always a natural product but a natural product might not be an organic product.

4. | SKIN TYPES AND CONDITIONS

Knowing the different types of skin enables you to choose the right ingredients suitable for the particular skin type you are formulating for.

DRY SKIN: This occurs as a result of under-active or non-productive sebaceous glands (glands that secrete the skin's natural oil). With dry skins, the oil glands either barely produce (or do not produce at all) enough oil to keep the skin naturally lubricated.

Dry skins look dull in appearance, sometimes it may be itchy, irritated, sensitive, or even cracked. People with dry skin tend to get wrinkles prematurely leading to aging of the skin.

NOTE: I often see dehydrated skin referred to as dry skin, these are two different things entirely. Dry skin is a skin type and it's characterized by LACK OF OIL (sebum) while dehydrated skin is a skin condition and it's characterized by LACK OF WATER. An individual can have both an oily skin type and dehydrated skin condition at the same time.

CARE FOR DRY SKIN

- Stay hydrated: Drink plenty of water, avoid caffeinated drinks as they could cause dehydration.
- Avoid long and hot showers because these can strip the skin of its natural oils.
- Moisturizers (Creams/Lotions) should be applied when the skin is still damp, Oil Blends and Body Butters can be applied afterward to further seal in moisture.
- People with this skin type should spritz their faces with hydrating facial mists during the day to keep their skin hydrated and to maintain its lubrication.
- Use the gentle cleansers and alternate cleansing methods e.g. Oil and honey cleansing method, Gentle cleansing grains, Cleansing lotions or non-foaming cleansers. These will clean the skin effectively without stripping the skin of its natural oils
- Avoid harsh manual scrubs because these can further aggravate irritation.

FORMULATING FOR DRY SKIN

Products formulated for dry skin type should contain the following ingredients.

- **HUMECTANTS:** These ingredients work by pulling water from the environment to the skin to keep it hydrated. Examples include Sodium Lactate, Glycerine, Aloe Vera, Honey (DO NOT ADD HONEY TO YOUR LOTIONS TO AVOID MICROBIAL CONTAMINATION) e.t.c.
- **EMOLLIENTS:** These work by smoothening, softening, nourishing and preventing water loss from the skin surface. They also improve flexibility and appearance and help to guard against dryness, damage and skin irritation. E.g. include Carrier oils, Macerated oils like Argan Oil, Avocado oil, Coconut oil etc.
- **OCCLUSIVES:** These work by sealing in moisture thereby preventing TEWL (trans-epidermal water loss). E.g. include Butters (Shea, Mango, Cocoa), waxes (Beeswax), oils like Jojoba, Castor oil

OILY SKIN: Contrary to dry skin, oily skins are caused by over-active sebaceous glands. The sebaceous glands produce too much oil and so the skin is over lubricated and greasy. It looks shiny, the pores are large and clogged due to the fact that the oil on the skin easily traps dirt and dust. The texture is slippery but coarse due to the enlarged pores. It is prone to acne breakouts, blackheads and pimple.

However, the good news is this skin type retains a youthful appearance because oily skin is not prone to premature aging and wrinkles. Lotions formulated for this skin type should contain astringents to help tighten the pores, and very light oils should be used.

CARE FOR OILY AND ACNE PRONE SKIN.

- Avoid harsh cleansers and toners containing alcohol because this can dry out the skin thereby plunging the skin into a panic attack which will, in turn, make it produce more oil.

- Avoid Over-Washing: You might be tempted to over-wash oily or acne affected skin, doing this strips the natural oils and nutrients which are needed to protect and keep the balanced and healthy.
- Avoid touching and picking at skin: picking at the skin will lead to scarring, inflammation and spreading of bacteria which will further aggravate acne and dark spots.
- Avoid the use of ingredients with high comedogenicity (ability for an ingredient to clog the pores) see >> www.beneficialbotanicals.com/facts-figures/comedogenic-rating
- Leave out Occlusives when formulating for this skin type. Instead, opt for light oils which will offer some degree of moisturizing without feeling so heavy.
- Avoid over-exfoliating: Oily skin is prone to having an extra-thick coat of built-up dead skin and debris which can lead to clogged pores and in turn breakouts. Exfoliation helps remove dead skin cells to reveal new brighter complexion. However, it is important not to over-exfoliate because doing so will lead to inflammation which will lead to further acne breakouts.
- Herbal Steam baths, toners, and spritzers work well at clearing & cleaning the pores and wiping away grease, dirt, and debris. (check chapter 14(How to do your facials)

FORMULATING FOR OILY AND ACNE PRONE SKIN

- Use Essential oils, Carrier oils, macerated oils and herbs/plants that are anti-bacterial, antiseptic e.g. Essential oils like (Tea tree, Lavender, Rosemary), Carrier oils like (Blackseed oil, Neem oil), plants/herbs/spices like (Thyme, Cloves, Scent-leaf, Lemongrass, Neem) etc. to help eliminate or reduce Propionibacterium acnes (the bacteria that triggers acne)
- Use ingredients that have astringent properties. These work to contract, firm and tone (NOTE: tone doesn't mean whiten) the skin, minimizing the appearance of slack, sagging skin and large pores. Examples of such ingredients include Witch hazel, Rose hydrosol, White willow bark extract, Aloe Vera etc.
- Use mild chemical exfoliants (Fruit acids (AHA & BHA) and enzymes) to remove dead skin cells and unclog pores (see the chapter on natural skin peels)

- Use the right blend of oils: Use non-comedogenic (will not clog pores) oils and oils that are high in Linoleic acid. These are generally lighter, thinner, and quickly absorbed. They effectively balance oily skin without leaving a heavy feeling.

NORMAL SKIN: this skin is the healthiest or "normal" skin with no abnormal or sickly indicators. It also has good circulation which gives it a healthy and radiant glow. The oil glands which produce sebum in the skin produce it in moderation so there is a balance (not too oily or too dry). Out of all the skin types, this is the least problematic.

COMBINATION SKIN: This is also known as the DOUBLE WHAMMY. It is oily in some spots, most times the T ZONE (the forehead, nose, and chin) and dry in others, most times the BUTTERFLY ZONE (cheeks). It is sometimes normal or sensitive in other spots (skin around the eyes and mouth). Use balancing essential oils while formulating for this skin type.

SENSITIVE SKIN (Skin Condition): This is more of a condition than a skin type because any skin type whether oily, dry or normal can be sensitive. People with this skin condition are easily irritated and are prone to allergies and reactions. The typical reactions of sensitive skin are itching, burning, and stinging. It is prone to rashes and redness. Harsh weather conditions and harsh cosmetics (containing alcohol bases, synthetic ingredients, artificial fragrances, and colorants) can also trigger this. Therefore sensitive skin requires different special treatments and special products to remain in good condition through various affecting factors. Sensitive skinned people should use products containing all natural ingredients to prevent skin reactions.

CARE FOR SENSITIVE SKIN

- Use products containing all natural ingredients with little or no fragrance to avoid skin irritation (or better still make your own products, that way you'll have the option of choosing ingredients that'll best suit you and what goes in or stays out of your products.
- Avoid products using products formulated with irritating ingredients such as alcohols, retinoids or AHAs (alpha-hydroxyl acids), artificial fragrance etc.

FORMULATING FOR SENSITIVE SKIN

- Products formulated for this skin type should contain anti-inflammatory and soothing ingredients such as Allantoin, Licorice, Green tea, Oats, Chamomile, Lavender, and Turmeric etc.
- Essential oils should be used in low dilution 0.5-1% for body applications and 0.2-0.5% for facial applications. In some cases, essential oils are best avoided e.g. on very sensitive, red, irritated, inflamed or itchy skin in such cases, you can opt for hydrosols.

SPOTTY AND HYPERPIGMENTED SKIN: This often occurs as a result of an overproduction of the pigment melanin (the pigment responsible for producing our skin and eye color). This condition is usually an aftermath of inflammation which can be triggered by a lot of things some of which include: Exposure to damaging UV rays of the sun, hormonal changes, trauma from acne, bug bites, use of harsh cosmetics/skin care products(corticosteroid tube creams e.g. Funbact A, Skineal etc.), popping acne or boil etc.

CARE FOR HYPERPIGMENTED SKIN

- Dark skinned individuals (Africans) are more prone to 'hard to treat pigmentation problems' Avoid bleaching and the use of harsh cosmetics.
- Use well-formulated products, Stop mixing products indiscriminately, and avoid bleaching products.
- Avoid the incorrect use of AHA and BHA as it can lead to post inflammatory hyperpigmentation (Stop performing chemical peels at home, Go to a MED SPA)
- Always use a sunscreen. (Whether the sun is out or not, use a sunscreen even on cloudy days).
- Even when you wear a sunscreen, Avoid unnecessary prolonged sun exposure

FORMULATING FOR HYPERPIGMENTED SKIN

- Use antioxidants to counteract the damaging effects of the sun e.g. Vitamin C, Vitamin E etc.

- Use high-performance oils rich in essential Vitamins and nutrients e.g. Rosehip oil, Seabuckthorn, Pomegranate seed oil etc. Essential Oils like Frankincense, Lavender etc. help to speed up cell regeneration making it excellent for fading spots and scars.
- Use gentle exfoliants like Fruit Enzymes, BHA, and AHA to slough off dead skin cell allowing a brighter skin to show through.
- Use naturally derived skin lighteners like Licorice extract, Mulberry extract, Vitamin C, Niacinamide, Alpha-arbutin etc. to balance and redistribute melanin production.

NOTE: The Ingredients even though they are referred to as Natural Skin Lighteners, will NOT whiten you if used at the stipulated usage rate. They will only brighten and even out your skin tone.

NOTE: Everyone (irrespective of your skin type) should always use a sunscreen.

5. | HOLISTIC SKIN CARE

When it comes to skin types, regardless of the common generalization and grouping of skin types, I'm a firm believer that no two individuals have the same skin type. Different factors (both internal and external factors) pre-dispose how the skin reacts to products. We all have different lifestyles, we live in different environments so we're exposed to different things daily, we consume different foods so we react and respond to things and products differently. One person might have a dry and dehydrated skin while the other person will have a dry and sensitive skin.

Our skins' needs can change with age, seasonal and weather changes, hormonal changes due to pregnancy, puberty etc. Customizing your own natural skin care products will help you tailor your products to suit not only your skin but also your unique personality. Most importantly our skin is a reflection of the state of our inner health, it's the largest organ of the body and therefore it should never be treated as a separate entity from our entire being.

For every skin condition or issue, there's an underlying cause and so it's very important that we find the root cause and deal with it holistically as opposed to concentrating on just slathering our bodies with different skin care products. In addition to using skin care products, ensure you eat the right foods, Sleep well, Avoid stress, Exercise, Quit smoking, Drink enough water, Avoid prolonged sun exposure, Use a sunscreen etc.

6. | INTRODUCTION TO PRODUCTS FORMULATION

Before you start formulating any product, there are factors that you need to put into consideration to enable you to choose your ingredients and tailor your formula to suit the purpose for which you're creating it.

These set of questions will enable you to make your choice of ingredients.

- “Who are you creating this product for?” Under these questions, there are factors to consider e.g. the person's age, skin type etc.
- “What need does the person have/what problems do you intend solving?” E.g. Acne, Eczema, Hyper-pigmentation etc.
- “What benefits do you want your product to offer?” E.g. Soothing, Moisturizing etc.
- “How do you want your products to look or smell?”

Finding the answers to these questions will enable you to choose the best ingredients for creating a product that you will love.

HOW TO CREATE FORMULAS IN PERCENTAGES USING WEIGHTED MEASUREMENTS

When creating professional formulas, it is mandatory that you use weighted measurements (grams) instead of volumetric measurements (Millilitres and Litres). Every ingredient including the liquids and even the essential oils must be weighed in grams because this achieves the most reliable measurements. (NEVER MEASURE WITH SPOONS OR CUPS) 1g of salt weighs same all over the world but 1tablespoon of salt will vary greatly depending on different factors (how large the spoon is, how full it is etc.).

IMPORTANCE OF WORKING IN %:

1. Since every ingredient has its suggested ratio and usage rate, the best way to ensure that each ingredient is used as required and safe levels is by creating percentage based formulas. For instance, using too little emulsifier can cause our emulsion to fail, likewise using too much preservative or essential oil can cause skin reactions/sensitivity.

2. It makes it easy to create larger batches; all you need to do is multiply your formula to your ideal batch size.
3. It makes your formula accurate and consistent so you can replicate the same exact recipe over and over again!
4. NOTE: 100% = 100g

HOW TO CONVERT YOUR RECIPES INTO PERCENTAGES
CITRUS MINTY FOOT CREAM (EXAMPLE)

WATER PHASE	40 ml Water 10 ml Lavender hydrosol 3 ml Sodium Lactate
OIL PHASE	15 grams Coconut Oil 10 grams Cocoa butter 4 grams Emulsifying Wax 3 grams Cetyl Alcohol
COOL DOWN PHASE	1 gram Liquid Germall Plus 1 gram Grapefruit Essential Oil 1 gram Peppermint essential oil
TOTAL	88

To get the percentage of each ingredient, first change the ml to grams, then divide the amount of the ingredient by the total weight of the recipe and multiply the answer by 100%. So you'd divide everything in this recipe by 88g

- 40 grams of Water / 88 grams total = $0.4545 \times 100 = 45.45(\sim 45.5\%)$
- 10 grams of Lavender hydrosol / 88 grams total = $0.1136 \times 100 = 11.36(\sim 11.4\%)$
- 3 grams of Sodium lactate / 88 grams total = $0.0340 \times 100 = 3.409(\sim 3.41\%)$
- 15 grams of Coconut oil / 88 grams total = $0.1704 \times 100 = 17.04(\sim 17.0\%)$

- 10 grams Cocoa butter / 88 grams total = $0.1136 \times 100 = 11.36(\sim 11.4\%)$
- 4 grams Emulsifying wax / 88 grams total = $0.045 \times 100 = 4.545(\sim 4.5\%)$
- 3 grams Cetyl alcohol / 88 grams total = $0.034 \times 100 = 3.409(\sim 3.41\%)$
- 1 gram Liquid Germall Plus / 88 grams total = $0.0113 \times 100 = 1.136(\sim 1.14\%)$
- 1 gram Grapefruit essential oil / 88 grams total = $0.0113 \times 100 = 1.136(\sim 1.14\%)$
- 1 gram Peppermint essential oil / 88 grams total = $0.0113 \times 100 = 1.136(\sim 1.14\%)$
- Total: $45.5 + 11.4 + 3.41 + 17.0 + 11.4 + 4.5 + 3.41 + 1.14 + 1.14 + 1.14 = 100.04(\sim 100\%)$

**~ means approximately/rounding up

We need to check that the suggested usage rates for each ingredient are right and make necessary corrections and adjustments

- Liquid Germall Plus preservative should be used at 0.5% Max in a formula so that has to be reduced from 1.14% to 0.5%.
- We want to use 1% of grapefruit essential oil so let's reduce that from 1.14% to 1%.
- We want to use 0.5% of peppermint essential oil, so let's also reduce that from 1.14% to 0.5%.
- We want to use Cetyl alcohol at 2% because using it at more than that might make a cream. That is too thick since we're already using Cocoa butter which also makes a thick cream, so let's reduce it from 3.41% to 2%
- Let's adjust the amount of Cocoa butter from 11.4% to 11% just to round it up and have a whole number.
- Let's also adjust the amount of Lavender hydrosol from 11.4% to 11%
- Emulsifying Wax NF which is the emulsifier used in this formula should be used at 25% of the total oil soluble phase of a recipe.

From our adjustments so far, we have 31.5g of oil soluble ingredients in the above recipe (17g of coconut oil + 11g of Cocoa butter (we reduced it from 11.4% to 11%) + 2g of cetyl alcohol (we reduced it from 3.41% to 2%) + 1g of grapefruit essential oil (we reduced from 1.14% to 1%) + 0.5g of peppermint essential oil (we reduced it from 1.14% to 0.5% = 31.5g of oil soluble ingredients), which means we're supposed to use $(25 \div 100) \times 31.5 = 7.875(\sim 8\%)$ amount of

emulsifying wax in this formula for it to be stable. From our findings through the calculations above, the emulsifier is far from being enough. If we carry on with this formula like this without making necessary adjustments, we'd definitely have a failed lotion/emulsion!

- The water has to be adjusted from 45.5% to 46% in order for our formula to be equal to 100%.

So let's rewrite this recipe as a percentage based formula.

CITRUS MINTY FOOT CREAM (EXAMPLE)

WATER PHASE	%	Batch size(100g)
Water	46	46
Lavender hydrosol	11	11
Sodium lactate	3	3
OIL PHASE		
Coconut oil	17	17
Cocoa butter	11	11
Emulsifying Wax	8	8
Cetyl alcohol	2	2
COOL DOWN PHASE		
Liquid germall plus	0.5	0.5
Grapefruit essential oil	1	1
Peppermint essential oil	0.5	0.5
Total	100%	100g

This is a perfect formula

ALWAYS REMEMBER: 100% = 100g

7. | INTRODUCTION TO NATURAL LOTION MAKING

The desire to achieve a lighter even skin tone has driven a lot of people into using wrong products which in turn wrecks and does a lot of havoc to the skin in the long run. Having a healthy skin should be a long-term goal. **(Seek first to achieve a healthy skin and every other thing, including Skin Brightening, shall be added unto you!)**

With all the harsh and toxic chemicals added to skin care products today, using natural skin care products is the best way to ensure your skin gets the right nourishment it needs.



All creams and lotions are known as emulsions. An emulsion is a homogenous/uniform combination of water and oil using an emulsifier to keep it from separating because ordinarily Water and oil do not naturally mix together.

Emulsifiers contain a hydrophilic (means water-loving) and a lipophilic (means oil-loving) element which enables it to bind the two (i.e. Oil and Water) in a stable emulsion.

PLEASE NOTE: Beeswax and Cetyl Alcohol are **not** emulsifiers (irrespective of whatever you see or have seen on the Internet, these alone cannot make a stable emulsion).

There are many forms of emulsions but the common ones we find in the creams around are either **Water in Oil (W/O)** or **Oil in Water (O/W) emulsions**. The factor that determines which one you make is the **emulsifier**.

- ★ **OIL IN WATER(O/W) EMULSIFIERS** keep the tiny oil droplets packed in water so the oil is the internal phase while the water is the external(continuous) phase. This type of emulsion has a light nongreasy texture and skin feel, it also spreads well while applying

it on the skin. E.g. of o/w emulsifiers include (not limited to): Olivem 1000, Vegetal (Sugarmulse), Emulsifying Wax NF, BTMS50 etc.

- ★ **WATER IN OIL(W/O) EMULSIFIERS** do the opposite of what O/W emulsifiers do, W/O emulsifiers keep the water droplets packed in oil so in this case, the water is the internal phase while the oil is the external (continuous) phase. This type of emulsion sometimes may have a heavy, fatty and greasy skin feel. It's used for occlusive effects. Example of W/O emulsifiers includes Sorbitan Olivatate (Olivem 900), Lecithin, Lanolin and lanolin alcohols, Sorbitan Stearate etc.

For this training, we're going to be making O/W emulsions using Emulsifying Wax NF as the emulsifier because this is the most common emulsifying agent found here in Nigeria. Plus it's quite easy to work with and relatively foolproof (easy to use, just about anyone can use it).

There are at **least** 4 parts to any cream or lotion

- **Water Base** (Distilled Water, Hydrosols)
- **Oil Base:** This Consists of Emollients and Occlusives. Emollients smoothen and soften your skin e.g. Carrier oils, while Occlusives acts as a barrier/shield to block water escaping from the skin e.g. butters and waxes (Shea butter, mango butter, cocoa butter, beeswax etc.)
- **Emulsifier:** to combine oil and water together e.g. Emulsifying Wax NF, Polawax, BTMS50, Lanolin, and Lecithin.
- **Preservative:** Kills and inhibits the growth of microorganisms (waterborne bacteria, fungus, molds, and yeast) e.g. Optiphen plus, liquid germall plus. You can add 4 additional parts.
- **Additives:** These are extra ingredients that carry out specific extra functions in the formula e.g. Cosmeceuticals, essential oils, pH regulators, rheology modifiers etc. (I treat these extensively in my natural glow beauty advanced course.)

- **Humectants:** These ingredients work by attracting moisture/water from the atmosphere to your skin. Examples include Glycerine, Sodium lactate, Aloe Vera etc.
- **Thickener/Stabilizer:** These ingredients thicken your emulsion and provide additional stability e.g. Cetyl alcohol, Stearic acid.
- **Antioxidants:** protect against rancidity and extend the shelf life of your oils by resisting oxidation of oils in the presence of air and light e.g. Vitamin E oil. (**NOTE:** Antioxidants are NOT preservatives)

PRESERVATIVES

Over the years, Preservatives have been given a bad reputation so a lot of people tend to shy away from using them. This is a misconception because it's the natural products which are formulated with a lot of live botanicals, enzymes, plant extracts (which are very prone to microbial contamination) that need preservatives the most. As long as there is water in a product, ensure you add a broad spectrum preservative (a preservative that inhibits the growth of all the three classes of microorganisms i.e. Bacteria, Fungi, Molds & Yeasts). The dangers and disadvantages of using a contaminated product far outweigh that of using a synthetic preservative. It is better you use a natural product preserved with 0.5- 1% synthetic preservative than using an unpreserved contaminated product just because you're running away from preservatives. Preservation is a broad topic, which goes beyond just adding a preservative to your final product, a lot of factors have to be considered and put in place. I treat preservatives in details in my natural glow beauty advanced course.

For the formulas in this book, I have chosen to work with Liquid Germall Plus because it's relatively easy for a beginner to work with. It is broad spectrum, it works at a wide pH range 3 - 8, it works with both water-based and emulsion-based products and you can easily find it here in Nigeria.

Its usage rate is between 0.1 - 0.5% of your entire formula. An amount I consider negligible as opposed to rubbing a contaminated product on your body. It should be added at the cool down phase.

NOTE: Liquid germall plus is synthetic and it contains Diazolidinyl urea which is a formaldehyde releaser. Feel free to substitute this preservative with other 'more natural' one; though finding a more natural broad spectrum preservative here in Nigeria isn't so easy. Most naturally derived preservatives are organic acids and so they are pH dependent. Using them in your formulations would entail adjusting the pH of the formula to a level where the preservative would be able to work effectively.

FACTORS TO CONSIDER WHEN CHOOSING A PRESERVATIVE

- The pH at which the preservative works.
- The usage rate of the preservative
- The solubility: Does it dissolve in water or oil? If it is oil soluble then you will not be able to use it in a water-based product (e.g. Toners & Mists), without the use of a solubilizer to effectively disperse them in the product.
- The maximum temperature at which it is stable. This will enable you to determine when to add it (heated phase or cool down phase).

Some other more natural preservatives you can find here in Nigeria

1. Optiphen plus: This is a blend of Phenoxyethanol, Caprylyl Glycol, and Sorbic acid. Phenoxyethanol which is part of its components is considered an irritant (to the skin, eye, and lungs), but again the usage rate of this preservative is between 1- 1.5% of your formula. It's broad spectrum, it requires a low pH to work (Maximum pH of 6). Caprylyl glycol which is also part of its components is oil soluble so when adding this to your toner which is water based, ensure you add a solubilizer.

NOTE: I've heard people complain that their emulsion curdled up and destabilized with the addition of this preservative. You can guard against that by taking out a bit of your

lotion to blend it, then you add the portion of the lotion blended with the preservative back to the main lotion.

2. Phenoxyethanol: This isn't a broad spectrum preservative. It's strong against bacteria but weak against mold and yeast and therefore it has to be used with another preservative which is strong against yeast and mold e.g. Potassium Sorbate. Its usage rate is between 0.25 - 1%, it should be added to the cool-down phase. It's soluble in oils. Has a wide pH range of 3-10.
3. Potassium sorbate: This isn't a broad spectrum preservative either. It's strong against mold and yeast but weak against bacteria so it has to be used with another preservative which has a strong action against bacteria e.g. Phenoxyethanol. Its usage rate is 1.5% of your entire formula. It requires a low pH to work (4.0 -5.5) and it's prone to oxidation and it's sensitive to high temperatures so it should be added at the cool down phase preferably 35°C.
4. Benzyl alcohol: This isn't a broad spectrum preservative. It's strong against Gram-positive bacteria but weak against Gram-negative bacteria, mold, and yeast, so it shouldn't be used also as a stand-alone preservative. It' usage rate is between 0.3-0.5% of your entire formula. It is poorly soluble in water, and it works at a low pH (3.5-5.5).
Over time benzyl alcohol oxidizes to benzaldehyde. Add at cool down phase

A BROAD SPECTRUM (ANTI-BACTERIAL, ANTI-FUNGAL) PRESERVATIVE MUST BE ADDED TO ANY FORMULATION CONTAINING WATER. **I CANNOT OVEREMPHASIZE THE IMPORTANCE OF A PRESERVATIVE IN PRODUCTS CONTAINING WATER.**

USEFUL TOOLS AND EQUIPMENT FOR MAKING YOUR NATURAL SKINCARE PRODUCTS

When making your skin care products, there are some tools and equipment you require to get started. Even though some of them are also used in the kitchen while cooking, I strongly advise that you get a separate set of tools and equipment for making skin care products.

EQUIPMENT NEEDED FOR MAKING NATURAL SKINCARE PRODUCTS	
<ul style="list-style-type: none">• Electric Stick Blender• Electric stick Whisker• Different sizes of Heat Proof Kitchen Bowls And Pots (Stainless Steel Or Pyrex) for mixing ingredients and creating double boilers• Paper Towel• Tablespoon• Sanitizer (Hand Sanitizer, Methylated Spirit, White vinegar, Bleach Solution - For Sanitising Hands, Work Area And Equipment Before Working)	<ul style="list-style-type: none">• A Good Thermometer• pH strips/pH meter• Empty Lotion Bottles and jars• Spatula (For Scraping Cream Out Of Bowls)• Funnels Of Different Sizes• Hotplate/Cooker/Burner/Stove• Manual hand whisker• Notebook and pen• Good Quality Gram Sensitive Digital Scale(should be able to measure 0.1g)

STEPS TO CREATING YOUR SUCCESSFUL EMULSION

There are 3 basic steps to creating a successful emulsion.

- Chemical emulsification: Choosing an emulsifier that is easy to work with will save you a whole lot of stress. For beginners, It's best you choose a complete emulsifying system (an emulsifier that doesn't require any other extra supporting emulsifier to work with) examples of standalone O/W include E. Wax NF, BTMS50 etc.
- Heat emulsification: The Oil and Water phases need to be heated up to the same temperature usually 70°C before combining.
- Mechanical emulsification: Blending the ingredients together using an electronic stick blender will ensure that the oil and water emulsify together properly. (No amount of hand mixing can produce the even mix you need.)

THE THREE PHASES TO MAKING AN EMULSION

Making a cream/lotion requires 3 phases which are the

- Heated Oil phase
- Heated Water phase
- Cooling phase.

These phases are combined together to produce an emulsion (cream/lotion)

- 1) The Oil phase usually makes up 10-35% of the formula. This phase contains oil-soluble ingredients such as Carrier oils, Macerated oils, Butters, Beeswax, Emulsifying Wax, Cetyl alcohol, Stearic acid etc.

NOTE: Always choose oils to suit your skin type and the purpose of the cream you are making. It's also important you choose cold processed oils because these oils have not lost their natural beneficial nutrients due to high temperatures and harsh processing methods. Occlusives (e.g.

cocoa butter, jojoba, sesame, macadamia, and avocado) help to form a thin layer on the skin to prevent water from escaping the skin, use these when formulating products for dry skin.

- 2) The Water phase makes up 60-80% of your formula. This phase contains water-soluble ingredients like distilled water, herbal infusions, hydrosols, glycerine etc.
- 3) The Cooling phase makes 1- 5% of your formula. It usually contains ingredients that are sensitive to heat (ingredients that can be destroyed by high temperature) e.g. Essential oils, Vitamin E (an antioxidant), Preservative, Cosmeceuticals, Actives, Extracts etc.

BASIC FORMULATIONS FOR CREAMS

Creams and lotions are made in the same way. The major difference is in the size of the water phase and oil phase. The water phase for a lotion is about 70-80% which makes the product lighter, and 60-70% water phase for a cream which makes it thicker. **IMPORTANT NOTE:** The emulsifier should be 25% of the total oil-soluble ingredients in your lotion (both in the Oil phase and Cooling phase) (This is applicable to Emulsifying wax NF) if you decide to experiment with a different emulsifier, ensure you check your supplier for its Usage rate. A BROADSPECTRUM PRESERVATIVE (MUST BE ADDED TO PRODUCTS CONTAINING WATER BECAUSE WATER ENCOURAGES MICROBIAL GROWTH. A product without preservative should be kept **refrigerated** and used up within **one week MAXIMUM**.

Another Example of How to Create Percentage Formula

So let's take this example below:

- *Mango butter 40g*
- *Shea butter 20g*
- *Water 15g*
- *Emulsifier 2g*

$$40g + 20g + 15g + 2g = 77g$$

Here is the maths:

1. Take the number of grams (Per ingredient)
2. Multiply by 100
3. Then divide by total grams (of total products)

Percentage of mango butter in the product

40 multiplied by 100 ($40 \times 100 = 400$)

Divided by 77 (total grams of product) $400 \div 77 = 51.95$ (Rounded up to 52). This means that the mango butter is 52% of our formula.

Now repeat this for the rest of the ingredients to finish your percentage formula.

Check your maths afterward as it should always add up to 100%

Hopefully, after your calculation, you will have

Ingredients in %

- Mango butter = 51.95%
- Shea butter = 25.97%
- water = 19.48%
- Emulsifier = 2.6%

$51.95 + 25.97 + 19.48 + 2.6 = 100\%$

Always double check your formula to make sure it adds up to 100%.

BASIC FORMULAS FOR CREAMS AND LOTIONS.

Each time you come up with a formula always ensure that:

- It adds up to 100%. Then you can choose your batch size (how much total product you want to make e.g. 50g or 250g) and easily work out how much of which ingredients to add using a simple formula.
- You use weighted measurements as this is more accurate and reliable (work in grams)
- You stick within the stipulated usage rates of each ingredient (always check with your ingredient supplier for this information). This will help you avoid issues like skin irritation from an overdose of ingredients, failed formula from under-use of certain ingredients e.g. emulsifiers, preservatives.

Basic Cream Recipe

Oil Phase = 29%

- 15% Oil
- 5% Butter
- 3% Cetyl Alcohol
- 6% Emulsifying Wax NF

Water Phase = 69%

- 2% Glycerine
- 67% Water

Cool down Phase = 2%

- 1% Essential Oil
- 1% Preservative (or according to the usage rate of your chosen preservative)

Basic Lotion Recipe

Oil Phase = 16%

- 10% Oil
- 4% Emulsifying Wax NF
- 2% Cetyl alcohol

Water Phase = 82%

- 4% Glycerine
- 78% Water

Cool down Phase = 2%

- 1% Essential oil

1% Preservative (or according to the usage rate of your chosen preservative)

NOTE: If your chosen preservative requires a different usage rate e.g. 0.5%, adjust the above formula by reducing the amount of preservative from 1% to 0.5% then add the 0.5% you reduced from the preservative to the water, so the formula will still be equal to 100%

CHECKLIST BEFORE GETTING STARTED

- ☐ Always sanitize tools, equipment, and packaging containers before use. This should be done by washing thoroughly, rinsing them in vinegar solution then spraying them with methylated spirit and finally allowing them to air dry.
- ☐ Ensure you clean and sanitize work surfaces using vinegar solution or Milton solution (190ml of boiling water and 10mls of Milton/bleach), then spray with methylated spirit/ IPA (Isopropyl alcohol)
- ☐ Wash and sanitise your hands
- ☐ Tie your hair
- ☐ Products containing water deteriorate fast, it's best to make small, fresh batches always and use a broad spectrum preservative (preservatives that work against both bacteria and fungi) to extend their shelf life.
- ☐ Natural handmade moisturizers do better in cool temperature so keep your products in a cool and dry place.
- ☐ Keep dry and oil-based products away from water
- ☐ When a product with or without preservatives starts to look or smell differently, get rid of it.
- ☐ Remove the product from the container using a spatula and not your fingertips to prevent the cream from going rancid faster due to the spread of bacteria.
- ☐ As often as possible store products in tightly closed pump lotion bottles.

- ☐ Have a notebook where you write out all your formulas, the date they were made, the methods you followed, tweaks and adjustments that you made etc. that way you can always troubleshoot and replicate your formulas
- ☐ Label your products and write down the date you made them, this will enable you keep track of the date it was produced and the best before date.
- ☐ Use bottled spring water or distilled water for making water-based products, NEVER use tap water.

METHOD FOR MAKING CREAMS AND LOTIONS

- Weigh out the different Phases - Oil Phase (Oil, Emulsifier, Butter, Wax)
Water Phase (Water/Hydrosol, Humectant (Glycerine, Sodium Lactate) into two different heatproof containers. Place the two containers containing the Oil and Water Phase ingredients in a pot containing water to form a DOUBLE BOILER.
- Put the double boiler on fire/hot plate/cooker and allow the ingredients to heat up/Melt gently. (Make sure you really reduce the heat source so you won't end up overheating and destroying your ingredients)
- Heat both phases to 70°C (use your thermometer to monitor the temperature).
- Weigh the water phase again and add boiling water to make up for the water lost due to evaporation.
- Check with your thermometer to ensure the two phases are of the same temperature then add the water phase to the oil phase and blend with a stick blender for at least 3mins. Repeat this process as often as you would like. (Be careful not to introduce too many air bubbles).
- After the emulsion forms, start whisking with your whisker as your emulsion cools down to 40°C (it'll be a bit thicker at this point) then add the Cool Down Phase (essential oils,

preservatives, extracts etc.). Whisk it in thoroughly, let it cool again then pour lotion into your pre-labelled jars.

8. | LEMON BRIGHTENING FACE CREAM (WATCH PRACTICAL VIDEO (BEGINNER'S CLASS))

This cream is a combination of Plant extracts which brighten and even out the skin. Plants in the citrus family are well known for brightening and toning (toning has nothing to do with your skin color, it just means tightening and firming the skin to give it a more youthful appearance) the skin. This cream is a combination of skin-nourishing carrier oils, Lemon peel extract to brighten the skin, Papain ACV infusion and Gluconolactone which helps to gradually slough off dead skin cells to reveal a brighter more even toned skin.

INGREDIENT	% OF TOTAL	200G	FUNCTION
Heated Oil Phase			
Rice bran oil	7	14	Emollient, Antioxidant
Hazel nut oil	4	8	Emollient/Astringent
Palm oil	1	2	Emollient, Beta carotene
Cetyl alcohol	2	4	Stabilizer
Emulsifying Wax NF	4	8	Emulsifier
Heated Water Phase.			
Distilled water	61.5	123	Diluent, Hydration
Allantoin	0.2	0.4	Keratolytic
Hydrolyzed collagen	2	4	Film forming
Gluconolactone	5	10	Humectant, Chemical exfoliant, Chelating agent, Preservative booster
Cool Down Phase (Below 40°C)			

AHA Bundle	5	10	Chemical exfoliant
Papaya infused ACV	5	10	Mild exfoliant
Lemon peel extract	2	4	Skin brightener
Liquid germall plus	0.3	0.6	Preservative
Frankincense essential oil	0.5	1	Cell regeneration
Carrot seed essential oil	0.5	1	Cell regeneration

METHOD: Please follow the instructions for making creams and lotions.



9. | MULTI-VITAMIN BRIGHTENING FACE LOTION

This easy penetrating daily face lotion contains high-performance oils and ingredients like Rosehip Oil which contains trans-retinoic acid (a form of Vitamin A), Sodium ascorbyl phosphate(A stable form of Vitamin C), Geranium and Lavender Essential Oils etc. these ingredients work to help balance sebum production, brighten, rejuvenate, and tone the facial skin. Daily use of this light moisturizer may help to keep acne, spots, and scars at bay.



INGREDIENT	% OF TOTAL	200G	FUNCTION
Heated Oil Phase			
Carrot infused sunflower oil	4	8	Emollient, rich in Vitamin A anti-aging
Olive Squalane	3	6	Emollient, light & silky skin feel, anti-aging
Cetyl alcohol	2	4	Stabilizer, thickener
Emulsifying Wax NF	4	8	Emulsifier
Heated Water Phase			
Rose hydrosol	62	124	Diluent/Solvent, Skin Toning
Witch hazel distillate(without alcohol)	10	20	Soothing, anti-inflammatory
Sodium lactate	3	6	Humectant, boosts efficacy of SAP
Hydrolyzed silk protein	1	2	Moisturizing, adds silky skin feel
Allantoin	0.2	0.4	Soothing, anti-inflammatory

Cooling phase (Below 40°C)			
Rosehip oil	4	8	Emollient, rich in Vitamins, Anti-aging
Cooling Phase (Below 35°C)			
Citric acid	0.1	0.2	Preservative enhancer
Sodium ascorbyl phosphate(Vitamin C)	5	10	Antioxidant, Anti-aging
Tocopherol (Vitamin E)	0.1	0.2	Antioxidant
Tocopheryl acetate (Vitamin E)	0.4	0.8	Antioxidant
Egyptian geranium essential oil	0.2	0.4	Anti-aging
Lavender essential oil	0.5	1	Skin toning ,Anti-aging
Liquid germall plus	0.5	1	Preservative

METHOD: Please refer to the Basic Recipe for making Creams and Lotions above.

NOTE: The rosehip oil wasn't added to the heated oil phase because apart from the fact that this high-performance oil contains lovely constituents, it's also prone to oxidation and we do not want to risk destroying it with a high temperature. The Tocopherol was added to serve as an antioxidant which would help to prevent rancidity by slowing down the rate at which the oils oxidize.

10. | CARROT ANTI-AGING BODY BUTTER

This butter gets its goodness from mango butter, rosehip oil, and carrot oil. These are rich in Vitamin A which is a powerful antioxidant that helps in preventing wrinkles and slowing down the process of aging.

Basic Formula for A Whipped Butter: 80%

Butters, 19% Oils And 1% Essential Oils. (This combination can be varied to match the texture and skin feel you want e.g. for a harder texture useless oils and hard butters (e.g. Cocoa butter) and for a softer texture use more oils/ soft butters (Avocado butter, Shea butter))



INGREDIENTS(Phase A)	100g
Shea butter	15
Mango butter	65
INGREDIENTS(Phase B)	
Rosehip oil	9
Carrot infused sunflower oil	5
Hemp seed oil	4
Tocopherol (Vitamin E)	0.5
INGREDIENTS(Phase C)	
Frankincense essential oil	1

Carrot seed essential oil	0.5
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I make my whipped butters using two different methods, depending on the butters and oils I'll be using in the formula. For formulas containing a harder butter like cocoa butter and heat stable oils, I use method 1 and for softer butters like Shea butter and Avocado butter (this is more of a hydrogenated oil than an actual butter), I use method 2 because it doesn't involve heat.

METHOD 1

- Clean & sanitize your work area and all of your packaging materials. It is suggested that you wear gloves, protective clothing, and a hair net while preparing this recipe, It will be tacky to find strands of hair in your body butter
- Weigh out all of your ingredients
- Begin by melting the Butters and Oils (excluding the Vitamin E, Hemp seed oil, Rosehip oil, Carrot Oil and essential oils. These ingredients are heat sensitive).
- Melt by putting them in a heatproof container and placing in a water bath/double boiler. Heat under very low temperature until the butters are completely melted. Be careful not to get your oils too hot, or you can ruin them.
- Once melted remove from heat source and whisk briefly for 1min using your electric whisk.
- Add the rest of the oils excluding the essential oils and whisk briefly again.
- Pour the mixture into a mixing bowl and set over another bowl filled with ice to cool as you stir continuously, or cover and set in refrigerator to cool rapidly.(The reason for this is to ensure that the butter cools uniformly, this will help to eliminate the grittiness that occurs with Shea butter)
- As the mixture cools, it will become thicker (this is usually called 'trace'). At that point, add the essential oils and keep stirring till it cools down completely.

- Once it's cooled down, start whipping the butter, whip for several minutes, every 20 minutes Place the mixture back into the fridge or over the ice bowl each time for it cool down as the whipping generates heat, bring out and whip again using a hand whisker/mixer. Repeat this procedure 4 - 5 times. Your butter will start to look whipped and very fluffy. The mixture will begin to get thicker each time. Once the butter has solidified all the way and is no longer runny, spoon it into your 4 oz. jars and it's done.

METHOD 2

- Weigh out all your ingredients
- Put the Butters in a large mixing bowl and use your electric whisk to whisk it until it becomes soft.
- When the butters have softened, add the carrier oils to it and keep whisking thoroughly.
- When you've achieved a very fluffy texture, add your essential oils and whisk again to incorporate them properly.
- Store in a dry container.

IMPORTANT NOTE: THIS FORMULA DOESN'T NEED A PRESERVATIVE BECAUSE IT IS ANHYDROUS (DOESN'T CONTAIN WATER). HOWEVER IT REQUIRES AN ANTIOXIDANT TO HELP GUARD AGAINST RANCIDITY/OXIDATION.

11. | ANTI-BLEMISH FACE WASH (*WATCH PRACTICAL VIDEO - BEGINNER'S CLASS*)

This gentle African black soap inspired clarifying face wash combines all the goodness of the age-long African beauty secret(African black soap) with the mildness of Coco betaine an amphoteric surfactant to provide deep cleansing for the facial skin. It contains Tea tree and peppermint Essential Oils which is very good for acne-prone skin. Feel free to experiment with other essential oils and hydrosols until you find your favourite!

INGREDIENT	100g
PHASE A	
Lavender Hydrosol	42g
Aloe Vera Juice	10g
African black soap	28g
Citric acid	0.5g
PHASE B	
Xanthan Gum	0.5g
Glycerine	5g
PHASE C	
Coco betaine	13

Tea tree Essential Oil	0.3
Peppermint Essential Oil	0.2
PHASE D	
Liquid Germall Plus (Preservative)	0.5g

METHOD

- Measure and weigh out the different phases
- Soak the African black soap into the mixture of Lavender hydrosol, Citric acid, and Aloe Vera juice then leave it for some time to dissolve.
- Disperse the xanthan gum into the glycerin (This helps to prevent it from forming lumps).
- When the ABS has completely melted, sieve it to ensure there are no chunks of soap or sediments left.
- Gradually add Phase C (coco betaine) into the melted black soap while stirring continuously.
- Add the pre-dispersed Xanthan gum into the mixture and stir properly afterwards
- Add phase D and E and mix in thoroughly. Pour into a clean container preferably with a flip top lid. Store out of direct sunlight.

NOTE: The thickness of this formula can be adjusted by gradually increasing or reducing the amount of the xanthan gum by 0.1% at a time until you reach your desired consistency.



12. | KANURI KURKUM INSPIRED BRIGHTENING POLISH

This face brightening polish is inspired by the Kanuri traditional scrub which is used by Brides-To-Be during the Gyaran Jiki Phase (fixing the body) of the beautification ritual every day for 3 weeks before their wedding to brighten the complexion and achieve a radiant glow. The star ingredient is the turmeric which has countless skin benefits ranging from treating blackheads, acne spots, to banishing blemishes and hyper-pigmentation.



INGREDIENT	100g
Kaolin Clay	29
Colloidal Oats	11
Goat Milk Powder	10
Orange Peel Powder	10
Chickpea Powder	8
Amla Powder	12
Turmeric Powder	8
Licorice Root Powder	5
Citric acid	1
L Ascorbic Acid Powder	5
Tangerine Essential Oil	0.5

Sweet Orange Essential Oil	0.5
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METHOD

Put all ingredients together in an herb grinder or a dry blender, blend them all together into a very fine powder and place in an airtight container.

How to use

Combine 1 tablespoon of the powder with enough water to create a nice paste. Work in circular motions applying to the face. Allow the product to remain on the skin while you rest for a few minutes. After it has dried completely, rinse with warm water, blot dry. This can be used as a scrub and a mask and it is gentle enough for everyday use.

NOTE: Wear an old T-shirt while using or use this in the shower as it contains turmeric which causes stains. However, ensure water doesn't enter this while in the shower. Better still, always take out the amount you'll need with a clean dry spoon.

13. | ASIAN INSPIRED FACE POLISH (*WATCH PRACTICAL VIDEO - BEGINNER'S CLASS*)

INGREDIENTS	%
Adzuki Bean(Finely blended)	30
Rice powder	10
Camwood powder	5
Turmeric	3
Colloidal oats	30
Allantoin	5
White willow bark	17

METHOD

Put all ingredients together in an herb grinder or a dry blender, blend them all together into a very fine powder and place in an airtight container.

14. | TONERS AND MISTS

These are water-based products (containing only water-soluble ingredients) used in facial skin care for a lot of functions which include:

- Removing the remaining residue after cleansing the skin.
- Wiping away excess sebum (oil)
- Soothing and Balancing the skin's pH after using bar soaps or alkaline products that can disrupt the skin's acid mantle
- Refreshing and Hydrating the skin before applying a moisturizer or oil serum

Some basic ingredients used in making toners and the percentages in which they are used

Hydrosols, Water, Herbal teas, Infusions, Tisanes	85-90%
Witch hazel extract(with alcohol)	5-10%
Humectants e.g. Glycerine	2-5%
Preservative	Usually between 0.5-1%, Depending on your chosen preservative.(Ensure it is water soluble)
Essential oils(optional)	0.1- 1%(Essential oils are not soluble in water so they require a solubilizer to enable them to mix in water
Solubilizers	Depending on the solubilizer you're using.(natural solubilizers might not be readily available here in Nigeria)
Water-soluble plant extracts e.g. Licorice extract, Mulberry extracts, Papaya extract e.tc	0.1-5%

NOTE: A TONER IS A WATER BASED PRODUCT SO IT IS PRONE TO MICROBIAL CONTAMINATION.A BROAD SPECTRUM (ANTI-BACTERIAL, ANTI-FUNGAL) PRESERVATIVE MUST

BE ADDED TO ANY FORMULATION CONTAINING WATER(THIS IS NOT OPTIONAL). **I CANNOT OVEREMPHASIZE THE IMPORTANCE OF A PRESERVATIVE IN PRODUCTS CONTAINING WATER.**

15. | ASTRINGENT TONER FOR OILY SKIN (WATCH PRACTICAL VIDEO - BEGINNER'S CLASS)

Apple Cider Vinegar (ACV) contains (AHA) which works to softens and sloughs off dead skin cells while regulating and balancing the skin's PH. It also aids in getting rid of excess oil on the skin surface and may lighten skin discolorations over time.

INGREDIENT	%
Water	70
Witch Hazel	11.8
AHA Bundle	5
Allantoin	0.2
Sodium Lactate	2
Lemon Peel extract	3
Papaya infused ACV	5
Leucidal SF MAX	3

METHOD

Combine all ingredients in the order shown in a beaker or glass dish, stirring after each addition. Transfer the blend into spray bottles (You can divide this recipe in half to make half the product). Shake well before each use. To use, apply using a soft cotton pad to clean face and neck skin. It can be stored in the refrigerator for a wonderfully refreshing feeling in the afternoon. Remember to add a label and date.

NOTE: If you decide to add essential oils to this formula, you would require a solubilizer to solubilize essential oils (because they are not water soluble) into the water in order to avoid it

floating on top. However, Natural solubilizers might not be readily available so shake this toner vigorously before each use to disperse the essential oil (if you decide to add to your recipe) or add a synthetic solubilizer e.g. Polysorbate 20, 80 if you intend to sell this to people.

16. | HYDRATING MIST FOR DRY SKIN (WATCH PRACTICAL VIDEO - BEGINNER'S CLASS)

INGREDIENT	%	FUNCTION
PHASE A		
Water	84.3	Solvent
Sodium Lactate	2	Humectant
Allantoin	0.2	
Hydrolyzed Collagen	2	Film former
Panthenol	2	Vitamin
Gluconolactone	5	Exfoliant
PHASE B		
Polysorbate 20	3	Solubilizer
Egyptian geranium essential oil	1	Balancing/ Soothing
PHASE C		
Liquid germall plus	0.5	Preservative

METHOD

Combine all ingredients in the order shown in a beaker or glass dish, stirring after each addition. Transfer the blend into spray bottles (You can divide this recipe in half to make half the product). Shake well before each use. To use, apply using a soft cotton pad to clean face and neck skin. It can be stored in the refrigerator for a wonderfully refreshing feeling in the afternoon. Remember to add a label and date.

17. | NATURAL SKIN PEELS

This can be achieved using Fruit Enzymes or AHA (Alpha hydroxyl acids) gotten from some fruits or other natural sources such as milk, yogurt etc.

AHA & BHA: Alpha hydroxyl acids (AHA) & Beta hydroxyl acids (BHA) are a group of natural acids found in foods. They are applied topically for exfoliating, moisturizing, treating acne, improving the appearance of acne scars/hyperpigmentation, photo-aged skin. They also aid in firming and smoothing skin etc. The main difference between AHA & BHA is in their solubility. Salicylic acid which is the most common BHA is oil soluble so it penetrates much deeper into the skin making it great for clearing up clogged pores in Acne prone skin. AHAs, on the other hand, are water soluble they do not penetrate very deep into the skin and they are great for getting rid of dead skin cells on the skin's surface. (So when next someone wants to sell AHA oil to you, think twice)

Enzymes: These are biological catalyst that stimulates chemical exfoliation by digesting, loosening and sloughing off dead skin cells which have built up on the surface of the skin, causing a softening effect which makes it ideal for anti-aging skin care as well as scar treatment. Unlike AHAs, Enzymes are limited in the amount of exfoliation that can be achieved; they offer a milder form of exfoliation.

Natural skin peels are great for the skin because they loosen the glue between dead skin cells, and the cells fall away, leaving the skin very smooth and radiant. You'll be amazed at how easy it is to produce wonderful results for your skin - someone would imagine you used only the most expensive and sophisticated products to achieve that glow! The famous beauty queen of the Nile, Cleopatra, unknowingly used the benefit of AHAs on her skin when she bathed in milk.

Natural Sources of AHA

Malic Acid:	Apples, Apple Cider Vinegar
Lactic Acid:	Cream, Buttermilk, Yogurt, Cow Milk, Goat milk
Tartaric Acid:	Grapes, Plums, Tamarind
Citric Acid:	Lemons, Limes, Orange, Strawberries
Glycolic Acid:	Sugar Cane, Sugar, Brown Sugar.
Mandelic acid:	Bitter almond

Natural sources of BHA

Salicylic acid	Strawberry, White willow bark, Aloe Vera, Cloves
Butyric acid	Goat milk, Yoghurt
Benzoic acid	Cinnamon, Cranberry

Natural Sources of Enzymes

Papain:	Pawpaw (unripe green pawpaw is preferable)
Bromelain:	Pineapple

HOW TO USE

Use as a mask, apply a paste of your preferred fruit blend (e.g. mashed semi-ripe papaya and yoghurt paste, honey can be added to your mask for a moisturizing effect) to a cleansed face and neck, taking care to avoid the eye area. You do not need to rub/apply with pressure into your skin because the AHA or Enzyme will do the exfoliating for you.

Let it sit on your skin, after 10-20 minutes, rinse it off with water and then tone and moisturize your face afterwards.

NOTE: Always take care to avoid your eyes. Avoid using these homemade peels if your skin is sunburned, and before going into the sun. Before using the mask, apply some on the inside of the wrist. If it itches or feels irritated, skip using it. If at any time, your skin feels itchy during use, stop immediately and rinse off with lots of water.

18. | HOW TO DO YOUR FACIALS

BEFORE YOU START

- Wash your hands with soap and water
- Wash all the bowls, whisk, utensils, spoons, cups and whatever equipment you will be using for this facial with soap and water. Sterilise these with 190ml of boiling water and 10mls of Milton/bleach. Make sure all surfaces you use for preparing this facial are clean.
- Prepare a fresh scrub by mixing tamarind paste, finely blended oats, honey and blended orange peels to the consistency that is suitable for you. Note that the tamarind has to be little because using a lot might irritate the skin due to the tartaric acid it contains.(Feel free to substitute your fruit and exfoliation mixture)
- Prepare natural fruit peel face mask (clay can be added for a drying effect and a bit of garlic/cinnamon can be added for spot treatment if you have any inflamed swollen pimple). E.g. of A simple mask that can be made strawberry puree + unsweetened yoghurt + honey + clay + drops of your preferred carrier oil
- Prepare a toner by infusing green or black tea in hot water for 3-5 mins.
- Fill a pot with water and set that to boil.(you can add herbs like lemongrass, thyme, Neem, scent leaf etc. for added benefits)
- Wear a hair band or shower cap to keep your hair off your face.
- Now you are ready for your facial.

THE FACIALS

- Cleanse your face with your cleanser

- Apply the scrub you prepared, in circular motions with little pressure for 2-5mins, then rinse off. (Skip scrubbing broken or inflamed areas)
- Dry your face with a clean towel.
- Pour boiling water into a bowl. Add 3 drops of lavender oil or preferred essential oil to it (skip this if the water was boiled with herbs)
- With a clean towel forming a 'tent' over your head and the bowl, keep your face about 20cm above the bowl. (Caution: Skip this step if you are an asthmatic. The steam could trigger an attack. Skip this step if you have thread veins. The heat could worsen your condition)
- Relax and let the steam deeply cleanse your face for 10 minutes.
- Afterwards, apply the mask over your face, avoiding your eye area, your pore will be open from the facial steam so the AHA or fruit enzyme in the mask might sting a bit.
- Put 1 slice of cucumber over each eye
- Lie and relax until the mask is dry to touch. (If you added clay to your mask and you want to keep it on for some time, spray your face with water to reactivate the mask and keep it active)
- Remove the cucumbers
- Rinse off the mask thoroughly with lots of lukewarm water.
- Apply the toner to your face using a soft cotton pad
- Apply a face moisturizer (cream, lotion)

CAUTION FOR HOME FACIALS

- Hygiene and cleanliness are highly important to avoid infection.

- Before using the mask, apply some on the inside of the wrist. If it itches or feels irritated, skip the facial. If at any time, your skin feels itchy during this facial, stop immediately and rinse off with lots of water.
- Avoid using makeup till 24 hours after the facial
- Avoid touching face with hands
- Sleep on clean pillowcase
- Avoid sun exposure, if you must go out, ensure you use a sunscreen(at least spf25)
- Avoid using any face products until the next day.
- NOTE: Completely avoid doing this facial if you have cystic acne.
- Clays can be chosen based on skin type, you can also combine different clays for the effect you want. e.g. Kaolin(for sensitive skin, inflamed skin), Bentonite clay(for oily skin, breakouts), French green clay(for all skin types)

19. | OIL BASED SUGAR SCRUB

This 2 n1 anhydrous body polish exfoliates, and moisturizes the skin at the same time.

Ingredients:

Phase A	10g Palm Oil 64g Sunflower oil 10g Castor oil 5g Emulsifying Wax NF 10g Polysorbate 80
Phase B	0.25g Lemongrass essential oil 0.25g Peppermint essential oil 0.5g Liquid germall plus
Phase C	200g Finely ground White Sugar/Brown sugar

METHOD:

- Weigh out the ingredients in Phase A into a heatproof container
- Place in a water bath and heat up slowly till it dissolves completely
- After it dissolves bring down from heat and allow it to cool down
- Add phase B
- Add phase C

20. | AFRICAN BLACK SOAP SUGAR POLISH

INGREDIENT	%
Phase A	
Finely grated African black soap	33
Sunflower oil	20
Castor oil	6
Shea nut oil	10
E. Wax NF	10
Cetyl alcohol	4
Phase B	
Honey	15
Tocopherol(Vitamin E)	0.5
Lemongrass essential oil	0.5
Sweet orange essential oil	0.5
Liquid germall plus	0.5
Phase C	
Brown sugar	190
Orange peel powder	10

Method

- Place Phase C into a large bowl and stir to break up any clumps.
- Weigh out the ingredients in Phase A
- Place them in a water bath and heat up slowly till they melt completely
- When it has melted bring down from heat and whip thoroughly
- When it cools to 30°C, add Phase B and mix properly
- Pour in your exfoliant and mix it in properly.

THIS IS AN ANHYDROUS PRODUCT(DOESN'T CONTAIN WATER) HOWEVER, IT STILL NEEDS A PRESERVATIVE JUST INCASE WATER GETS IN DURING SHOWER, AND IT ALSO CONTAINS HONEY

WHICH CAN SPEED UP MICROBIAL GROWTH PERADVENTURE WATER GET'S INTO IT DURING SHOWER.



21. | SOAP BASED HIMALAYAN SALT SCRUB (WATCH PRACTICAL VIDEO - BEGINNER'S CLASS)

INGREDIENTS	%
PHASE A	
African black soap	50
Water	14
Glycerin	10
Sunflower oil	10
Emulsifying wax NF	10
PHASE B	
Honey	5
Essential oil of your choice	0.5
Liquid germall plus	0.5
PHASE C	
Himalayan Salt	90
Mustard seed	10

Method

- Place Phase C into a large bowl and stir to break up any clumps, blend if the Himalayan salt you're using is coarse.
- Weigh out the ingredients in Phase A
- Place them in a water bath and heat up slowly till they melt completely
- When it has melted bring down from heat and whip thoroughly
- When it cools to 30°C, add Phase B and mix properly
- Pour in your exfoliant and mix it in properly.

22. | SERUMS

Serums are lightweight formulas that infuse the skin with a high concentration of moisture and nutrients. They contain high amounts of skin penetrating nutrients and active ingredients that have beneath-the-surface jobs to do like promoting cell regeneration, turnover, hydration, and collagen boosting. There are different types of serums (oil based, water based, and emulsion-based serums). The type you make should be based on your skin type, condition, skin goals and personal preference. Different types of serums are made to suit different skin conditions e.g. skin brightening, anti-acne, anti-aging, hydrating, exfoliating e.t.c. Natural Serums contain up to 90% active ingredients and they are loaded with Nutrients, Humectants, Botanical Extracts (Aloe Vera, Lemon, Cucumber, Green Tea), Antioxidants, Vitamins (A, B, C, E) etc. The benefits of adding a serum to your skincare regime are endless.

DAILY VITAMIN HYDRATING FACE SERUM

This serum contains Sodium Ascorbyl Phosphate which is the stable form of L Ascorbic Acid which is a naturally occurring antioxidant that plays a very vital role in collagen synthesis and skin regeneration along with humectants and botanicals to deeply hydrate the facial skin. Daily use of this serum will gradually brighten and improve the appearance of the skin by keeping fine lines and wrinkles at bay.

INGREDIENT	PERCENT (%)	BATCH SIZE(30G)
PHASE A		
Sodium lactate	3	0.9
Xanthan gum	0.1	0.03
PHASE B		
Water	70.3	21.09
Witch hazel distillate	15	4.5
2% hyaluronic acid gel	4	1.2
Sodium Ascorbyl Phosphate	5	1.5
Citric acid	1	0.3
Allantoin	0.2	0.06
PHASE C		
Polysorbate 20	0.6	0.18
Tocopheryl acetate	0.3	0.09
Liquid germall plus	0.5	0.15

METHOD

- Disperse the xanthan gum into the Sodium lactate (This helps to prevent it from forming lumps)
- Weigh out and mix the ingredients in phase B properly (ensure the SAP and Allantoin are fully dissolved.)
- Add the pre-dispersed Xanthan gum into the mixture and stir mix again
- Finally, add Phase C and mix properly.
- Bottle and store in a cool place.

NOTE: To thicken this serum further, keep reducing the Water and increasing the xanthan gum 0.1% at a time till you get your desired consistency (Bear in mind that this increase can make the serum sticky). I make small batches for my serums to ensure maximum freshness. Adding xanthan gum directly to water can cause lumps. It is best you disperse the xanthan gum in glycerin /Sodium lactate first.

To achieve a very thin texture, you may choose to leave out the xanthan gum. Polysorbate 20 is a **SYNTHETIC** solubilizer (as a natural solubilizer might not be readily available) used at an equal ratio with the 'Tocopherol acetate' to enable it disperse well into the formula because tocopherol acetate is not water soluble. Whatever adjustments you decide to do, Bear in mind that your Formula should always be equal to 100 %. (Reduce or increase your water/hydrosol to suit your adjustments)



MOROCCAN NOURISHING FACE SERUM

This face serum contains the right balance of nourishing, high performance, non-comedogenic oils rich in essential fatty acids, phytosterols, and vitamins to help strengthen and protect the skin's barrier, out the skin tone, it sinks into the skin leaving no oily residue behind. It's named after the base oil (Argan oil) which is native to Morocco. This serum is less likely to clog the pores so it's great for even oily and acne prone skin.



Ingredient	Percent (%)	Batch size (30g)
Argan oil	25	7.5
Olive Squalane	20	6
Rosehip oil	16	4.8
Milk thistle seed oil	15	4.5
Blackcurrant seed oil	12	3.6
Hemp seed oil	8	2.4
Sea buckthorn oil	2	0.6
Tocopherol (Vitamin E)	0.5	0.15
Tocopheryl acetate	0.5	0.15
Ylang Ylang essential oil	0.5	0.15
Frankincense essential oil	0.3	0.09
Carrot seed essential oil	0.2	0.06

Method

- Measure out the ingredients with a good quality scale.
- Combine them in a large beaker
- Mix them thoroughly to ensure they blend well
- Pour into a dark or amber glass bottle

23. | HOW TO MAKE SIMPLE OIL MACERATIONS AT HOME

There are different methods of making herbal oil infusions (Cold, Solar, and Heat infusion method).

The ratio of carrier oil to plant material should be between 9:1 and 10:1 i.e. nine parts of carrier oil to one part of plant material OR ten parts carrier oil to one part plant material).

SAMPLE CITRUS ZEST MACERATION USING BOTH HEAT, COLD AND SOLAR INFUSION METHOD

This is a 9:1 ratio

- 90g Coconut Oil (I like to choose this oil when doing the heat maceration method because it is highly heat resistant. It retains its useful properties even after exposed to heat, be sure to use Virgin Cold Pressed Oils. You can choose to substitute with other oils like Sunflower, Sweet Almond, Baobab, Jojoba etc.)
- 10g Dried zest from different citrus fruit (Orange, Lemon, Tangerine, and Grapefruit). Preferably use freshly dried zests.

For 10:1 ratio it'll be

- 100g Coconut oil
- 10g Dried Citrus Zest

HOW TO MAKE

- 1) Place the plant material in a heatproof glass container e.g. Jam containers, cover with the oils.(Ensure the peels are covered totally with the oil)
- 2) For the heat-infusion method, make a bain marie by placing the heatproof container containing your ingredients into a pot containing simmering water (NOT BOILING WATER)
- 3) Gently simmer over very low heat.
- 4) For the solar infusion method, place it in a sunny location.
- 5) For the cold infusion method, store away from direct sunlight
- 6) For the heat infusion method, simmer for 2-6 hours

- 7) For the Solar infusion method, leave it at the sunny location for 2-4weeks.
- 8) For the cold infusion method, keep it away from direct sunlight and leave it macerated for 6weeks.
- 9) For the heat infusion method, after 2-6 hours, Turn off the heat then filter the peel through a muslin cloth.
- 10) For the Solar infusion method, filter the peels after 2-4 weeks of keeping the jar in a sunny location
- 11) For the cold infusion, filter the peels after 6weeks.

NOTE: Keep the heat as low as possible in order not to cook the plant material and destroy the useful nutrients/constituents.

TIPS

- 1) Use finely chopped plant material as this will help to break the plant cell walls and aid better infusion.
- 2) Use dried plant materials, it'll keep your oil from going rancid on time.
- 3) Shake the mixture regularly this would also aid better infusion.
- 4) Replace the plant materials weekly to get a more concentrated oil i.e. every week strain and discard the old plant material then add another new batch of plant material into the same oil.
For the heat infusion method, replace the material after every 2hours (i.e. 3 different sets of plant materials for a 6-hour infusion)
- 5) Add 0.5g Tocopherol (Vitamin E oil). This serves as an antioxidant which stops the oil from going rancid by preventing oxidation)
- 6) Label the bottle that way you'll know which herbs you infused, the oils you used for the infusion and the date the infusion was made.
- 7) Use up within 6months - 1year

NOTE: I didn't add Tocopherol to the mixture above because virgin cold pressed coconut oil by itself has a high antioxidant activity and it's heat resistant.

24. | BODY FIRMING ELIXIR

This formula is a synergistic therapeutic blend of luxurious carrier oils and essential oils which are known for warming, stimulating, toning the skin and reducing the appearance of Cellulite, Scars and Stretch marks.

INGREDIENT	Batch size(100g)
Baobab oil	34
Argan oil	20
Avocado oil	17
Jojoba oil	12
Tamanu oil	10
Citrus Zest Macerated in sweet almond oil	5.5
Tocopherol(Vitamin E)	0.5
Grapefruit Essential oil	0.3
Tangerine essential oil	0.3
Ginger essential oil	0.2
Clary sage Essential oil	0.1
Lemongrass essential oil	0.1

Method

- Measure out the ingredients with a good quality scale.
- Combine them in a large beaker
- Mix them thoroughly to ensure they blend well
- Pour into a dark or amber glass bottle

25. | EXFOLIATING AND BRIGHTENING BLACK SOAP

This recipe gets its goodness from the Papain enzyme present in pawpaw. It also contains some skin-toning spices and herbs which act as physical exfoliants and makes it perfect for blemished, oily, spotty skin.

Ingredients: Unadulterated African Black Soap, Lemon Juice, Unripe papaya Juice, Orange Peel powder, Papaya Seeds, Honey, Turmeric, Camwood, Essential Oil, Liquid germall plus(preservative).

METHOD

- Blend the unripe papaya fruit and squeeze out the juice
- Blend the papaya seed into powder
- Squeeze and sieve the lemon juice
- Grate and put the grated ABS into a heatproof container.
- Place the container in a water bath and allow the soap to soften over very low heat.
- When the soap becomes soft and pliable, bring it down from the heat.
- Add the lemon and papaya juice and mix thoroughly with a mixer
- Mix the honey and powders (turmeric, camwood and papaya seeds) together.
- Add it to the soap and keep whisking thoroughly
- When the soap is cool to 30°C, add the essential oils and preservative.

Soap is alkaline in nature and most times it doesn't require a preservative due to the fact that the high alkalinity is unfavorable to most micro-organisms, however, this contains fresh fruit juices and the lemon juice is acidic so this will slightly reduce the alkalinity of the soap, making it prone to microbial contamination. We don't want to take the chance of smearing our bodies with micro-organisms hence the addition of the preservative (liquid germall plus which works at

a wide pH range). To skip the use of a preservative, use a lot of honey in your soap mixture, store in the fridge and use up within 2wks max!

The soap can also be mixed by pounding with a mortar and pestle the traditional way but I find that using an electric whisker, ensures proper and stress-free mixing.

For customizing your black soap, experimenting is the key, add more or less of the ingredients to achieve the texture and effect you want. You can have a moisturizing, exfoliating, blemish bursting soap blend depending on the ingredients used in customizing your soap e.g. for a soft paste add a little more juice/oil, for a moisturizing effect add a little oil, for a scrubby soap more exfoliant etc.

Note that too much oil might reduce lathering (foaming). I use lots of honey instead of oils for a moisturizing effect, however, some African black soaps can be drying. Feel free to add oils if you still feel like having an extra moisturizing effect.



26. | SKIN BRIGHTENING BLACK SOAP PASTE (WATCH PRACTICAL VIDEO - BEGINNER'S CLASS)

INGREDIENT	%
PHASE A	
African Black Soap	50
Sunflower Oil	4
Turmeric	4
Dilke	6
PHASE B	
Honey	15.5
Tamarind	5
PHASE C	
Water	10
Kojic Acid	2
PHASE D	
Sweet orange essential oil	2
Caprylyl glycol	0.5
Phenoxyethanol	1

27. | LUXURIOUS HONEY CLEANSER

This gentle luxurious cleanser is based on the enzymes and antibacterial properties of honey. The high concentration of honey, glycerine, the addition of gluconolactone which has preservative properties, and the low pH of this product work in synergy to prevent the growth of microorganism making this product self preserving.

INGREDIENTS	%
Decyl glucoside	20
Coco betaine	10
Gluconolactone	4
AHA Bundle	5
Glycerin	10
Honey	50
Lemongrass essential oil	0.6
Lavender essential oil	0.4

METHOD

Combine all ingredients in the order shown in a beaker or glass dish, stirring after each addition.

28. | GLOSSARY OF NATURAL BEAUTY INGREDIENTS

THYME: This spice is used in cooking. It possesses strong antiseptic and anti-bacterial properties and will help fight impurities on your skin. It tones your skin and helps to balance the pH of the skin through its astringent (tightening of skin pores) qualities. I add this plant to the water I use to steam my face during facials.

ALOE VERA: This plant contains anti-inflammatory, anti-fungal, healing and cooling properties. It enhances healing of any kind (skin wound, acne, burn, scald, blisters, insect bites, rashes, allergic reactions or dry skin. It penetrates and helps to protect the outer layer of the skin, keeps the skin cool and reduces inflammation. It can be added to your mask its soothing effect

APPLE: A mask of grated apple is an excellent remedy for pimples, rubbing a slice of apple on the face and leaving for 20mins helps control oily shine and also daily intake of apple can keep the skin looking radiant and young because of the Vitamin A content.

BANANA: A mask of mashed banana is great for moisturizing and soothing the skin. Rubbing the inside of a banana peel over an active pimple may drastically help to reduce its size.

CUCUMBER: This helps to prevent water retention and reduce puffiness. Make thick slices of cucumber for swollen or tired eyes. Lie down, place them on your eyes (closed) & relax for a while. Cucumber can also be used as a natural cleanser by mixing the juice with honey and unsweetened yoghurt to cleanse your skin.

EGG: Using egg white on the face for 15- 20 minutes helps to temporarily tighten pores and leaves the face firm. The mixture of Hemp seed oil mixed with egg yolk and lemon juice makes a perfect face mask.

ICE CUBES: Make a herbal infusion of your preferred herb (Method: Just the way you infuse Lipton tea bags in boiled hot water, infuse the herbs in boiled hot water and strain after 3-7mins depending on the herb). Pour the strained herbal infusion into ice trays and freeze. Place the ice cube gently on the face to close skin pores. Avoid hot showers because it strips your skin of natural oils. For people like me who don't like bathing with cold water, you can use

lukewarm water and take short showers. Splash water over the face at regular intervals to keep the pores unclogged and skin hydrated.

LEMON: Lemons are rich in Citric acid and Vitamin C. Citrus fruits (Orange, Lemon, Grapefruit, tangerine, lime etc.) generally contain citric acid which is an AHA that helps to slough off dead skin cells and promote new cell growth. However, you have to be really careful when using them because they can be irritating if used indiscriminately and they make the skin sensitive to the sun.

ORANGE: A facial wash containing natural extracts like orange helps freshen the skin and reduce excess moisture. Dried, ground orange peels mixed with milk, yoghurt or water is good for keeping acne at bay. A mask made of 1 tbsp. Lemon Juice, 1 tbsp. Orange Juice and 1 cup of Yoghurt enhances the complexion.

TOMATO: Tomato is rich in a source of vitamin A and C. It contains an antioxidant called lycopene which is great for preventing premature aging of the skin and also contains fruit acids which help to brighten the skin by sloughing off dead skin cells. You can make a mask of tomato for enhancing your complexion.

YOGHURT (plain or natural): This is a wonderful skin cleanser rich in Lactic acid (AHA) which gently exfoliates the skin.

TURMERIC: My wonder ingredient, this spice is a constant in all of my African black soap mixtures and most of my face masks and polishes. It soothes inflammations, and brightens the skin.

COFFEE: due to its caffeine content, it improves circulation when applied to the skin. It works as an antioxidant and can dehydrate fat cells (good for fighting cellulite, reducing the appearance of stretch marks and deflating puffy eyes)'.

COCOA POWDER: contains lots of minerals including calcium, potassium, and zinc as well as high levels of caffeine. These compounds are able to break down fats and can have a draining

effect on fatty cells which allows them to be used to firm the skin (similar to what coffee does), this ingredient is also found in my mocha latte body polish.

CARROTS: are a rich source of Vitamin A which is great for rejuvenating the skin. Applying carrots or its extracts to your skin can help prevent wrinkles (Check out the carrot anti-aging butter recipe) and encourage skin restoration (I love me some carrot macerated oil I make my carrot macerated oils are made by steeping freshly dried carrot shavings in a specified carrier oil for a period of one month.)

SUGAR: This is rich in glycolic acid (an AHA). It helps to scrub away dead skin cells by offering physical exfoliation due to its abrasive nature and chemical exfoliation from glycolic acid. It is also a humectant, meaning that it draws moisture from the environment to the skin and is therefore great for people with sensitive or dry skin. Do well to blend it again to achieve a finer texture before using it in scrubs.

APPLE CIDER VINEGAR (ACV): Apple cider vinegar promotes exfoliation due to the presence of malic acid (AHA) found in apples. It regulates the skin to its proper pH. ACV can help to dissolve excessive oil on the surface of the skin. Vinegar's acidity makes it a natural cleanser, but it can also become an irritant when used undiluted so do not apply neat ACV to the skin, it should be diluted with distilled hydrosols, herbal infusions etc. check out **the astringent face toner recipe**

WHOLE OATS: Oats have anti-inflammatory properties. They help to calm and soothe the skin. They are great for sensitive skinned individuals and babies.

RICE POWDER: In Asian beauty rituals, rice is used as a base in body scrubs due to its gentle exfoliating properties. It's been used for thousands of years to relieve inflammation associated with skin diseases and for cleansing and softening of the skin. Rice is a great source of proteins, amino acids, and oryzanol, an active ingredient which encourages cell renewal.

PAPAYA: The papain enzyme found in papaya works to gently exfoliate dead skin cells and reveal new, brighter skin cells beneath. Unripe and ripe papaya are both effective but the unripe papaya contains more of the papain enzyme. This ingredient is most often found in soaps but sometimes the extract is used in skin brightening creams too.

29. | INGREDIENT GLOSSARY

AHA BUNDLE: This is a proprietary blend of different Alpha Hydroxyl Acids (Malic acid, Tartaric acid, Citric acid, Glycolic acid, Lactic acid) in a base of glycerin. This works by exfoliating the skin gently to reveal a brighter skin tone. Usage rate: 2 -5%

HYDROSOL: This is a natural by-product from the production of essential oils. They contain the same properties as the essential oil in a mild form. They can be used to replace water in skin care formulations (lotions, toners, spritz etc.)

SODIUM ASCORBYL PHOSPHATE (SAP): This is a stable form of Vitamin C. It's a potent antioxidant that protects skin from oxidative damage caused by sun rays, it improves the skin's elasticity by stimulating the formation of intercellular collagen, helps treat hyperpigmentation, and lightens the skin. Add at the end of the formulation process just before the preservative by dissolving it first in a little distilled water. Use at a concentration of 0.2-3% for antioxidant effects but up to 10% for skin brightening effects.

ALLANTOIN: This is an active ingredient derived from the roots & leaves of the comfrey plant. This ingredient is dispersible in water. It is used as a skin protectant (e.g. burns, sunburns, scrapes), repairing agent by promoting keratolysis (cell regeneration), relieves dryness, soothing effects (e.g. diaper rash). Add to the heated water phase of formulas, usual concentration 0.2 - 2%. Good mixing is required to thoroughly disperse the Allantoin. From experience, I've discovered that using this ingredient at more than 0.2% tends to make a lotion gritty.

GLUCONOLACTONE: This is a Poly Hydroxyl Acid, unlike AHAs this ingredient exfoliates mildly without inducing irritation and so it is a preferable choice when formulating products for sensitive skin. In addition to being a mild exfoliant, this also acts as a humectant, has preservative properties and can act as an antioxidant. Usage rate: 0.1-5%

GLYCERIN: an effective humectant & moisturizer attracting water to the intercellular spaces of the skin. It is a good solvent for various water-insoluble ingredients Use: Add to the water

phase of the formulas, typical use level 2 - 5% in emulsions. Applications: Skin care products, hair care products, soaps (glycerin soap).

SODIUM LACTATE: This is also a humectant, it is found in our skin too. It has mild exfoliating and skin brightening properties. It increases the efficacy of Vitamin C and its derivatives. Recommended usage rate 0.5 - 5%. Add to the water phase of the formulation. NOTE: At more than 3% this might increase your skin's sensitivity to the sun.

BEESWAX: It is the purified wax from the honeycomb of the bee *Apis Mellifera*. For each eight pounds of honey made by the bee, one pound of wax is produced. Beeswax comes usually as white or yellow flakes with a faint honey odour. It is soluble in oils and warm alcohol but insoluble in water or cold alcohol. Beeswax is used primarily as thickener and emollient, and Occlusive. Although this has very mild emulsifying properties, this alone cannot make a stable emulsion.

XANTHAN GUM: This is a natural gum derived as an excretion product from bacteria (*Xanthomas campestris*). It is composed of pure natural polysaccharides (sugars) constituted of glucose, mannose & glucuronic acid. It acts as a thickener/stabilizer. It is soluble in water (Dissolve in warm water to avoid lumps). Usual final concentration 0.5-2%. Applications: used in lotions, creams, face and body washes etc.

CITRIC ACID: This is an AHA (ALPHA HYDROXYL ACID) naturally occurring in citrus fruits. It is used to adjust the pH of products making them less alkaline and more skin friendly, it also works to boost the efficacy of preservatives. It can be used as an AHA when used at high concentrations. Usage rate 0.1-10% depending on what purpose it's serving in the formula.

30. | BRIEF INTRODUCTION TO ESSENTIAL OILS

Essential oils are very powerful highly concentrated plant essences (spirit, heart, being, soul) gotten from roots, leaves, flowers, barks etc. They are so potent (far more potent than dried herbs) and a little goes a very long way. 1drop of essential oil is approximately equal to 30cups or more of herbal tea, this is just to let you know how potent they are so you must use them with caution. They have a lot of benefits which include adding scents to products, promoting a healthy and glowing skin tone, reducing inflammation, regulating sebum production, improving our emotions e.g. Lavender essential oil has been proven to help calm the nerves and in turn promote sound sleep etc.

There are general restrictions on how much essential oils is used in products and you have to follow these guidelines to avoid skin irritations and in worst cases sensitization.

QUICK GUIDE ON SAFETY OF ESSENTIAL OILS

1. Never apply essential oils directly on the skin. Ensure you always dilute it properly in a carrier oil, emulsion, etc.
2. Always do a skin patch test by applying the oil blended into a carrier solution on a small area of skin first to see how you'll react to it.
3. Some essential oils contain chemical constituents that can increase the skin's sensitivity to the sun e.g. some cold pressed citrus oils like lemon, grapefruit, and lime. When using such oils in your products, use it at 1% or less, use the products at night and never go under the sun without using a sunscreen.(NOTE: Using a sunscreen daily is compulsory irrespective of which products you're using). Not all citrus essential oils are phototoxic. Tangerine and sweet orange essential oils are not and that's why I use them most times instead of lemon.
4. As much as possible, use steam distilled essential oils.
5. Essential oils are flammable so they should be kept away from heat and direct contact with flames

6. If you must use essential oils in your water-based products, ensure you use a solubilizer to disperse it properly into the product because essential oils are oil soluble. Natural solubilizers might not be readily available here in Nigeria, you can use a synthetic one like polysorbate 20.
7. Keep essential oils from eyes, nose ears etc.
8. Every essential oil has its dermal limit and contraindication. Ensure you research this information before using any essential oil.

DILUTION OF ESSENTIAL OILS

Product	Usage rate
Facial products	0.1 - 1.5%
Body care products	1 -2%
Rinse off products (soaps, scrubs, body washes etc.)	1 - 2%
Products for babies between 0 - 3months	0%
Products for elderly, pregnant women and young children(2-6years)	0.5 -1%

ESSENTIAL OILS FOR SKIN CONDITIONS

ACNE & BLACKHEADS: Tea tree, Lavender, Rosemary, Peppermint, Niaouli

COMBINATION SKIN: Geranium, Ylang-ylang

DEVITALISED/DULL SKIN: Neroli, Lemon, Peppermint, Orange, Rosemary, Geranium, Grapefruit

DRY SKIN: Jasmine, Geranium, Lavender, Orange, Rose, Roman chamomile, Neroli, Patchouli, Ylang Ylang.

MATURE, AGED SKIN, WRINKLES: Frankincense, Geranium, Myrrh, Rose, Lavender, Neroli, Carrot Seed

NORMAL SKIN: Geranium, Jasmine, Lavender, Neroli, Roman chamomile, Rose, Ylang-ylang

OILY SKIN: Roman & German Chamomiles, Geranium, Lavender, Ylang-ylang, Lemon, Lemongrass, May chang, Peppermint, Frankincense, Patchouli, Melissa, Rose.

PUFFINESS: Peppermint, Rosemary, Roman chamomile

ROSACEA: German chamomile, Helichrysum

SENSITIVE SKIN: Roman & German chamomile, Rose, Palmarosa, Helichrysum, Neroli, Jasmine

SCARS: Carrot seed, Lavender, Frankincense

31. | SOME CARRIER OILS AND BUTTERS

JOJOBA OIL: This is similar to the skin's sebum (oil). It's hypoallergenic (less likely to cause allergic reactions), very stable, and non-comedogenic (it doesn't clog the pores), it is antioxidant and anti-bacterial. It's very good for acne treatment, healing of scars and sunburn. It regulates oil production making it perfect for oily skin. It also restores the skin's elasticity and promotes new cell growth. You'll always find this in my facial oil blends and serums.

SWEET ALMOND OIL: This oil is a rich source of Vitamins A and E. It improves the complexion and retains glow. It lightens dark circles, softens and smoothes the skin.

AVOCADO OIL: Deep penetrating (easily absorbed), oil is rich in Vitamins A and E, lecithin and potassium; contains unsaturated fatty acids and is suitable for all skin types. It aids in the regeneration and rejuvenation of skin cells, reduction of age spots, healing of scars and sun damage and is great for anti-aging products). I use this when formulating face creams for mature skin, to keep the wrinkles at bay.

ARGAN OIL: This carrier oil is derived from the seeds of the Argan tree, an evergreen tree native to southwestern Morocco. It is highly moisturizing and rich in Linoleic acid (omega-6). It contains high levels of naturally occurring antioxidants such as flavonoids and Tocopherol (vitamin e), excellent for anti-aging products which is why I don't leave this oil out when formulating products for mature and aging skin.

COCONUT OIL: This is one my staple oils in making oil infusions using the heat method because it is heat stable, so the nutrients don't get damaged by the heat. This oil is high in saturated fatty acids; rich in Vitamins E and K and has a light and silky skin feel. It is solid at room temperature hence some people refer to it as coconut butter. It conditions the skin, prevents dryness and flaking and also delays wrinkles and sagging. I could go on and on because this particular oil has numerous benefits, However people with oily and acne prone skin should avoid using this oil on the face because it can clog the facial pores and lead to breakouts.

ROSEHIP OIL: This oil is extremely useful in tissue regeneration for conditions such as burns, facial wrinkles, and treatment of scars following surgery. It contains very high levels of both

linoleic and linolenic essential fatty acids which explains its numerous benefits. It is an expensive oil and is ideal for aging and damaged skin. Due to its high amount of polyunsaturated fatty acids, It's quite unstable, however, Vitamin E (Tocopherol) can be added to help ward against oxidation and rancidity. I add this oil at the cool down phase of my formulations as I can't risk losing any of its extremely useful ingredients due to heat (You should do same).

SHEA BUTTER: This is the plant fat of the nuts of the African Karite tree (*Butyrospermum Parkii*). It contains Allantoin, Vitamin A & E. It is a very potent moisturizer which provides optimum skin care protection (also partly against UV radiation), helps with eczema, blemishes, rashes and other skin irritations. It improves the appearance of scars and stretch marks; evens skin tone; restores elasticity, prevents premature aging; promotes cell renewal. It possesses anti-inflammatory, soothing properties (heals minor wounds & irritated skin), anti-aging effects and is used in my body butters, scrubs, lotion bars etc.

COCOA BUTTER: This is the natural fat from the seeds of the fruit of the Cacao tree (grows in tropical regions). It is a soft, yellow semi-solid fat, pleasant chocolate odour and it is soluble in warm alcohol or oils but insoluble in water. Cocoa Butter is an excellent skin softener, conditioner, moisturizer, and emulsion stabilizer. It has anti-wrinkles effects and restores skin flexibility. It is used in creams, lotions, balms, ointments, scrubs etc. usually at concentrations of creams 3-6% and 6-60% for balms and body butters.

FINAL NOTE ON INGREDIENTS AND FORMULAS

The key to formulating with these ingredients and enjoying these formulas lie in experimenting and finding what works best for you. Feel free to make substitutions where necessary.

Remember we are all different so what works perfectly for Mr. A might not work at all for Mr. B.

DISCLAIMER: The information given in this manual is based on my research and is believed to be accurate but no guarantee of their accuracy is made and I assume no liability regarding the recipes or information contained here. I urge and recommend that students make their own tests to determine to their own satisfaction whether the product is suitable for their particular purposes under their own operating and formulating conditions. SOMMIES WORLD is therefore not responsible for the performance of any of the recipes provided in this manual as they are solely for teaching purposes. Testing is your responsibility. If you plan to sell any of the above recipes, then your product formulation must be tested and safety assessed by a cosmetic chemist and conforms to NAFDAC regulations

Packaging: Package your products in jars or bottles depending on texture and style of use of products. Also, bear in mind that products that contain light-sensitive active ingredients are better if packaged in dark opaque containers or airless pump bottles. Containers must have tight-fitting lids.

Weighing: Ingredients used in making skincare products are often measured in weight (g) rather than volume (ml) including water as this makes the measurements more accurate.



This eBook was brought to **YOU** by Chisom Omenugha of Som miesWorld.

She is a Plant Biologist and **Natural Skin Care Formulator** who is deeply passionate about natural skincare.

She is the founder at sommiesworld.com, a company that specializes in providing quality natural skincare formulation training for ladies.

For details about upcoming **Workshops, Specialized Training** or **Advanced Training Courses on Natural Skincare Formulation**, she can be reached via

Email: info@sommiesworld.com

Tel: **08063701466**

Whatsapp: [08171325633](https://wa.me/08171325633)

Instagram DM: [@sommiesworld](https://www.instagram.com/sommiesworld)

You can also reach her at: <https://sommiesworld.com/>