



SCHOOL of  
NATURAL SKINCARE  
*International*

NATURAL BEAUTY

*Recipe Book*



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# Welcome!

FROM THE  
SCHOOL of  
NATURAL SKINCARE  
International

**Thanks so much for downloading this free recipe book which has been enjoyed by tens of thousands of natural beauty lovers worldwide!**

**The recipes we'll share with you in this book aren't like other skincare recipes you might find online or in books. You see, many well-meaning but unqualified skincare enthusiasts share recipes that simply aren't safe.**

It's our mission to teach you the professional and correct way to make products. That's why this book includes essential safety advice and the recipes have been created by professionals, who share them as both a "formula" and a "recipe".

This book contains some very simple recipes and some more advanced ones. If you are brand new to making products you'll be able to get started. If you already have some experience you'll pick up new ideas, correct mistakes you might be making and gain confidence.

We have trained thousands of students from all around the world to make their own natural skincare products, either for themselves or to sell. Many have gone on to launch their own successful natural beauty brands.

We're delighted that you are taking the first step to creating your own gorgeous products!

Enjoy!

*Gail and Gareth xox*

**Directors, School of Natural Skincare International**





**We are the world's premier natural skincare and haircare formulation school, helping you create high performance natural and organic beauty products, for yourself or to launch a successful business.**

Led by Cosmetic Formulator, Gail Després and Aromatherapist, Gareth Després, our award-winning school is dedicated to helping you ditch harmful chemicals and synthetically laden products and instead have the knowledge and confidence to make your own beautiful, effective, natural skincare products.

The School's team of expert tutors include Cosmetic Chemists, Cosmetic Formulators, Aromatherapists, Beauty Business Professionals and Niche Beauty Brand Owners; all passionate about helping you create beautiful products and thriving businesses.

Our accredited courses are taught in fun, multimedia online classes – the school has trained thousands of students across every (inhabited) continent!

The school's fabulous recipes and enjoyable, creative classes have been featured by the BBC and glossy magazines like Green Parent, Spirit & Destiny and Country Homes and Interiors Magazine.

**Find more recipes or join a training course with us here:**

[www.schoolofnaturalskincare.com](http://www.schoolofnaturalskincare.com)





# Before you begin

## HEALTH, SAFETY AND BEST PRACTICE

- Always sanitize equipment and containers before use. You can use 70% IPA (isopropyl alcohol); simply spray onto clean equipment and wipe with a tissue.
  - Maintain a high level of personal hygiene. Wash hands or wear gloves before starting and ensure all work surfaces are clean and sanitized.
  - For the greatest accuracy weigh all of your ingredients in grams using digital scales.
  - Any product containing water will deteriorate quickly. When making products that contain water you need to use a broad-spectrum preservative from specialist skincare suppliers. Vitamin E and Grapefruit seed extract are not broad-spectrum preservatives.
  - Anhydrous products (products that don't contain water) such as serums, balms, and body butters will have a shelf-life of around six months and there is no need to add a broad-spectrum preservative. An antioxidant such as Vitamin E can be added to extend the shelf-life by delaying oxidation of the oils.
  - Keep oil based products – oils, balms, body butters – and dry products away from water to prevent contamination.
  - Always apply products with clean, dry fingers or a spatula to avoid contamination.
  - We recommend carrying out a patch test before using a product to check for allergies. Apply a little to the inside of your elbow and wait 24 hours to check for any reaction.
  - Don't forget to label your products! Include the date you made them (or the date you expect them to expire).
- More information about natural preservatives can be found here: [3 Natural preservatives for cosmetics.](#)

## ESSENTIAL OIL SAFETY ADVICE

Essential oils should never be applied directly to the skin. Essential oils are highly concentrated and effective in small amounts – less is more! They should always be diluted before use and make up 2% or less of your recipe or formulation. This means in a 100g product, essential oils would make up 2g and the other ingredients 98g.

The most accurate way to measure essential oils is to weigh them using good digital scales that measure to 0.1g.

If this isn't possible then you can work with 30 drops of essential oil equaling 1g. This is just an approximation, but can be useful if you don't have accurate digital scales. So 0.1g would be three drops, 0.5g would be 15 drops, etc.

Please check essential oil safety and contraindications information before using essential oils. We provide a summary in the glossary of this eBook, and in much greater detail in [our courses](#).





## HOW RECIPES AND FORMULAS HAVE BEEN PRESENTED

### MEASUREMENTS

In this eBook we have included both the formula for each product (written in percentages) and a recipe (written in both grams and ounces).

The recipes are easy to follow and great when you are starting out. Formulas are the professional way to write recipes and we've included them in the book so you can start to get used to seeing them written out properly. This is really useful if you want to move on to formulate your own skincare products, for example by taking our [Diploma in Natural Haircare Formulation](#).

If you want to create a different amount of product (a different batch size) you'll need to convert the formula into a weight-based measurement, or 'recipe', so you know how much of each ingredient to use.

#### **The steps to take are:**

- 1.** You'll need to first decide on your batch size (how much product you want to make). You can choose an amount in grams or ounces.
- 2.** Then turn your percentage-based formula into weight-based measurements (grams or ounces) depending on your batch size. The calculation you need to do is:

*Percentage of ingredient [divided by] 100 [multiplied by] batch size by weight = weight of ingredient*

For example, for a 4 oz batch of the Grapefruit and Orange Stretch Mark Body Butter, which uses shea butter at 70%, you'll need 2.8 oz of shea butter ( $70/100 \times 4 = 2.8$ ).

## INGREDIENT NAMES

We have used the **INCI name** alongside the commonly used ingredient name. INCI stands for the International Nomenclature of Cosmetic Ingredients. This is essentially a universal, worldwide system of naming for cosmetic ingredients and it's based on the Latin or scientific name.

An important reason for using the INCI name is there may be several different common names used for an ingredient, so by using the INCI name, you can be 100% sure of the actual ingredient that you're supposed to be including. It's also the INCI name that is usually required to be present on a product label.

For example "cocoa butter" is the common name, but the INCI for cocoa butter is Theobroma Cacao (Cocoa) Seed Butter.

## PHASE

The formulas are written in phases and the phases are labeled A, B, C, etc. This is to indicate the order in which ingredients are mixed together. We refer to the phases in the instructions for making the products, to make it really clear how the product is made.

## FUNCTION

We have also included a brief description of the function of each ingredient. Professional formulas usually include this information, so that you have a record of how the ingredient will function in your formula – what role it has or what it will do in your product. This is really helpful if you want to adjust your formula later.

## SUBSTITUTE INGREDIENTS

Our students are based all over the world and sometimes they worry about how they will find certain ingredients. Some ingredients like carrier oils are easy to substitute. In this eBook, where possible, we have included alternative ingredients you can use. Some specialist ingredients like emulsifiers and preservatives are more difficult to substitute and you may need to order them from overseas. We include a recommended supplier list a little later on.

You can read more about substituting ingredients here: [How to substitute ingredients when making skincare products](#) and here: [Swap like a pro: simple swaps for common \(and uncommon!\) skincare ingredients](#).



## EQUIPMENT

Luckily, to make products at home you don't need too much equipment. What you do need is inexpensive kitchen or lab equipment which is easy to find both in stores and online.

### BASIC EQUIPMENT LIST:

- Thermometer, such as an inexpensive glass lab thermometer.
- Digital scales (ideally that measure to 0.1g).
- Electric stick blender for creating emulsions (creams and lotions).
- Electric hand whisk for whipping body butter.
- Measuring beakers/jugs – heat-proof glass lab beakers are ideal.
- pH strips (not required for the recipes in this book but for more advanced products they are a good idea).
- Hand whisk, spoons, spatulas.
- Protective clothing to protect both you and your products, eg gloves.



## CREATING A DOUBLE BOILER/WATER BATH/BAIN-MARIE

You'll need some way of creating a double boiler/water bath/bain-marie. This is for heating the oil and water phases of an emulsion and also for melting ingredients for balms and butters.

### THIS COULD BE CREATED BY:

- Standing a glass beaker/jug on a metal trivet in a saucepan of water.
- Placing one saucepan inside another.
- Using a double boiler insert.

### Depending on which method you choose, the following may be useful:

- Two saucepans.
- At least two heat-proof glass lab beakers, pyrex jugs or autoclavable polypropylene chemical-resistant beakers.
- Double boiler maker or metal trivets/rings (even a cookie cutter would work). You place the beakers on top of this so they don't touch the bottom of the saucepan.
- Double boiler insert – these are often sold as melting pots for chocolate making and sit inside a saucepan of water.

We've recorded a handy video where Gail shows you the equipment that you'll need. Watch it here: [The equipment you need for making natural skincare products at home.](#)

## RECOMMENDED SUPPLIERS

A list of recommended suppliers in the UK, USA and Australia can be found here:

[www.schoolofnaturalskincare.com/recipes-info/recommended-suppliers/](http://www.schoolofnaturalskincare.com/recipes-info/recommended-suppliers/)







**BODYCARE  
FORMULAS**





## NOURISHING WHIPPED

# Shea Body Butter

This product is simple to make, very nourishing for the skin and a little goes a long way! It's 100% natural and as it is anhydrous (doesn't contain water) there is no need to add a preservative.

Shea butter is an excellent moisturizing agent that melts on contact with the skin, protects against water loss and outside weathering (sun, snow, rain and wind), and boosts the protective layer and barrier repair function of the skin. It hydrates, moisturizes, softens and smooths dry, dehydrated and damaged skin.

### **DIRECTIONS FOR USE**

It can be used throughout the day as and when required. Apply a small amount to a clean and dry hand and use the fingers and palm of the hand to gently massage the product onto the body.

Only a small amount is needed because it is thick and heavy in consistency and a little goes a long way.

### **POTENTIAL SUBSTITUTE INGREDIENTS**

The sunflower oil (we recommend organic cold-pressed sunflower oil not the highly refined cooking oil) can be replaced with any carrier oils of your choice, for example sweet almond, peach kernel or apricot kernel.

You could use a single oil or a blend and incorporate oils such as avocado or jojoba. Anhydrous products will always feel quite oily on the skin. To reduce the oiliness, you can use drier feeling oils like fractionated coconut oil or macadamia nut oil.

Experiment until you find your perfect blend!



## VARIATIONS

This is a basic body butter recipe and can be varied by using different carrier oils and essential oils, for a different skin feel and fragrance.

You can also vary consistency of the body butter. To make a firmer body butter try using a ratio of 80% shea butter and 20% oils, or even 90% shea butter and 10% oils. A firmer body butter is more suitable for warmer climates. For a light, silky body butter try the recipe above but replacing 20% of the shea butter with 20% cold-pressed organic coconut oil (the solid version).

## HERE ARE SOME OPTIONS FOR ESSENTIAL OILS YOU MIGHT LIKE TO USE TO CUSTOMIZE THE RECIPES FOR A 100G BATCH THAT WE GIVE BELOW:

- **Skin Soother:** 0.7% (approx 21 drops) lavender essential oil and 0.3% (approx 9 drops) chamomile essential oil.
- **Floral:** 0.6% (approx 18 drops) geranium essential oil and 0.4% (approx 12 drops) lavender essential oil.
- **Fresh:** 0.6% (approx 18 drops) lemongrass essential oil and 0.4% (approx 12 drops) lavender essential oil.
- **Sensual:** 0.4% (approx 12 drops) ylang ylang essential oil and 0.6% (approx 18 drops) lavender essential oil.

## STORAGE

Keep in a cool, dry place.

**Approximate shelf-life:** six months

## BASIC FORMULA

This basic formula can be customized using the guidelines above.

Phase	Ingredient	INCI	Function	w/w%
A	Shea butter	Butyrospermum Parkii (Shea) Butter	Emollient	70%
A	Sunflower oil	Helianthus Annuus (Sunflower) Seed Oil	Emollient	29%
B	Essential oil	Various, depending on oil chosen	Fragrance	1%

## BASIC RECIPE

Ingredient	Weight in grams (for a 100g batch)	Weight in ounces (oz) for a 4 oz batch
Shea butter	70g	2.8
Sunflower oil	29g	1.16
Essential oil	1g	0.04

### Instructions

1. Combine phase A ingredients and melt in a double boiler.
2. Once melted, take off the heat and let it cool down to 40°C (113°F). You can speed this process up by placing the container in the fridge or freezer.
3. Add phase B ingredients.
4. Cool the mixture until it starts to solidify. You can speed this process up by placing the container in the fridge or freezer and stirring occasionally.
5. Whip with an electric whisk. If it gets soft or liquid during whipping, cool down some more.
6. Continue with the process of cooling and whisking until you get your desired consistency.
7. Scoop into desired packaging.

Another option after step 3 is to simply pour the body butter into a container and leave it to solidify. This way you'll get a smooth balm-like product rather than a whipped butter.



# Grapefruit and Orange

## STRETCH MARK BODY BUTTER

Besides highly nourishing shea butter and light sunflower oil, this formula also contains rosehip oil to help prevent and remove skin imperfections, such as stretch marks or scars. Orange and grapefruit essential oils help to increase the skin's elasticity, and the Vitamin E in wheat germ oil will protect the skin from aging and loss of firmness.

### FORMULA

Phase	Ingredient	INCI	Function	w/w%
A	Shea butter	Butyrospermum Parkii (Shea) Butter	Emollient	70.0%
A	Sunflower oil	Helianthus Annuus (Sunflower) Seed Oil	Emollient	17.0%
A	Rosehip oil	Rosa Canina (Rosehip) Seed Oil	Emollient	6.0%
A	Wheat germ oil	Triticum Vulgare (Wheat) Germ Oil	Emollient	6.0%
B	Sweet orange essential oil	Citrus Sinensis (Sweet Orange) Oil	Fragrance	0.5%
B	Grapefruit essential oil	Citrus Paradisii (Grapefruit) Oil	Fragrance	0.5%

## RECIPE

Ingredient	Weight in grams (for a 100g batch)	Weight in ounces (oz) for a 4 oz batch
Shea butter	70	2.8
Sunflower oil	17	0.68
Rosehip oil	6	0.24
Wheat germ oil	6	0.24
Sweet orange essential oil	0.5	0.02
Grapefruit essential oil	0.5	0.02

## Instructions

1. Combine phase A ingredients and melt in a double boiler.
2. Once melted, take off the heat and let it cool down to 40°C (113°F). You can speed this process up by placing the container in the fridge or freezer.
3. Add phase B ingredients.
4. Cool the mixture until it starts to solidify. You can speed this process up by placing the container in the fridge or freezer and stirring occasionally.
5. Whip with an electric whisk. If it gets soft or liquid during whipping, cool down some more.
6. Continue with the process of cooling and whisking until you get your desired consistency.
7. Scoop into desired packaging.







# Lemongrass

## SHOWER SCRUB BAR

LUSH were probably the first people to start selling shower scrub bars. Solid bars full of wonderful shea butter and cocoa butter that moisturize and exfoliate all at once. Take one in the shower and emerge with glowing silky soft skin!

The great thing is you can easily recreate these gorgeous shower scrub bars at home with just a few ingredients! Here is our recipe for an uplifting shower scrub bar made with cocoa butter and shea butter to moisturize, coarse sea salt to exfoliate and lemongrass essential oil to refresh and uplift (plus it's great for boosting circulation, too).

These bars are for single use. Make them in an ice cube tray so they are the perfect size!

### **DIRECTIONS FOR USE**

Take one into the shower and gently rub onto the body in circular motions and rinse off. Emerge with silky soft skin!

Important: As they don't contain a preservative these shower scrub bars are for single use only. It's good to make them in an ice cube tray, then they are the perfect size for one use.

### **POTENTIAL SUBSTITUTE INGREDIENTS**

Instead of shea butter you could use another soft butter (eg mango butter) and instead of cocoa butter another hard butter could be used (eg kokum butter). You could also swap the carrier oil (sunflower oil) and essential oil (lemongrass) for different ones.

## STORAGE

These are best created by using silicone molds and you want each product to be a single-use size so an ice cube mold works well. Once solid, remove and store in an airtight container. Store in a cool, dark and dry place.

Approximate shelf-life: six months

## FORMULA

Phase	Ingredient	INCI	Function	w/w%
A	Cocoa butter	Theobroma Cacao (Cocoa) Seed Butter	Emollient	27.5%
A	Shea butter	Butyrospermum Parkii (Shea) Butter	Emollient	7.5%
A	Sunflower oil	Helianthus Annuus (Sunflower) Seed Oil	Emollient	7.5%
A	Beeswax	Cera Alba	Increases melt point, adds stability and firmness	7.0%
B	Lemongrass essential oil	Cymbopogon Citratus (Lemongrass) Leaf Oil	Fragrance	0.5%
C	Coarse sea salt	Sal Maris	Exfoliating	50.0%

## RECIPE

Ingredient	Weight in grams (for a 200g batch)	Weight in ounces (oz) for a 8 oz batch
Cocoa butter	55g	2.2
Shea butter	15g	0.6
Sunflower oil	15g	0.6
Beeswax	14g	0.56
Lemongrass essential oil	1g	0.04
Coarse sea salt	100g	4

## Instructions

1. Weigh phase A ingredients and melt together gently in a double boiler.
2. Once melted remove from the heat and allow to cool to 40°C (104°F).
3. Add phase B to phase A and mix thoroughly.
4. Add phase C and mix thoroughly. Test that the salt isn't going to dissolve first! If the mixture is still too warm, allow it to cool more first.
5. Spoon mixture into a silicone ice cube tray.
6. Place the ice cube tray in the fridge or freezer and allow the bars to set.





**FACIAL CARE  
FORMULAS**





# Rejuvenating

## FACIAL SERUMS

Facial oils and serums have become hugely popular and the top brands charge a hefty price for them. The good news is they are super simple and affordable to make and really effective, too.

Facial serums are the simplest kind of facial treatment to make. The oil-based serums we feature here are very concentrated as they contain purely oils. A little will go a long way! These anhydrous (water-free) serums are 100% natural and can easily be made 100% organic too if you choose organic carrier and essential oils.

They are used to moisturize, smooth and soften the skin. You can design your own custom serum by choosing carrier oils and essential oils that suit your skin type and preferences.

Carrier oils contain a variety of vitamins and fatty acids. Each oil feels different on the skin and they have different properties such as soothing, anti-inflammatory, regenerating, nourishing, balancing. See the ingredient glossary (at the end of this eBook) for more information.

**Below you'll find three facial serum formulas:**

- A basic template formula you can customize.
- Lavender and Geranium Rejuvenating Facial Serum.
- Frankincense Anti-Aging Facial Serum with Coenzyme Q10.

When you develop your skincare formulation skills further you can use a greater variety of active ingredients like vitamins and botanical extracts to make more advanced [high performance-serums](#).



## DIRECTIONS FOR USE

Massage a few drops into your skin; it will quickly absorb leaving you with a beautiful, healthy complexion. You can apply after a toner or facial mist to aid absorption. If you have dry skin you can follow with a moisturizer. Suitable for day or night time use.

## POTENTIAL SUBSTITUTE INGREDIENTS

You can use just one or a blend of carrier oils (jojoba, macadamia, rosehip and olive squalane are good choices). Similarly you can use just one or a blend of essential oils (we love frankincense, lavender and geranium).

Keep it simple and use just a few ingredients to begin with or mix and blend to your heart's content!

## STORAGE

Store in a cool, dry place away from direct sunlight.

**Approximate shelf-life: 6-12 months.**

Vitamin E, an antioxidant, will help to slow the rate of rancidity.

## TEMPLATE FORMULA

Phase	Ingredient	INCI	Function	w/w%
A	Carrier oils	Various	Emollient	97.9%
A	Essential oils	Various	Fragrance, active ingredients	2.0%
A	Vitamin E	Tocopherol	Antioxidant	0.1%

## TEMPLATE RECIPE

Ingredient	Weight in grams (for a 100g batch)	Weight in ounces (oz) for a 4 oz batch
Carrier oils	97.9	3.916
Essential oils	2	0.08
Vitamin E	0.1	0.004

## Instructions

1. Weigh all phase A ingredients and combine together.
2. Pour into suitable containers such as bottles with pipette tops.



# Lavender and Geranium

## REJUVENATING FACIAL SERUM

Suitable for all skin types, and a wonderful balancing, healing and rejuvenating blend. This contains two rejuvenating oils: rosehip seed oil and frankincense essential oil; and two balancing oils: jojoba oil and geranium essential oil.

### FORMULA

Phase	INCI	Ingredient Name	Function	% w/w
A	Simmondsia Chinensis (Jojoba) Seed Oil	Jojoba oil	Emollient	47.9%
A	Squalane	Olive squalane	Emollient	30.0%
A	Rosa canina (Rosehip) Seed Oil	Rosehip oil	Emollient	20.0%
A	Lavandula Angustifolia (Lavender) Flower Oil	Lavender essential oil	Fragrance, active ingredient	1.0%
A	Pelargonium Graveolens (Geranium) Leaf Oil	Geranium essential oil	Fragrance, active ingredient	1.0%
A	Tocopherol	Vitamin E	Antioxidant	0.1%



## RECIPE

Ingredient	Weight in grams (for a 100g batch)	Weight in ounces (oz) for a 4 oz batch
Jojoba oil	47.9	1.916
Olive squalane	30	1.2
Rosehip oil	20	0.8
Lavender essential oil	1	0.04
Geranium essential oil	1	0.04
Vitamin E	0.1	0.004 (approx 3 drops)

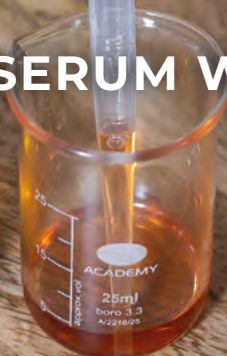
### Instructions

1. Weigh all phase A ingredients and combine together.
2. Pour into suitable containers such as bottles with pipette tops.



# Frankincense

## ANTI-AGING FACIAL SERUM WITH COENZYME Q10



This is a more advanced formulation for an anhydrous face serum, featuring some more specialist ingredients: Coenzyme Q10 and sea buckthorn CO<sup>2</sup> extract. It is specifically formulated with ingredients to improve the appearance of aging skin by hydrating, enhancing elasticity, tightening and toning, boosting skin cell regeneration and providing a rich source of antioxidants.

Olive squalane feels very light and absorbs rapidly, yet penetrates deeply to hydrate, improve elasticity, boost cell regeneration, while offering humectant qualities by drawing water from the surrounding environment into the skin.

Frankincense essential oil is astringent and cytophylactic: it tightens and tones, while stimulating cell regeneration and smoothing wrinkles and fine lines.

Sea buckthorn CO<sup>2</sup> extract regenerates, repairs and retains moisture, while reducing trans-epidermal water loss. It enhances skin elasticity and is a very rich source of a variety of antioxidants like carotenoids, tocopherols and flavonoids.

Coenzyme Q10 is a powerful anti-aging active ingredient, with antioxidant and skin-soothing properties. It reduces photo-aging effects, which can be seen as reduced wrinkle depth. It is oil soluble and non-irritating, so it's a great addition to oil serums.



## FORMULA

Phase	Ingredient	INCI	Function	w/w%
A	Camellia oil	Camellia Japonica (Camellia) Seed Oil	Emollient	45.9%
A	Rosehip seed oil	Rosa Canina (Rosehip) Seed Oil	Emollient	20.0%
A	Meadowfoam seed oil	Limnanthes Alba (Meadowfoam) Seed Oil	Emollient	14.0%
A	Olive squalane	Squalane	Emollient	15.0%
A	Coenzyme Q10	Ubiquinone	Active ingredient, anti-aging	2.0%
B	Sea buckthorn CO <sup>2</sup> extract	Hippophae Rhamnoides Fruit Extract	Active ingredient, anti-aging	1.0%
B	Frankincense essential oil	Boswellia Carteri (Frankincense) Oil	Fragrance, active ingredient	1.0%
B	Lavender essential oil	Lavandula Angustifolia (Lavender) Flower Oil	Fragrance, active ingredient	1.0%
B	Vitamin E	Tocopherol	Antioxidant	0.1%

## RECIPE

Ingredient	Weight in grams (for a 100g batch)	Weight in ounces (oz) for a 4 oz batch
Camellia oil	45.9	1.836
Rosehip seed oil	20	0.8
Meadowfoam seed oil	14	0.56
Olive squalane	15	0.6
Coenzyme Q10	2	0.08
Sea buckthorn CO <sup>2</sup> extract	1	0.04
Frankincense essential oil	1	0.04
Lavender essential oil	1	0.04
Vitamin E	0.1	0.004 (approx 3 drops)

## Instructions

1. Mix all the ingredients of phase A in a container. Heat it in a water bath to 40°C (104°F); long enough for the coenzyme Q10 to completely dissolve in the oils.
2. Cool the mixture to room temperature and add phase B ingredients, mix thoroughly.
3. Pour into container of choice.



## Facial mist

Facial mists are a welcome product in any natural skincare regime. They can be formulated to offer many different benefits for the skin, such as refreshing, soothing or energizing. They are simple and quick to make, since they are water-based products with added active ingredients. Keep in mind though that you must must also use a broad-spectrum preservative bought from a specialist skincare supplier. More information about natural preservatives can be found here: [3 Natural preservatives for cosmetics.](#)

### **SOOTHING AND MOISTURIZING FACIAL MIST**

This facial mist contains two plant hydrosols; lavender and chamomile, to soothe sensitive, dry skin. Aloe vera juice is a source of micronutrients and has great moisturizing properties. Allantoin stimulates skin cell regeneration to help heal and protect sensitive skin while it soothes and softens. The formula also includes a water soluble preservative to protect the mist from microbial spoilage.

#### **DIRECTIONS FOR USE**

Mist onto the face as required throughout the day to hydrate and soothe. Could be applied directly before an anhydrous facial serum to aid absorption of the serum.



## POTENTIAL SUBSTITUTE INGREDIENTS

You can use different hydrosols if you wish. If you don't have allantoin, this could be omitted (although you'll lose some of the soothing and regenerating properties of the product).

## STORAGE

Store in a cool, dry place away from direct sunlight.

Approximate shelf-life: six months

## FORMULA

Phase	Ingredient	INCI	Function	w/w%
A	Lavender hydrosol	Lavandula Angustifolia (Lavender) Flower Water	Solvent, soothing	48.3%
A	Chamomile hydrosol	Anthemis Nobilis (Roman Chamomile) Water	Solvent, soothing	30.0%
A	Aloe vera juice	Aloe Barbadensis Leaf Juice	Soothing, moisturizing	20.0%
A	Allantoin	Allantoin	Soothing	0.2%
A	Geogard Ultra	Gluconolactone (and) Sodium Benzoate	Preservative	1.5%

## RECIPE

Ingredient	Weight in grams (for a 100g batch)	Weight in ounces (oz) for a 4 oz batch
Lavender hydrosol	48.3g	1.93
Chamomile hydrosol	30g	1.2
Aloe vera juice	20g	0.8
Allantoin	0.2g	0.01
Geogard Ultra	1.5g	0.06

## Instructions

1. Mix all ingredients together and stir until allantoin dissolves. If you want to speed up this process, you can gently heat the mixture to 40°C (104°F) in a water bath.
2. Pour into your container of choice.



# Creams and lotions

Creams and lotions are emulsions – a combination of water and oil. Oil and water do not naturally mix together, therefore in order to make a cream or lotion an emulsifier is needed.

Emulsifiers bind the oil phase and water phase of an emulsion together. They contain a hydrophilic (water loving) element and lipophilic (oil loving) element. This means they are attractive to both oil and water which allows them to bind the two together in a stable mixture.

As creams and lotions contain water you must also use a broad-spectrum preservative bought from a specialist skincare supplier. The preservative we use is Preservative Eco (INCI: Benzyl Alcohol (and) Salicylic Acid (and) Glycerin (and) Sorbic Acid) from Aromatic (UK), sold as Geogard ECT in the USA and Plantaserv M in Australia, as it is permitted in Ecocert-certified organic products. More information about natural preservatives can be found here: [3 Natural preservatives for cosmetics](#).

Please note that beeswax is not an emulsifying wax and grapefruit seed extract is not a preservative. These are common misconceptions!

REMEMBER: It is your responsibility to check the efficacy of your preservative system. We strongly recommend having a microbiological challenge test carried out by a lab.



## There are three stages for creating a successful emulsion

1. Finding an emulsifier that is easy to work with is the first step to creating a stable emulsion. It's important to make sure you use a complete or all-in-one emulsifier. This means that it is a complete emulsification system and does not require anything else to emulsify your product.

**Olivem 1000** (INCI: Cetearyl Olivatate, Sorbitan Olivatate), **ECOMulse** (INCI: Glyceryl Stearate (and) Cetearyl Alcohol (and) Sodium Stearoyl Lactylate) and **Xyliance** (INCI: Cetearyl Wheat Straw Glucosides (and) Cetearyl Alcohol) are popular natural emulsifiers that have organic certification. You can find out more about natural emulsifiers here: [Quick guide to natural and organic emulsifiers for cosmetics.](#)

Gracefruit (UK), Lotioncrafter (USA) and The Herbarie (USA) are good suppliers for emulsifiers. You may need to try a few emulsifiers until you find one that you like.

2. When making emulsions we have to heat our ingredients up to a certain temperature before combining them in order for them to emulsify together properly (with the exception of a few new cold process emulsifiers). Both the oil phase and water phase need to be heated to the same temperature before combining them. This is usually 70°C (158°F).
3. We need to blend our oil and water phases together thoroughly using a stick blender to ensure they emulsify together properly and form a homogenous mixture.

## Step-by-step instructions for making an emulsion

It is worth noting that the best method for making your emulsion may vary depending on the emulsifier you have chosen. You can check with your supplier for their recommended method.

**Step 1.** Measure all of the water phase ingredients into a beaker and place into a double-boiler or water bath. Bring the temperature of the water phase to 70°C (158°F).

At this stage you may like to 'heat and hold' your water phase. Find out more about what this means and the advantages and disadvantages here: [Using the heat and hold method for making creams and lotions: pros and cons.](#)

**Step 2.** Measure all of the oil phase ingredients into a beaker and place into a double-boiler or water bath. Bring the temperature of the oil phase to 70°C (158°F).

**Step 3.** Mix the phases together and emulsify using a stick blender.

**Step 4.** Cool the emulsion in a cold water bath, stirring during cooling down. As the cream cools it will thicken.

**Step 5.** Once the cream is cooled (below 40°C/104°F), you may add the cooling phase ingredients and mix well.

**Step 6.** Package your cream into an airtight pump container or jar.

A photograph of a potted aloe vera plant in a burlap basket. A small, clear plastic jar with a white cream inside is placed in the center of the basket. The background is a dark, textured surface.

# Protective Winter Time

## HAND CREAM

This is a formulation for a rich hand cream, which is perfect for protecting the hands during the winter time. It contains coconut oil and shea butter to nourish the skin, lavender hydrosol and sodium lactate to keep the hands moisturized and beeswax to form a protective layer on the skin. Essential oils of lavender and bergamot will have a soothing and energizing effect on the skin.

### **DIRECTIONS FOR USE**

Apply to clean hands whenever they feel dry.

### **POTENTIAL SUBSTITUTE INGREDIENTS**

You could use a different hydrosol (or replace it with extra purified water). Sodium lactate could be replaced with glycerin (another humectant). You could substitute another carrier oil of your choice for the coconut oil, and use different essential oils. If you want to use a different emulsifier then you'd need to experiment to find the right amount to use.



## STORAGE

Store in a cool, dry place away from direct sunlight. Storing creams and lotions in airless pump dispensers minimizes the risk of contamination. Apply with clean hands.

**Approximate shelf-life: six months.** Creams can have a much longer shelf-life but you will need to have microbiological and stability testing carried out to determine the shelf-life. Read more about product testing here: [A guide to cosmetic product testing and safety assessments](#).

## FORMULA

Phase	Ingredient	INCI	Function	w/w%
A	Purified water (eg deionized or distilled)	Aqua	Solvent	52.4
A	Lavender hydrosol	Lavandula Angustifolia (Lavender) Flower Water	Solvent, active ingredient	10.0
A	Sodium lactate	Sodium Lactate	Humectant	2.0
B	Xanthan gum	Xanthan Gum	Thickener	0.5
B	Coconut oil	Cocos Nucifera (Coconut) Oil	Emollient	17.0
B	Shea butter	Butyrospermum Parkii (Shea) Butter	Emollient	6.0
B	Beeswax	Cera Alba	Thickener, occlusive	2.0
B	Xylance	Cetearyl Wheat Straw Glycosides (and) Cetearyl Alcohol	Emulsifier	6.0
B	Cetyl alcohol	Cetyl Alcohol	Thickener, stabilizer	2.0
C	Preservative Eco	Benzyl Alcohol, Salicylic Acid, Glycerin, Sorbic Acid	Preservative	1.0
C	Lavender essential oil	Lavandula Angustifolia (Lavender) Flower Oil	Fragrance, active ingredient	0.5
C	Bergamot essential oil (FCF)	Citrus Bergamia (Bergamot) Fruit Oil	Fragrance, active ingredient	0.5
C	Vitamin E	Tocopherol	Antioxidant	0.1

## RECIPE

Ingredient	Weight in grams (for a 100g batch)	Weight in ounces (oz) for a 4 oz batch
Purified water (eg deionized or distilled)	52.4	2.096
Lavender hydrosol	10	0.4
Sodium lactate	2	0.08
Xanthan gum	0.5	0.02
Coconut oil	17	0.68
Shea butter	6	0.24
Beeswax	2	0.08
Xylance	6	0.24
Cetyl alcohol	2	0.08
Preservative Eco	1	0.04
Lavender essential oil	0.5	0.02 (approx 15 drops)
Bergamot essential oil (FCF)	0.5	0.02 (approx 15 drops)
Vitamin E	0.1	0.004 (approx 3 drops)

### Instructions

1. Weigh all the ingredients of phase A in a container.
2. Weigh phase B ingredients in a separate container.
3. Heat both phases in a water bath to 70°C (158°F) and keep this temperature for 20 minutes. To account for water evaporation during heating, weigh the container with phase A ingredients before heating and take a note of the weight. After the time has passed, weigh the container again to see how much water evaporated. Add the appropriate amount of distilled/deionized water to compensate for any water lost during heating.
4. Mix the phases together and emulsify using a stick blender.
5. Cool the emulsion in a cold water bath, stir during cooling down.
6. When the temperature reaches 40°C (104°F) add phase C ingredients, mix thoroughly.
7. Package into your container of choice.





# Orange and Ylang Ylang

## FACIAL MOISTURIZER FOR DRY SKIN

This is an intermediate level formula facial moisturizer. It features nourishing luxury oils such as argan, avocado, macadamia and squalane, which will soften dry skin on the face. The moisturizer will keep the skin nice and supple with the help of glycerin, rose hydrosol and allantoin.

Moisturizers can be formulated for different skin types and with different skin feels (lightweight, medium weight and heavy weight for example). In our [Certificate in Making Natural Skincare Products](#) we include formulas suitable for different skin types and in our [Diploma in Natural Skincare Formulation](#) we teach you how to create your own formula from scratch, perfectly customized to your skin type.

### **DIRECTIONS FOR USE**

Apply after cleansing or after the use of a toner or facial mist.

### **POTENTIAL SUBSTITUTE INGREDIENTS**

You could use a different hydrosol (or replace it with extra purified water). If you don't have guar gum, xanthan gum can be used instead. You could substitute the carrier oils for other oils of your choice, and use different essential oils. If you want to use a different emulsifier then you'd need to experiment to find the right amount to use.

## STORAGE

Store in a cool, dry place away from direct sunlight. Storing creams and lotions in airless pump dispensers minimizes the risk of contamination. Apply with clean hands.

**Approximate shelf-life: six months.**

Creams can have a much longer shelf-life but you will need to have microbiological and stability testing carried out to determine the shelf-life. Read more about product testing here: [A guide to cosmetic product testing and safety assessments.](#)

## FORMULA

Phase	Ingredient	INCI	Function	w/w%
A	Purified water (eg deionized or distilled)	Aqua	Solvent	37.5
A	Rose hydrosol	Rosa Damascena (Rose) Flower Water	Solvent, fragrance	30.0
A	Glycerin	Glycerin	Humectant	2.0
A	Allantoin	Allantoin	Skin conditioning, soothing	0.2
B	Olivem 1000	Cetearyl Oliviate (and) Sorbitan Oliviate	Emulsifier	6.0
B	Cetyl alcohol	Cetyl Alcohol	Thickener, stabilizer	2.0
B	Olive squalane	Squalane	Emollient	5.0
B	Argan oil	Argania Spinosa (Argan) Nut Oil	Emollient	5.0
B	Avocado oil	Persea Gratissima (Avocado) Oil	Emollient	5.0
B	Macadamia nut oil	Macadamia Integrifolia (Macadamia) Seed Oil	Emollient	5.0
B	Guar gum	Cyamopsis Tetragonoloba (Guar) Gum	Thickener, stabilizer	0.5
C	Ylang ylang essential oil	Cananga Odorata Flower Oil	Fragrance, active ingredient	0.3
C	Sweet orange essential oil	Citrus Sinensis Fruit Oil	Fragrance, active ingredient	0.5
C	Cosgard	Dehydroacetic Acid, Benzyl Alcohol	Preservative	1.0



## RECIPE

Ingredients	Weight in grams (for a 100g batch)	Weight in ounces (oz) for a 4 oz batch
Purified water (eg deionized or distilled)	37.5	1.5
Rose hydrosol	30	1.2
Glycerin	2	0.08
Allantoin	0.2	0.008
Olivem 1000	6	0.24
Cetyl alcohol	2	0.08
Olive squalane	5	0.2
Argan oil	5	0.2
Avocado oil	5	0.2
Macadamia nut oil	5	0.2
Guar gum	0.5	0.02
Ylang ylang essential oil	0.3	0.012 (approx 9 drops)
Sweet orange essential oil	0.5	0.02 (approx 15 drops)
Cosgard	1	0.04

### Instructions

1. Weigh all the ingredients of phase A in a container.
2. Weigh phase B ingredients in a separate container.
3. Heat both phases in a water bath to 70°C (158°F) and keep this temperature for 20 minutes. To account for water evaporation during heating, weigh the container with phase A ingredients before heating and take a note of the weight. After the time has passed, weigh the container again to see how much water evaporated. Add the appropriate amount of distilled/deionized water to compensate for any water lost during heating.
4. Mix the phases together and emulsify using a stick blender.
5. Cool the emulsion in a cold water bath, stir during cooling down.
6. When the temperature reaches 40°C (104°F) add phase C ingredients, mix thoroughly.
7. Package into your container of choice.

## INGREDIENT GLOSSARY

### VEGETABLE/CARRIER OILS

#### Argan oil

Argan oil is made from the kernels that grow on the argan trees native to Morocco. It's an amazing oil for use in skincare as it protects from sun damage, because of its high antioxidant content. It moisturizes the skin and may be helpful for psoriasis and rosacea. It balances sebum production, so it can be very beneficial for oily and acne-prone skin. It has anti-aging properties, improves wound healing and soothes irritated itchy skin.

#### Avocado oil

A rich, long lasting and well absorbed oil. Nourishing, rich in vitamins especially E and D. Encourages skin cell regeneration therefore great for aging skin. Softening and prevents water loss.

#### Camellia oil

Camellia oil comes from the seeds of the plant that makes green tea. It's a nice moisturizer for the skin because of its exceptionally high oleic acid (omega – 9) content. It is light and is quickly absorbed into the skin, much like olive oil. Since it feels dry, moisturizes the skin and doesn't clog pores, it's an ideal oil for oily skin.

#### Hazelnut oil

High in vitamins A, B and rich in Vitamin E. Nourishing, softening, soothing for the skin and good for preventing dehydration. Slightly astringent so good for oily skin types and acne. Easily and quickly absorbed by the skin and does not leave it feeling greasy.

#### Jojoba oil

Balancing, softening, soothing. Balances sebum production, so great for oily skin, acne or dry skin. Anti-inflammatory, may be used to help eczema and psoriasis. Light and well absorbed.

#### Macadamia nut oil

Emollient, rejuvenating, easily absorbed. A beautiful light facial oil. Excellent for anti-aging and anti-wrinkle blends due to high content of palmitic acid which slows the aging process. Also rich in oleic acid which assists with skin cell regeneration and is softening, smoothing and moisturizing.

#### Meadowfoam oil

Meadowfoam oil is a very stable oil with an interesting combination of fatty acids, which give it unique cosmetic benefits. It softens the skin, slows transepidermal water loss and works as an anti-inflammatory ingredient. It forms a strong barrier on the skin and thus helps to moisturize it.

#### Rosehip oil

Regenerating, rejuvenating and healing. A light, non-greasy oil that is quickly absorbed. Rosehip oil has significant anti-aging benefits due to it being packed with vitamins, antioxidants and fatty acids. It contains vitamins E, C, F and pro-vitamin A, which contribute to its antioxidant effect. The presence of vitamins C and A also stimulate collagen production in the skin, thereby reducing the appearance of wrinkles. The fatty acid Vitamin F works with Vitamin A to help improve overall skin tone and texture.



### **Squalane (olive squalane)**

A much better, natural alternative to the silicones often used in commercial serums, squalane glides onto the skin and doesn't feel oily at all. Squalane softens the skin, improves elasticity, reduces signs of aging, and boosts cell regeneration. Squalane is produced naturally by your skin until your mid 20s and helps to moisturize and protect it. After your mid 20s, olive squalane is a useful addition to your skincare regime as it is very similar in structure to the squalane produced by the skin and therefore absorbs really well. It's lighter than an oil and leaves the skin silky and smooth.

### **Sunflower oil**

Sunflower oil is non-irritating and non-comedogenic, which means it will be absorbed by the skin easily and it won't clog the pores. It's rich in oleic acid – a fatty acid that is known as a natural moisturizer that can penetrate deep into the skin. It contains a very high percentage of linoleic acid, an essential fatty acid also known as Vitamin F. This fatty acid plays an essential role in the formation of ceramides, one of the skin's main moisturizing elements.

### **Wheat germ oil**

Wheat germ oil is famous for its high Vitamin E content. It has rejuvenating, wound-healing and anti-inflammatory properties. It's especially suitable for loose skin that is showing first wrinkles or signs of premature skin aging. Some skin conditions, such as eczema and psoriasis can also benefit from wheat germ oil. It can be used in anhydrous products like facial oils, or in an emulsion.

## **BUTTERS/WAXES**

### **Shea butter**

Shea butter is an excellent moisturizing agent that melts on contact with the skin, protects against water loss and outside weathering (sun, snow, rain and wind), and boosts the protective layer and barrier repair function of the skin. It hydrates, moisturizes, softens and smooths dry, dehydrated and damaged skin.

### **Cocoa butter**

Cocoa butter is great at softening the skin and protecting it against water loss. It's a hard butter, so it's useful for making your balms or salves harder, but it will still melt on contact with the skin. It's great for dry or dehydrated skin, and also for sensitive or baby skin. Plus, if you get the unrefined version, it smells like chocolate!

### **Beeswax**

Beeswax is produced by bees. It has a soft and warm scent, and it is excellent at forming a protective layer on the skin, to keep it soft and supple. It gives hardness to lotion bars, lip balms and scrub bars, and it thickens emulsions, to make a more nourishing product.

## EMULSIFIERS/ PRESERVATIVES/OTHERS

### **Xyliance emulsifier (INCI: Cetearyl Wheat Straw Glucosides (and) Cetearyl Alcohol)**

This is the ideal emulsifier for beginners because it's easy to use and creates very stable emulsions. This emulsifier is made of 100% plant origin where the sugar (xylose) is derived from wheat straw (hence the name) and the fatty alcohols are derived from rapeseed and palm. Perfect for rich cream textures which are non-greasy. Very suitable for anti-aging or very hydrating creams. Accepted by Ecocert. Sold by The Herbarie (USA) and in Europe from Huiles et Sens.

### **Olivem 1000 emulsifier (INCI: Cetearyl Olivete, Sorbitan Olivete)**

This emulsifier is derived from natural olive chemistry. It is an emulsifier and thickener in one which is compatible with a wide variety of cosmetic and active ingredients over a wide pH range (3 to 12). Safe and clinically tested to be hypoallergenic, it provides creams with an excellent moisturizing effect and spreadability with a creamy, non-oily, cool touch. Accepted by Ecocert and most organic certifiers.

### **Preservative Eco (INCI: Benzyl Alcohol (and) Salicylic Acid (and) Glycerin (and) Sorbic Acid)**

This is a broad-spectrum preservative that meets Ecocert and COSMOS standards.

Available from Aromatic (UK). Also sold as Geogard™ ECT available from Voyageur Soap and Candle Company (USA) and Plantaserv M available from New Directions (Australia). It's usually used at 1% in water-based products. Not permitted in products for children under the age of three years. It's most effective at pH below 5.5.

### **Cosguard/Geogard 221 (INCI: Benzyl Alcohol (and) Dehydroacetic Acid)**

This is a broad-spectrum preservative that meets Ecocert and COSMOS standards, is NaTrue Certified and Soil Association approved. Available from Naturally Thinking (UK), Making Cosmetics (USA) and Go Native (NZ). It is water soluble and most effective at pH below 5.5. Typical recommended use level is 0.2-1%.

### **Geogard Ultra/Microguard/Neodefend (INCI: Gluconolactone (and) Sodium Benzoate)**

This is a broad-spectrum preservative that meets Ecocert and COSMOS standards, is NaTrue Certified and Soil Association approved. Available from The Soap Kitchen (UK), Lotioncrafter (USA) and New direction (AUS). It is water soluble with an effective pH from pH 3-6. Typical recommended use level is 0.75-1.5%.



## HUMECTANTS/THICKENERS/ STABILIZERS

### Cetyl alcohol

One of the most commonly used fatty alcohols in cosmetic products. Even though it has “alcohol” in its name, it’s not drying or irritating like regular ethanol. In fact, it actually has moisturizing properties, it can stabilize emulsions and give lotions a rich skin feel without too much greasiness.

### Glycerin

Glycerin or glycerol is one of the most commonly used humectants. It attracts moisture, and so it prevents skin dryness.

### Guar gum

Another natural polymer or gum, extracted from guar beans. It’s used to thicken and stabilize emulsions.

### Sodium lactate

Sodium lactate is the salt of lactic acid and sodium hydroxide. It’s an excellent humectant that will keep moisture levels in the skin high, plus it will provide gentle exfoliation. Typically it’s used up to 2% of the formula, as higher percentages can make the skin more sensitive to UV light.

### Xanthan gum

A natural polymer produced by microorganism *Xanthomonas*. It thickens water into a gel-like consistency, which helps with the stability of emulsions.

## ESSENTIAL OILS

Essential oils are a source from nature that possess extremely valuable therapeutic properties which help us to take responsibility for the maintenance and improvement of our own health and wellness, happiness and vitality. When we follow the safety advice and apply essential oils to the skin in a carrier solution, not only do we get significant skincare benefits, but we also contribute to the health and wellness of the wider mind, body and spirit. Using essential oils is also a hugely empowering and rewarding process because they are cheap, easy to obtain, readily available and, when you know which ones to work with as well as how, they are also very easy to use... and they smell divine!

Essential oils	Key uses	Contraindications
<p><b>Bergamot</b> Sweet, uplifting, warming and citrus</p>	<p>An excellent skincare oil. Promotes healthy skin growth, regenerates skin cells, promotes healing by the formation of scar tissue. Uplifting and useful for treating emotional conditions which may be at the root cause of eczema.</p> <p>Suitable for normal, oily and acne-prone skin, and eczema.</p>	<p>Phototoxic. Use Bergamot FCF or BF – they are not phototoxic.</p>
<p><b>Frankincense</b> Warm, smoky, hint of lemon aroma</p>	<p>Good for oily, aging and mature skin; helps with scars, cuts and wounds. Good for acne and spots. It has a real tonic affect restoring tone to the skin, especially of the face and therefore smoothes wrinkles. The aroma is amazing! Helps to deepen breathing, soothes stress and anxiety, aids rest, relaxation, mindfulness and meditation. Comforting and elevating.</p>	<p>Best to avoid during the first trimester of pregnancy.</p>
<p><b>Geranium</b> Floral, soft, sweet and green aroma</p>	<p>Useful for all skin types because it has a balancing action on sebum production. Useful for cuts and wounds, eczema and psoriasis as well as acne and spots. Good for dry, chapped and cracked skin. Wonderful and gentle uplifting qualities.</p>	<p>Do not use in pregnancy.</p>
<p><b>Grapefruit</b> Sweet, citrus, soft and uplifting</p>	<p>Very good for oily and congested skin. Refreshing and reviving. Tones the skin and tissue. Helps with lymphatic drainage to remove toxins. Detoxifying so good for acne and congested skin and in cleansers.</p>	<p>Can irritate sensitive areas of the skin. Grapefruit (expressed) is phototoxic and the dermal limit for leave-on products is 4%.</p>





<p><b>Lavender</b> Floral, woody undertone and sweet aroma</p>	<p>Great for all skin types. Promotes new skin cell growth. Helps recovery from cuts, burns, scars, rashes, and bites. Soothes allergies, eczema and psoriasis. Indicated for stretch marks and smoothing out wrinkles. Eases muscular and joint aches and pains and inflammation. Calming for the mind and emotions. Alleviates stress, anxiety, tension, sadness and depression. Good aid to rest and relaxation.</p>	<p>Can cause dermatitis if overused.  Avoid during the first trimester of pregnancy.</p>
<p><b>Lemongrass</b> Strong, sweet, citrus-like and stimulating aroma</p>	<p>Suitable for oily and acne-prone skin. Good insect repellent, and helpful for athlete's foot. Reduces excess sweating and provides a wonderful deodorant.  Excellent for aching muscles and for reviving tired limbs. Increases suppleness of muscle tissue and stimulates circulation. Refreshing and reviving for the feet in a foot bath. Strong prophylactic and antiseptic. Reviving and energising for a tired mind.</p>	<p>May irritate sensitive areas of skin.</p>
<p><b>Sweet orange</b> Succulent, soft, sweet and fruity aroma</p>	<p>Good for acne-prone, congested, oily and mature skin. Helps with lymphatic drainage to remove toxins.  Promotes collagen formation to help the skin become firmer.  A wonderful sweet and soft fruity aroma that gently uplifts the spirits and alleviates stress and tension. Can replace lavender because of its softening and relaxing qualities.</p>	<p>None known.</p>
<p><b>Ylang ylang</b> Heavy, pungent, sweet and floral aroma</p>	<p>Useful for all skin types – oily, dry, mature and sensitive – and used to great effect to balance sebum production, hydrate, soften and moisturize the skin. It improves the circulation and promotes rest, calmness and relaxation.</p>	<p>Use in moderation.  Pungent and heady aroma that can cause headaches.</p>



## BOTANICAL EXTRACTS/ACTIVE INGREDIENTS

### Allantoin

Allantoin is powdered ingredient that has soothing and anti-irritating properties. It also works as a moisturizer by increasing the water content in the skin tissue. It smoothes the skin and helps to remove dead skin cells. Typically used at up to 0.4% of the formula.

### Aloe vera

Juice from aloe leaves has been used since ancient times for its soothing capabilities. It can be used to replace some of the water in products such as facial toners and spritzes, body creams and other emulsions.

### Vitamin E

Natural Vitamin E is an oily and thick liquid that contains a mixture of tocopherols. It protects oils and other fatty ingredients from oxidation. It also acts as antioxidant in the skin, where it protects skin cells from damaging effects of oxidation molecules. The recipes in this book use 95% mixed tocopherols.

### Sea buckthorn CO<sup>2</sup> extract

CO<sup>2</sup> extract is very similar to expressed oil, but it contains higher percentage of carotenoids and Vitamin E, making it a perfect ingredient for any anti-aging product. Carotenoids act as antioxidants for the skin, protecting it from UV light exposure, and improving tone, brightness and firmness.

### Coenzyme Q10

Coenzyme Q10 is an oil soluble orange powder. Naturally, it's present in every cell of our body, but when used in skincare, CoQ10 can penetrate the cell layers of the skin and may decrease the depth of wrinkles due to photo aging. It is believed that coenzyme Q10 can protect skin cells from oxidative DNA damage induced by ultraviolet light.

### Lavender hydrosol

Lavender hydrosol is a byproduct of lavender essential oil distillation. It has very similar properties as essential oil, but it's much gentler on the skin. It has soothing benefits that make it ideal for dry and sensitive skin.

### Chamomile hydrosol

Chamomile hydrosol is a byproduct of chamomile essential oil distillation. It has very similar properties as essential oil, but it's much gentler on the skin. It has soothing benefits that make it ideal for very sensitive and irritated skin, as well as baby skin.

### Rose hydrosol

Rose hydrosol is a byproduct of rose essential oil distillation. It has very similar properties as essential oil, but it's much gentler on the skin. Apart the from luxurious fragrance, it has rejuvenating, softening and hydrating properties for the skin, making it suitable for all skin types.



# YOUR NEXT STEPS

If you have enjoyed this eBook we would LOVE to show you how to make a greater variety of products and perhaps even formulate them from scratch, too!

Our accredited online courses can take your skills to the next level.

*Which sounds...*

**MOST LIKE YOU?**

**OPTION 1**  
 ◇◇◇◇◇◇

*I'd like to make a wide range of skincare products by following ready-to-use recipes.*

**OPTION 2**  
 ◇◇◇◇◇◇

*I'd like to learn to formulate my own products from scratch and/or start my own beauty brand.*

**THEN MAYBE...**

*Our*  
 ◇◇◇◇◇◇

**CERTIFICATE**  
 IN MAKING  
*Natural Skincare Products*  
 ◇◇◇◇◇◇

*is perfect for you*

*Our*  
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**DIPLOMA**  
 IN  
*Natural Skincare Formulation*  
 ◇◇◇◇◇◇

*is perfect for you*

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The Certificate in Making Natural Skincare Products is useful if you want to create products for yourself, family and friends and primarily follow recipes rather than creating your own. You will gain a good foundation of knowledge of different types of products, when and why to use preservatives, emulsifiers and antioxidants and you'll get lots of recipes to try out. By the end you'll be able to make a complete range of skincare products by following our tried-and-tested recipes.

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*International*

## DIPLOMA IN NATURAL SKINCARE FORMULATION

Our accredited, online Diploma in Natural Skincare Formulation teaches you to create your own unique formulas and products rather than follow recipes. It takes you step-by-step from a blank sheet of paper to developing your own formulations, and into creating your own line of natural skincare products. For people who are ready to learn how to formulate like a pro, the Diploma in Natural Skincare Formulation is the best choice. We take you through the whole process, so even if you've never made a product before, you'll understand what goes into them, and why.

Our professional and easy-to-use formulation templates and examples mean that even if you are brand new to formulating you can use any of the templates inside the Diploma in Natural Skincare Formulation to create an awesome new product and get it near to perfect the first time.

Whether you want to learn to formulate for your own enjoyment, take your formulation skills to the next level, or start or grow your natural beauty brand, The Diploma in Natural Skincare Formulation is for you. It provides an amazing opportunity to learn professional formulation skills, increase your understanding of skin, function, and specific skin types, and a brand that is precisely what you wish it to be.

Take a look at the full [Diploma course curriculum](#).



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Any recipes and formulas provided to you are for demonstration purposes only, no testing has been undertaken, and the information is presented for reporting purposes only. Some of the products and formulae described in this eBook contain allergens. If you are unsure of the risks relating to these formulae or products, please consult a suitably qualified medical professional. We accept no responsibility or liability for your use of this publication, which is entirely at your own risk.





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