



# Soap Making SCHOOL

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NATURAL SOAP AND COSMETIC MAKING CLASSES

Welcome to The  
Natural Masks, Scrubs and Beyond Class

We will begin with the cleansing process and work our way through all of the steps to deliver healthy glowing skin.

## Make up remover

This is a wonderful non greasy make up remover that can be used to remove waterproof eye makeup as well as the days grime.

How to use: shake the bottle, pour a small amount onto a cotton ball. Wipe grime and makeup off of your face and either cleanse and moisturize as usual or leave the remover on your skin. It makes a great quick moisturizer.

This can be used every day.

Make up and pollution remover recipe:

47 grams hydrosol, tea or water

10 grams grapeseed oil

1 teaspoon tween 80

1 teaspoon leucidal (natural preservative)

1 teaspoon glycerin

Please check off each step as they are completed.

- Proceed to the Make-up remover station**
- Grab a bottle and remove the lid
- Pour 10 grams grapeseed into your bottle
- Add 1 spoon tween 80 to the bottle
- Add 1 spoon leucidal to the bottle

- Add 1 spoon glycerin to the bottle
- Fill the rest of the bottle with tea, hydrosol or water
- Put the lid on the bottle and shake it
- Label this bottle as "Make-up remover" put your name on it.

## Natural Face cleanser

This is a really gentle cleanser for all skin types.  
It leaves your skin feeling soft and not tight and dry.

Oil attracts oil, so it is a necessary ingredient.  
The cleanser is light and easy to use. It can be used daily.

We will be adding an acid (vitamin c) to bring down the ph slightly. This will leave your skin feeling soft and clean.

Avoid eyes since this is a soap based cleanser.

Recipe:

55 grams distilled water  
.3 grams Xanthan gum  
4.2 grams light oil (grapeseed or almond)  
20 grams Olive Liquid Soap  
20 drops Herbal extract (Calendula or Rose)  
20 drops essential oil (skin safe)  
1 spoon leucidal  
1 spoon vitamin c

Please check off each step as they are completed.

- Proceed to the Face Cleanser station**
- Grab a bottle and remove the lid
- Pour the 55 grams distilled water into the bottle
- Add .3 grams xanthan gum
- Apply the lid and shake the container well

- ❑ Pour 4.2 grams of either sweet almond or grapeseed oil into the bottle
- ❑ Add 20 grams olive soap to the bottle
- ❑ Add 40 drops of rose or calendula extract to the bottle
- ❑ Add 40 drops of essential oil to the bottle
- ❑ Add 1 spoon leucidal (preservative) to the bottle
- ❑ Add 1 spoon vitamin c to the bottle
- ❑ Tighten lid and shake
- ❑ Label this bottle as "Face Cleanser" put your name on it.

The face cleanser might look a bit like tapioca pudding for a day but this will change since the xanthan gum still needs to work its way through the rest of the ingredients.

## Face scrub

Face scrub is a great way to get rid of the dead skin that sits on your face and makes it look dull. You can access your beautiful healthy skin by using a face scrub.

You can use this scrub once or twice per week. 2 spoons per cleansing session. Apply a small amount at a time working in small circles. Rinse off with warm water.

Face Scrub Recipe:

12 grams oil (avoid coconut and olive)

32 grams sugar (fine and coarse)

9 grams Zeolite or rice powder

1 spoon honey or glycerin

1 spoon Vitamin C

3 grams cream soap

2 spoons leucidal preservative

Please check off each step as they are completed.

- Proceed to the Face Scrub station**
- Grab a bowl and spoon
- Pour 12 grams sweet almond or grapeseed oil into your bowl
- Add 16 grams fine sugar to your bowl
- Add 16 grams coarse sugar to your bowl

- Add 9 grams Zeolite or Rice powder to your bowl
- Add 3 grams cream soap to your bowl
- Add 1 spoon honey or glycerin to your bowl
- Add 1 spoon vitamin c to your bowl
- Add 2 spoons leucidal (preservative) to your bowl
- Mix well with a spoon and pour into your jar
- Label this jar as "Face Scrub" put your name on it.

## Face masks

This face mask is especially good when you have been neglecting your skin.

It's soothing and cleansing but extremely gentle.

There are no chemicals that can irritate your skin.

Traditionally, masks and treatments tend to dry the skin and not replace the moisture.

This can cause the oil glands to work over time to produce even more oil.

Here is a perfect alternative to high priced, drying face masks. You can choose your Clay based on your skin type. Armenian for oily acne prone skin, Kaolin for dry sensitive skin.

Use once or twice per week after you use the scrub. Apply a thin layer to skin, leave on for 10 minutes and rinse off with warm water.

Recipe:

15 grams Armenian Clay(for oily skin) or Kaolin Clay(for dry skin)  
26 grams Hydrosol, tea or water  
4 grams Glycerin  
10 grams powdered herbs  
3 grams Aloe Vera Gel  
2 spoons leucidal (preservative)

Please check off each step as they are completed.

- Proceed to the Face Mask station**
- Grab a bowl and spoon
- Add 15 grams Armenian Clay for Oily skin or Kaolin Clay for dry skin to your bowl



- Add 4 grams glycerin to the bowl
- Add 10 grams powdered herbs and add them to your bowl
- Add 26 grams hydrosol, tea or water to your bowl
- Add 2 spoons of aloe to your bowl
- Add 2 spoons of leucidal(preservative) to your bowl
- Mix everything in your bowl really well
- Pour the mask into the jar
- Label this jar as "Face Mask" put your name on it.

## Natural Toner

Toners are a great way to get your skin back in balance after all of the scrub and mask cleansing. The toners work with your natural acid mantle and allow your skin to receive moisturizers.

Use the toner after you have used the scrub and mask.

You can also use it daily.

Toner Recipe:

57 grams Hydrosol, tea or water

1 spoon Glycerin

1 spoon leucidal preservative

20 drops extracts (rose for dry skin, calendula for oily skin)

Please check off each step as they are completed.

- Proceed to the Toner station**
- Grab a bottle and remove the lid
- Add 1 spoon glycerin to the bottle
- Add 1 spoon leucidal preservative to the bottle
- Add 40 drops of rose extract (dry skin) or calendula extract (oily skin) to the bottle
- Fill the bottle with your choice of tea or hydrosol
- Tighten lid and shake the toner until well blended
- Label this bottle as "Face toner" put your name on it.  
Face protective mist

This is a quick way to rehydrate your face during the day or just to give yourself a quick feel good moment. Carry this around in your bag and reach for it when you are feeling over stressed.

You can use this spray anytime day or night when your skin needs a little hydration.

Face protective mist recipe:

1 spoon Glycerin

1 spoon Panthenol

36 grams Water

1 spoon Aloe

18 grams Hydrosol or tea

1 spoon leucidal Preservative

Please check off each step as they are completed.

- Proceed to the Face Protective Mist station**
- Grab a bottle and remove the spray lid
- Add 1 spoon glycerin to the bottle
- Add 1 spoon leucidal preservative to the bottle
- Add 1 spoon panthenol vitamin B5
- Add 36 grams water to the bottle

- Fill the rest of the bottle with your choice of tea or hydrosol
- Tighten spray lid and shake the mist until well blended
- Label this spray bottle as "Protective Face Mist" put your name on it.

## Facial serum

A facial serum can be used by itself or under your nightly moisturizer. This gives your skin extra protection and moisture to get through the colder months or when your skin needs that special treatment from the wind and cold.

This makes a perfect night time hydration oil.

Recipe:

99% assorted oils

1% Essential Oil

Please check off each step as they are completed.

- Proceed to the Face Serum station**
- Grab a glass roller bottle
- Add 5 drops of essential oil into bottle
- Add 10 drops of evening primrose oil into the bottle
- Add 10 drops of rosehip oil into the bottle
- Add either grapeseed oil or sweet almond oil to the bottle and fill it almost full
- Add the roller to the bottle by holding onto the bottle and pressing the roller top on.
- Tighten the lid and shake the bottle until well blended
- Label this serum bottle as "Face Serum" put your name on it.