

# Body Beautiful Unit 2

## Unit 2 I, Creams, Serums and Balms

Revised 2024



## Creams, Serums & Balms (2H)



### Transformations:

Add more beauty making skills to your repertoire: Refine your existing skills with making creams, serums, beauty bars and balms. Make useful and beautiful cosmetic products!

2) Create Facial Creams-The New and Old Methods

Make Serums

# The Alchemy of Creams and Lotions- Scents of Wonder-

Laurie Szott-Rogers

Review- of the classic procedure and recipe



## Ingredients for Making Creams-

Creams, Serums and Balms are among the most compelling and enticing of natural, aromatic products. The kitchen alchemist can experience hours - worth of delight making this sumptuous skin food.

Natural creams are different than store-bought creams. They have a shorter shelf life and generally do not penetrate the skin quite as easily. They can be very luxurious, but are temperamental. The product does not always turn out consistent. Yet, unlike the more uniform, but possibly chemical laden counter-parts, natural creams deliver wholesome nutrients to our skin.

Serums are also very good for the skin. They are often thinner and full of active ingredients. Serums can be water based, with a thickener like xanthan gum, or oil-based, (anhydrous). Serums can be used underneath creams.





When hand created cosmetics do come together, (which is the most likely outcome), they are pure, eminent and nutritive. Like good quality homemade food, they are better than anything you can buy!

*\*Note- lanolin is used as an emulsifier in many of the older style cream and lotion recipes. If you have a wool allergy do not use lanolin. Instead seek out another emulsifier (something that helps bind water and oil).*

*In the newer style formulas we present natural emulsifiers like OliveM, Natural Wax 2, or Ritamulse can be used. Cetyl alcohol is often used with the natural emulsifiers to help thicken the formula.*

*We also use preservatives in the newer formulas. We try to stick to the eco-approved preservatives, which at this time include- geogaurd ultra, euxyl 9010.*

*Preservatives are only needed if there is water or water-like ingredients, (aloe juice, hydrosols) in the formula. Otherwise, antioxidants like vitamin E and Rosemary extract will suffice.*

*The newer style "Formulas" have the advantage of being presented in grams, (100) so they can easily be scaled up or scaled down. They contain preservatives when necessary and emulsifiers, to help the blend last longer and stay more stable.*

*The older "Recipes" are more intuitive, contain fully natural, easier to get ingredients. The recipes are very suitable if the product will be used reasonably quickly and is for family usage.*

*The formulas may be more suitable if you choose to move toward a business model.*

## Isis's Royal Facial Cream Recipe(2H)

Adapted from Rosemary Gladstar, the Queen of Creams.

And Scents of Wonder- Laurie Szott-Rogers

### Waters-

3/4 cup (175 ml. or 6 oz.) rose water, or distilled water

1/4 cup (60 ml. or 2 oz.) aloe vera  
gel

**Essential Oils:** 1 ml sandalwood,

10 drops centella

1 ml rose otto.

Vitamin A or E if desired.

### Oils:

1-ounce (2-4) tbsp. beeswax.

Adjust according to how thick  
you like the cream. Please weigh  
your wax to ensure you get 1 oz.  
Not having enough can prevent  
the cream from forming.



1/2 cup  
(120 ml or  
4 oz.)

apricot kernel oil

1/8 cup (30 ml or 1 oz.) sea buckthorn seed oil

1/8 cup (30 ml or 1 oz.) rosehip seed oil

Total- 3/4 cup of oil.

1/2 tsp. lanolin or if there is a wool allergy substitute  
another emulsifier.

2/3 -1 cup cocoa butter or shea butter - (Add more  
if you like a denser product, add less if your cream is too gritty). \*Coconut  
oil is also a good substitute. It is more cost effective and less granular in  
texture.

(Due to rancidity problems refrigerate your creams, until you use them.)



## Equipment:



Small pan, measuring cup & spoons, blender, wooden spoon, sterilized jars with labels.

### Procedure:

Melt the oils and wax together on gentle heat. Pour them into a blender. Set them aside until they cool down to room temperature, and have a creamy consistency.

Pour the room temperature water mix into a measuring cup.

\* Note the temperature of the oils and water is important, as it determines if the cream will separate.

Put the blender on a high setting.

Drizzle the water mix into the top of the blender. It should look thick and cream-like. Mix until the blender 'glugs'. This is your notice that the cream has thickened. Spoon the cream into a jar. Be careful not to contaminate it by touching.

\*(Feel free to combine different carriers to meet the needs of your skin type or special skin problems). This mixture is expensive due to the cost of seabuckthorn seed and rosehip seed oils.

Isis, mythological goddess of Egypt, had an unlimited income and expensive tastes. Remember how much you can pay for a 50-ml container of cream at an upscale cosmetic store. You will get many containers for that cost.

\* You may make a much less pricey, but still lovely cream, by using all apricot kernel, or almond carrier oil. For the butter phase, try coconut oil, instead of shea butter. You may also substitute rose geranium for rose absolute.

## Restoring Face- Cream Recipe-(2H)



Adapted from Donna Maria pg. 10

### Oils Phase

10 mls rose hip seed oil  
10 mls macadamia nut oil  
10 grams. vegetable emulsifying wax  
6 mls tamanu oil  
2 grams palm stearic acid

### Water Phase

60 mls rose water  
 $\frac{1}{4}$  tsp. borax  
 $\frac{1}{8}$  tsp. xanthan gum  
10 drops essential oil of your choice- for your skin type.

Gently heat the oil phase liquids and fats in a double boiler, on low-medium heat, until they liquefy.  
Measure out the liquid water phase ingredients without powders. But do not bring to a roaring boil.  
When the oil phase liquefies, take both the oil and water pots from the heat.  
Add powdered and gel ingredients to the water phase.



Using a hand-held mixer, vigorously mix on medium to high speed ensuring the powders and gels are incorporated.  
Any clumps will transfer to your final product.  
It should take on a gel-like consistency.

Begin mixing the oil phase with your hand blender on medium speed.

Gradually add the water phase to the oil phase while mixing.

This is usually done at about 150F (65C).



The ingredients will not be effective unless added to the recipe at a particular temperature.

The mixture will quickly lighten and thicken.

Continue mixing until a smooth emulsion forms, about 30 seconds for thicker creams up to 20 minutes for thinner lotions.

Stop mixing after about 1 minute to scrape the sides of the container with a pristine spatula to ensure incorporation.

Make note of how long this takes in your journal.

Placing a cool, not cold bowl of water while mixing can shorten the mixing time, but a mixture that cools too quickly is more likely to separate.

Add essential oils at the last minute, to lessen evaporation.

You can stir them in with a toothpick.

Stir or shake in well.

Allow the product to cool completely before putting on the lid.

Some lotions settle significantly and you can top them up.

Due to rancidity problems refrigerate your creams, until you use them.



## Bluish Moisturizer Recipe-

Adapted from Greta Breedlove pg. 97

### Oils & Butters

2/3 cup sea buckthorn  
seed oil  
1/3 cup coconut oil  
1 tsp (5 ml) cocoa butter  
1Tbsp. beeswax  
1/2 tsp. alkanet root

### Waters

1/3 cup lavender water  
1/3 cup distilled water  
1/3 cup aloe vera gel  
20 drops vitamin E oil  
4 drops blue chamomile oil  
10 drops lavender e.o.  
5 drops frankincense e.o.



15- 1 oz. jars.

1. In a double boiler, melt the sea buckthorn seed, coconut oil, cocoa butter, beeswax and alkanet root.
  2. Once the beeswax is melted, strain out the alkanet root and pour the oil mix into a pourable glass measuring cup.
  3. Let cool to room temperature.
  4. Set the sterilized jars on the edge of your counter for easy pouring.
  5. Add the melted and cooled, oils and butters into the blender on high.
  6. In a slow, drizzle, pour the mixed waters, aloe, vitamin E and essential oils into the vortex of the waters, while still blending.
  7. Listen to the blender; when it chugs, the mixture is ready.
  8. Pour into jars and decorate the jar.
  9. Do not put the lids on unless they are completely cooled down.
- Due to rancidity problems refrigerate your creams, until you use them.

## Orange Blossom Face Cream Recipe

Adapted from Greta Breedlove pg. 98

### Oils

- 2/3 cup sesame oil
- 1/3 cup coconut oil
- 1 tsp (5 ml) cocoa butter
- 1Tbsp/ beeswax
- 1/2 tsp/ alkanet root
- 3 Tbsp. calendula- infused oil

### Waters

- 1/3 cup orange blossom water
- 1/3 cup distilled water
- 1/3 cup aloe vera gel
- 20 drops vitamin E oil
- 10 drops tangerine e.o
- 10 drops neroli e.o.
- 5 drops frankincense e.o.



15- 1 oz. jars.

1. In a double boiler, melt the sesame, coconut oil, cocoa butter, calendula infused oil, beeswax and alkanet root.
  2. Once the beeswax is melted, strain out the alkanet root and pour the oil mix into a pourable glass measuring cup.
  3. Let cool to room temperature
  4. Set the sterilized jars on the edge of your counter for easy pouring.
  5. Pour the cooled oils into the blender.
  6. Drizzle the orange blossom water, distilled water, vitamin e, aloe gel and essential oil into the blender and turn to the highest speed for a minute or two.
  7. Listen to the blender; when it chugs, the mixture is ready.
  8. Pour into jars and decorate the jar.
  9. Do not put the lids on unless they are completely cooled down.
- Due to rancidity problems refrigerate your creams, until you use them.

# Formula For Making the Rose Cream In the Video

Batch Size: 100g

## WATER PHASE INGREDIENTS – PHASE A

1. Xanthan Gum – 0.3%
2. Glycerine – 5%
3. Distilled water – 45.6%
4. Hydrosol & /or Aloe Juice 20%

## OIL PHASE INGREDIENTS – PHASE B

1. Seabuckthorn, Rosehip, Squalene – 12%
2. Emulsifying Wax (Olive M 1000) – 8g
3. Cetyl Alcohol- 3 gram
3. Shea, Mango or Rose Butter – 5%

## COOL DOWN PHASE INGREDIENTS – PHASE C

1. Essential Oil – 1% (Rose geranium and Rose)
2. Vitamin E (Antioxidant) – 1%
3. Preservative) – Euxyl 9010 or geogard ultra 1.0%

The oil phase is added to the water phase.

So put your water in a bigger beaker, as the oil will be poured into it.

Phase A) Add Xanthan gum to the glycerine. Mix well.

Measure distilled water and add it in. Mix well.

Set it aside.

Phase B- Add carrier oils oil, butter & emulsifiers.

Put both phase A and phase B into the water bath and wait until the temperature

reaches at least 75C.

Add the oil to the water and mix well.

Blend with an emulsion blender. Blend, wait, cool, mix and blend. When the texture thickens, stop blending. It thickens as it cools. You may keep cooling it and blending to add to the stability.

Let it cool to under 40 degrees. Then add the cool down phase ingredients, essential oil, vitamin e, euxyl PE 9010 the preservative. Mix well with a stir stick. Measure the preservative before putting it in, as it can break your emulsion and make it unstable.

Depending on the thickness, package either into a cream or lotion jar, or a pump bottle. Keep in a cool place.

Use the formula above as a cream template, if you like it. Substitute different hydrosols, carrier oils, and essential oils to meet the purpose of your cream.





# The Lotion Formula from the Video

## Water Phase – PHASE A (70-85%)

Aloe Juice – 20%

Distilled Water – 55%

Glycerine – 5%

Xanthan Gum – 0.2%

## Oil Phase – PHASE B (8-15%)

Carrier Oils – Organic Sunflower Oil, 10%

Emulsifier – Olive M - 5%

Cetyl Alcohol- 3%

## Cool-down Phase – PHASE C

Vitamin E or Rosemary Extract– 1%

Essential Oil – Mandarin, or your choice - 1%

Preservative Eco/Geogard ECT – 1%

## Lotion Creation Process

Mix the glycerin and the Xanthan gum from phase A (water phase) in Beaker A

Add the rest of phase A ingredients into Beaker A and mix well.

Combine Phase B (oil phase) ingredients in Beaker B

Heat water phase and oil phase beakers to 75C.

Add oil phase into the water phase.

Mix with a hand blender or immersion blender until it forms an homogeneous mixture like a lotion.

Leave it to cool down. When it cools to 40C, add phase C ingredients and stir well.

Depending on the thickness, package either into a cream or lotion jar, or a pump bottle. Keep in a cool place.

# **Cucumber Facial Serum Formula**

## **Ingredients**

1. Distilled Water – 40%
2. Allantoin – (Anti Irritation Ingredient approved by the FDA) 0.2%
3. Panthenol Powder (Vitamin B5) – 3%
4. Aloe Vera Juice – 25%
5. Chamomile German Hydrosol – 20%
6. Sodium Lactate – 2%
7. Glycerin or Propendiol– 3%
8. Cucumber Extract – 7%
9. Euxyl PE 9010 Natural Preservative – 0.5%

## **How To Make Cucumber Facial Serum**

1. Add ingredients 1 and 2 and mix well
2. Add Ingredient 3 and 4 and mix well
3. Add the rest of the ingredients in order and mix very well.
4. Mix well by hand.

## You're A Beauty - Anhydrous Serum Formula - Scents of Wonder



10 grams sea buckthorn seed oil

5 grams argan oil

5 grams squalane

.5 gram frankincense oil

.5 gram vitamin E

Put in a 1 oz. glass bottle with a dropper.

Label

Keep in a cool place.

Use at bedtime, on a clean face.

Always pre-test to ensure there are no sensitivities or  
allergies

## Wadjet's Under Eye Oil, Serum- Formula



From Scents of Wonder-(

Wadjet is a sacred, snake goddess of transformation. As a snake goddess, she knows a thing or two about renewing her skin! Here is her powerful skin renewal eye serum.

10 grams pomegranate oil

10 grams rosehip seed oil

5 grams squalane

3 drops essential oil of rose Otto or neroli.

Mix ingredients in a small glass bottle with a dropper.

Shake well.

Before bedtime, gently dab a couple of drops under eyes onto the neck.



## Honey Lip Balm (2H)



2 Tbsp. Coconut oil

1 Tbsp. Apricot Kernel Oil

1 Tbsp. and 1 tsp. Beeswax

1 Tbsp. Honey

10 drops essential oil-try a flavor compatible with honey

10 drops Vitamin E

Melt oils, honey and beeswax on low heat.

Keep stirring until it cools to ensure honey is combined, (it does not easily integrate).

Add essential oils, as it is cooling, but while you are still stirring.

Spoon into containers.

# Chocolate Lip Kiss



3 Tbsp. Cocoa Butter

1 Tbsp. chocolate chips

Essential oil- like orange or peppermint (choose a taste you like to go with chocolate).

Melt cocoa butter and chocolate chips at a low heat, preferably in a double boiler.

Do not burn, stir well.

As it cools, mix in the essential oil.

Spoon into containers.

## Massage Bar

1/2 cup Shea Butter  
1 Tbsp. Cocoa Butter or  
Coconut Oil

Essential Oil - 15 drops  
You may also add dried  
plant material, as it will  
look lovely, but be a bit  
messier. If so, match it to  
the essential oil. In the  
picture, above, you will  
notice the bar is orange,  
spice and coconut.



Combine and heat on low until oils are melted.  
Remove from heat.  
Blend completely  
Pour into mold or container  
Wrap with plastic or put in dish to prevent mess.

# Lotion Bar

Decide how much you want to make and use the portions below. You can make this any size you like. 😊

1-part Emu  
2 parts Shea Butter  
1-part Beeswax  
Essential oils-



Combine and heat until oils are melted.  
Remove from heat.  
Blend completely.  
Add in the essential oils, stir well.  
Pour into molds.  
Wrap with plastic or put into a dish to prevent a mess.  
Keep the extra stock refrigerated, as this will melt at a warm temperature.



## Questions-

1. Why would you use a lotion bar for your skin?  
Dry skin, luxury, avoid toxins etc.

2. After defining your purpose above, find:  
a) carrier oils suited for your purpose and skin type.



b) body butters, (shea, cocoa, etc.) for your skin type and purpose

c) essential oils suited for your purpose.

## Lotion Bar Exercise-



Assemble the ingredients that are suitable to your skin type from the questions on the above page to create this bar.

Use one of the recipes from this section on lotion bars, as your general guide ensuring you have portions of carrier, and butters equal to the original recipe.

Make the bar you have created a recipe for.

Give it a name:

How did it turn out?

What might you improve upon?

How might you shift the recipe to reflect your improvements?

