



# Soap Making

## SCHOOL

NATURAL SOAP AND COSMETIC MAKING CLASSES

Welcome to the Lotion and Cream Essentials Class.

There are so many natural products out there that claim to change and improve your skin.

Most of the ingredients in those so-called natural products are born in a lab.

Because there are no actual rules out there to govern whether a product can be called natural or not, we need to educate ourselves to protect against introducing harmful chemicals into our bodies through our skin.

We will keep as natural and organic as possible with the ingredients we will be using.

I am very particular with the ingredients I choose, and will always choose Ecocert approved ingredients whenever possible.

Ecocert is an organic certification group who have the highest standards of any certification organization in the world.

If you use top quality ingredients while making your products, you will end up with a wonderful lotion that rivals most expensive commercial lotions.

## What is a lotion or cream?

It is an emulsion.

An emulsion is when you bring oils and water together into a stable mixture.

How do we do this?

We all know oil and water do not mix.

When we create an emulsion, we introduce an emulsifier.

This emulsifier is an ingredient that allows oils and water to mix and stay together.

Our job as lotion creators is to create an atmosphere that encourages the lotion to stay emulsified.

\*Use a good emulsifier at the right ratio.

\*Introduce the emulsifier at the right time.

\*Keep the emulsifier doing its job for the right amount of time.

There are a few rules that need to be followed, but there is so much wiggle room that the rules will not hold you back from creating fabulous one of a kind creations.

#1 = thick or thin lotion

#2 = what are you making the lotion for? Feet, face, etc...

#3 = what do you want your lotion to feel like? Dry or oily?

#4 = what are some considerations when you are creating your recipe:

Scent, special ingredients (extracts, teas, etc)

#5 = Packaging and preservative – how will you package to preserve your product? What will you use as a preservative?

Here is a list of ingredients we will be working with.

There are thousands of choices, and more come on the market every day. Many do the same things as the more traditional ingredients and I encourage you to explore the massive market of natural ingredients.

## **Oils**

Sweet Almond Oil- greasier, lighter / long shelf life, moisturizing, skin softening, restoring. Filled with vitamin E to protect your skin, helps heal stretch marks, keeps the PH of the skin at normal level. Great for dry and normal skin.

Olive Oil - greasier, heavier /longer shelf life but clogs pores. Not good for the face. Very moisturizing and help heal stretch marks.

Grape seed Oil – drier, lighter / very light, absorbs quickly, wonderful for acne, full of antioxidants. Great for eczema. Long shelf life.

Evening Primrose Oil – Anti inflammatory. Great for oily and out of balance skin

Rose Hip Oil - Fights skin aging, Re-hydrates dry skin, great for reducing scars.

Shea Butter – emollient, greasier / Renews, repairs and protects your skin from environmental damage. Great for stretch marks. Anti aging minerals.

Cocoa Butter – protective, helps eliminate stretch marks , Soothing, healing and moisturizing.

## **Emulsifiers**

Ewax- heavier oily feel (25% to 30% of oil)

BTMS (Behentrimonium Methosulfate) – powdery (10% to 15% of oil)

## **Thickeners**

Cetyl alcohol – light and adds glide to lotions. Great for face cream.  
Add 3% +-

Stearic acid – heavier, creamier, adds more body to lotions. Add 3% +-.

**Teas:**

Lavender - disinfects the scalp and skin. It increases blood circulation, heals and helps treat scars, calming

Rose - anti-inflammatory. It helps reduce redness and calms your skin. It is effective as a skin toner since it tightens and lifts the skin. It's also great for strengthening hair at the roots.

Chamomile - anti-inflammatory, anti-fungal and antibacterial. It helps to reduce skin irritants.

Chaga - sun-protecting and healing for our skin. Great for dry skin, eczema and dermatitis, high in antioxidants.

Peppermint - Antibacterial and soothing

Elderflower - anti-inflammatory, high in antioxidants and great for sensitive or acne prone skin.

Witch Hazel - anti-inflammatory, great for sensitive skin

**Humectants**

Glycerin- Pulls moisture from the air and prevents you from losing moisture. Vegan ingredient.

Honey – Pulls moisture from the air and prevents you from losing moisture. Has an antibacterial effect. Is considered an animal product (created by bees, non vegan)

**Extracts**

Red Rose Extract – Firming, soothing for aging skin

Calendula Extract – Helps prevent wrinkles and encourages skin elasticity.

## **Essential oils – 1%**

Bergamot Essential Oil – Used to relieve stress. Great for acne, oily skin conditions, eczema and psoriasis.

Eucalyptus Essential Oil – keeps your mind sharp and boosts healing of the skin.

Lavender Essential Oil – soothing effect on nerves and skin.

Lemongrass Essential Oil – – muscle and skin toner, revitalizes the body and mind.

Patchouli Essential Oil – Fights depression, one of the most effective tissue regenerating oil, which helps to stimulate the growth of new skin cells.

Peppermint Essential Oil – increase focus, while cooling the skin, reducing redness and calming irritation and itchiness.

Rosemary Essential Oil – Improves mental clarity, reduces puffiness and swelling, stimulates blood flow and circulation.

Sweet Orange Essential Oil – Detoxifying and great for acne prone skin.

Ylang Ylang Essential Oil - Helps with anxiety and balances out your skin both over-dry and over oily.

Today you will be creating 5 different products.

4 will be specific lotions. Hand, face, body and foot lotion.

The other product is hair conditioner.

You will be introduced to different thickeners and different emulsifiers.

Each ingredient has a purpose and a job to do, there are no fillers in these recipes; just amazing ingredients that will deliver vitamins, hydration and healing to your skin.

Each of these lotions will be made at 5 different stations.

Please check off each step as you complete it so you know exactly where you stand all of the time.

If you do each step in order, you will successfully create 5 different products that are all unique.

It is also important to note all of the decisions you make as you go along. This leaves your mind free to experiment with the ingredients and keeps a great record for future lotion projects you make.

Let's begin!!!

Rene

Here are all 5 lotion recipes for future reference:

Foot lotion Recipe:

- 6 grams Emulsifying wax (e-wax)
- 3 grams Stearic Acid
- 10 grams Grapeseed Oil
- 70 grams Tea, Hydrosol or distilled water
- 5 grams other oil (Sweet Almond, Grapeseed or Olive Oil)
- 1 teaspoon essential oil (peppermint, Eucalyptus, Lemongrass, or Lavender)
- 1 teaspoon honey or glycerin
- 1 teaspoon Leucidal (preservative)

Hand lotion Recipe:

- 6 grams Emulsifying wax (e-wax)
- 3 grams Cetyl Alcohol
- 10 grams Grapeseed Oil
- 70 grams Tea, Hydrosol or distilled water
- 5 grams other oil (Sweet Almond, Grapeseed or Olive Oil)
- 1 teaspoon essential oil (peppermint, Bergamot, Sweet Orange, or Lavender)
- 1 teaspoon honey or glycerin
- 1 teaspoon Leucidal (preservative)

Body lotion Recipe:

- 3 grams BTMS (Behentrimonium Methosulfate)
- 3 grams Stearic Acid
- 10 grams Grapeseed Oil
- 73 grams Tea, Hydrosol or distilled water
- 5 grams other oil (Sweet Almond, Grapeseed or Olive Oil)
- 1 teaspoon essential oil (peppermint, Sweet Orange, Lemongrass, or Lavender)
- 1 teaspoon honey or glycerin
- 1 teaspoon Leucidal (preservative)

Face lotion Recipe:

- 3 grams BTMS (Behentrimonium Methosulfate)
- 3 grams Cetyl Alcohol
- 10 grams Grapeseed Oil
- 73 grams Tea, Hydrosol or distilled water
- 5 grams other oil (Sweet Almond, Grapeseed, Evening Primrose or Rose Hip)
- 1 teaspoon essential oil (Lemongrass, Lavender, Patchouli or Ylang Ylang)
- 1 teaspoon honey or glycerin
- 1 teaspoon Leucidal (preservative)

Hair Conditioner Recipe:

- 5 grams BTMS (Behentrimonium Methosulfate)
- 3 grams Cetyl Alcohol
- 10 grams Grapeseed Oil
- 70 grams Tea, Hydrosol or distilled water
- 1 teaspoon essential oil (peppermint, Eucalyptus, Lemongrass, Lavender, or Rosemary)
- 1 teaspoon honey or glycerin
- 1 teaspoon Panthenol (B5 vitamin)
- 1 teaspoon Leucidal (preservative)

## Foot Lotion

### **Ingredients to decide on before you begin:**

You need to choose oils to add to your Foot Lotion.  
Olive, Grapeseed Sweet Almond and Cocoa Butter

You will need to decide on which tea to add to your lotion.  
Lavender, Rose, Chamomile, Chaga, Peppermint, Elderflower or Witch Hazel

You will need to decide on your humectant.  
Glycerin or Honey

You will also need to decide on your essential oil.  
The most popular scents for foot lotion are Peppermint, Eucalyptus, Lemongrass and Lavender.

### **Once you have decided on these choices you are ready to begin.**

Please check off each step as they are completed.

- Proceed to the foot lotion station**
- Grab a bowl and a spoon
- Decide on which oil or oils you are going to use:
  - Olive
  - Grapeseed
  - Sweet Almond
  - Cocoa Butter
- Add to your bowl; 3 spoons total of the oil or oils you chose
- Grab a paper cup with a pour line marked on it
- Fill the paper cup to the pour line with the **foot lotion base**
- Pour the content of the paper cup into your bowl
- Keep your paper cup and spoon with you

- Proceed to the Tea Heating and Mixing Station**
- Decide on which tea you would like to use:
  - Lavender tea
  - Rose Tea
  - Chamomile Tea
  - Chaga Tea
  - Peppermint Tea
  - Elderflower Tea
  - Witch Hazel Tea
- Fill your paper cup full with the tea you chose
- Blend with the blender until it has cooled down and is thick
  
- Proceed to the Cool Down, Labeling and Packaging Station**
- Decide on which essential oil you would like to use:  
Write down your choice here  
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- Add 1 spoon of the essential oil to your lotion
- Add 1 spoon Leucidal (preservative) to your lotion
- Decide on your humectant:
  - Glycerin
  - Honey
- Add 1 spoon of Glycerin or Honey to the lotion
- Mix, mix, mix with your spoon
- Pour the lotion into a jar
- Label the jar "Foot Lotion" and put your name on it.
  
- Proceed to the next lotion or Conditioner table until you have completed all 5 products.

## Hand Lotion

### **Ingredients to decide on before you begin:**

You need to choose oils to add to your Hand lotion.  
Olive, Grapeseed and Sweet Almond.

You will need to decide on which tea to add to your lotion.  
Lavender, Rose, Chamomile, Chaga, Peppermint, Elderflower or Witch Hazel

You will need to decide on your humectant.  
Glycerin or Honey

You will also need to decide on your essential oil.  
The most popular scents for hand lotion are peppermint, Bergamot, Sweet Orange, or Lavender

### **Once you have decided on these choices you are ready to begin.**

Please check off each step as they are completed.

- Proceed to the hand lotion station**
  
- Grab a bowl and a spoon
- Decide on which oil or oils you are going to use:
  - Olive
  - Grapeseed
  - Sweet Almond
- Add to your bowl; 3 spoons total of the oil or oils you chose
- Grab a paper cup with a pour line marked on it
- Fill the paper cup to the pour line with the **hand lotion base**
- Pour the content of the paper cup into your bowl
- Keep your paper cup and spoon with you

**Proceed to the Tea Heating and Mixing Station**

- Decide on which tea you would like to use:
  - Lavender tea
  - Rose Tea
  - Chamomile Tea
  - Chaga Tea
  - Peppermint Tea
  - Elderflower Tea
  - Witch Hazel Tea
- Fill your paper cup full with the tea you chose
- Blend with the blender until it has cooled down and is thick

**Proceed to the Cool Down, Labeling and Packaging Station**

- Decide on which essential oil you would like to use:  
Write down your choice here  

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- Add 1 spoon of the essential oil to your lotion
- Add 1 spoon Leucidal (preservative) to your lotion
- Decide on your humectant:
  - Glycerin
  - Honey
- Add 1 spoon of Glycerin or Honey to the lotion
- Mix, mix, mix with your spoon
- Pour the lotion into a jar
- Label the jar "Hand Lotion" and put your name on it.
  
- Proceed to the next lotion or Conditioner table until you have completed all 5 products.

## Body Lotion

### **Ingredients to decide on before you begin:**

You need to choose oils to add to your Body lotion.  
Olive, Grapeseed Sweet Almond and Shea Butter

You will need to decide on which tea to add to your lotion.  
Lavender, Rose, Chamomile, Chaga, Peppermint, Elderflower or Witch Hazel

You will need to decide on your humectant.  
Glycerin or Honey

You will also need to decide on your essential oil.  
The most popular scents for body lotion are peppermint, Sweet Orange, Lemongrass, or Lavender

### **Once you have decided on these choices you are ready to begin.**

Please check off each step as they are completed.

- Proceed to the body lotion station**
- Grab a bowl and a spoon
- Decide on which oil or oils you are going to use:
  - Olive
  - Grapeseed
  - Sweet Almond
  - Shea Butter
- Add to your bowl; 3 spoons total of the oil or oils you chose
- Grab a paper cup with a pour line marked on it
- Fill the paper cup to the pour line with the **body lotion base**
- Pour the content of the paper cup into your bowl
- Keep your paper cup and spoon with you

**Proceed to the Tea Heating and Mixing Station**

- Decide on which tea you would like to use:
  - Lavender tea
  - Rose Tea
  - Chamomile Tea
  - Chaga Tea
  - Peppermint Tea
  - Elderflower Tea
  - Witch Hazel Tea
- Fill your paper cup full with the tea you chose
- Blend with the blender until it has cooled down and is thick

**Proceed to the Cool Down, Labeling and Packaging Station**

- Decide on which essential oil you would like to use:  
Write down your choice here  

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- Add 1 spoon of the essential oil to your lotion
- Add 1 spoon Leucidal (preservative) to your lotion
- Decide on your humectant:
  - Glycerin
  - Honey
- Add 1 spoon of Glycerin or Honey to the lotion
- Mix, mix, mix with your spoon
- Pour the lotion into a jar
- Label the jar "Body Lotion" and put your name on it.
- Proceed to the next lotion or Conditioner table until you have completed all 5 products.

## Face Lotion

### **Ingredients to decide on before you begin:**

You need to choose oils to add to your Face lotion.

Sweet Almond, Grapeseed, Evening Primrose and Rose Hip

You will need to decide on which tea to add to your lotion.

Lavender, Rose, Chamomile, Chaga, Peppermint, Elderflower or Witch Hazel

You will need to decide on your humectant.

Glycerin or Honey

You will need to decide on your extract.

Rose or Calendula

You will also need to decide on your essential oil.

The most popular scents for face lotion are Lemongrass, Lavender, Patchouli or Ylang Ylang

### **Once you have decided on these choices you are ready to begin.**

Please check off each step as they are completed.

- Proceed to the face lotion station**
- Grab a bowl and a spoon
- Decide on which oil or oils you are going to use:
  - Grapeseed
  - Sweet Almond
  - Evening Primrose
  - Rose Hip
- Add to your bowl; 3 spoons total of the oil or oils you chose
- Grab a paper cup with a pour line marked on it
- Fill the paper cup to the pour line with the **face lotion base**
- Pour the content of the paper cup into your bowl

- Keep your paper cup and spoon with you
- Proceed to the Tea Heating and Mixing Station**
- Decide on which tea you would like to use:
  - Lavender tea
  - Rose Tea
  - Chamomile Tea
  - Chaga Tea
  - Peppermint Tea
  - Elderflower Tea
  - Witch Hazel Tea
- Fill your paper cup full with the tea you chose
- Blend with the blender until it has cooled down and is thick
  
- Proceed to the Cool Down, Labeling and Packaging Station**
- Decide on which essential oil you would like to use:  
Write down your choice here  
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- Add 1 spoon of the essential oil to your lotion
- Add 1 spoon Leucidal (preservative) to your lotion
- Decide on your extract:
  - Calendula Extract
  - Rose Extract
- Add 1 spoon Extract
- Decide on your humectant:
  - Glycerin
  - Honey
- Add 1 spoon of Glycerin or Honey to the lotion
- Mix, mix, mix with your spoon
- Pour the lotion into a jar
- Label the jar "Face Lotion" and put your name on it.
  
- Proceed to the next lotion or Conditioner table until you have completed all 5 products.

## Hair Conditioner

### **Ingredients to decide on before you begin:**

You will need to decide on which tea to add to your lotion.  
Lavender, Rose, Chamomile, Chaga, Peppermint, Elderflower or Witch Hazel

You will need to decide on your humectant.  
Glycerin or Honey

You will also need to decide on your essential oil.  
The most popular scents for hand lotion are peppermint, Eucalyptus, Lemongrass, Lavender, or Rosemary

### **Once you have decided on these choices you are ready to begin.**

Please check off each step as they are completed.

- Proceed to the hand lotion station**
- Grab a bowl and a spoon
- Grab a paper cup with a pour line marked on it
- Fill the paper cup to the pour line with the **conditioner base**
  
- Pour the content of the paper cup into your bowl
- Keep your paper cup and spoon with you

**Proceed to the Tea Heating and Mixing Station**

- Decide on which tea you would like to use:
  - Lavender tea
  - Rose Tea
  - Chamomile Tea
  - Chaga Tea
  - Peppermint Tea
  - Elderflower Tea
  - Witch Hazel Tea
- Fill your paper cup full with the tea you chose
- Blend with the blender until it has cooled down and is thick

**Proceed to the Cool Down, Labeling and Packaging Station**

- Decide on which essential oil you would like to use:  
Write down your choice here  

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  - Add 1 spoon of the essential oil to your lotion
  - Add 1 spoon Leucidal (preservative) to your lotion
  - Add 1 spoon panthenol
  - Decide on your humectant:
    - Glycerin
    - Honey
  - Add 1 spoon of Glycerin or Honey to the conditioner
  - Mix, mix, mix with your spoon
  - Pour the conditioner into a jar
  - Label the jar "Hair Conditioner" and put your name on it.
- Proceed to the next lotion or Conditioner table until you have completed all 5 products.