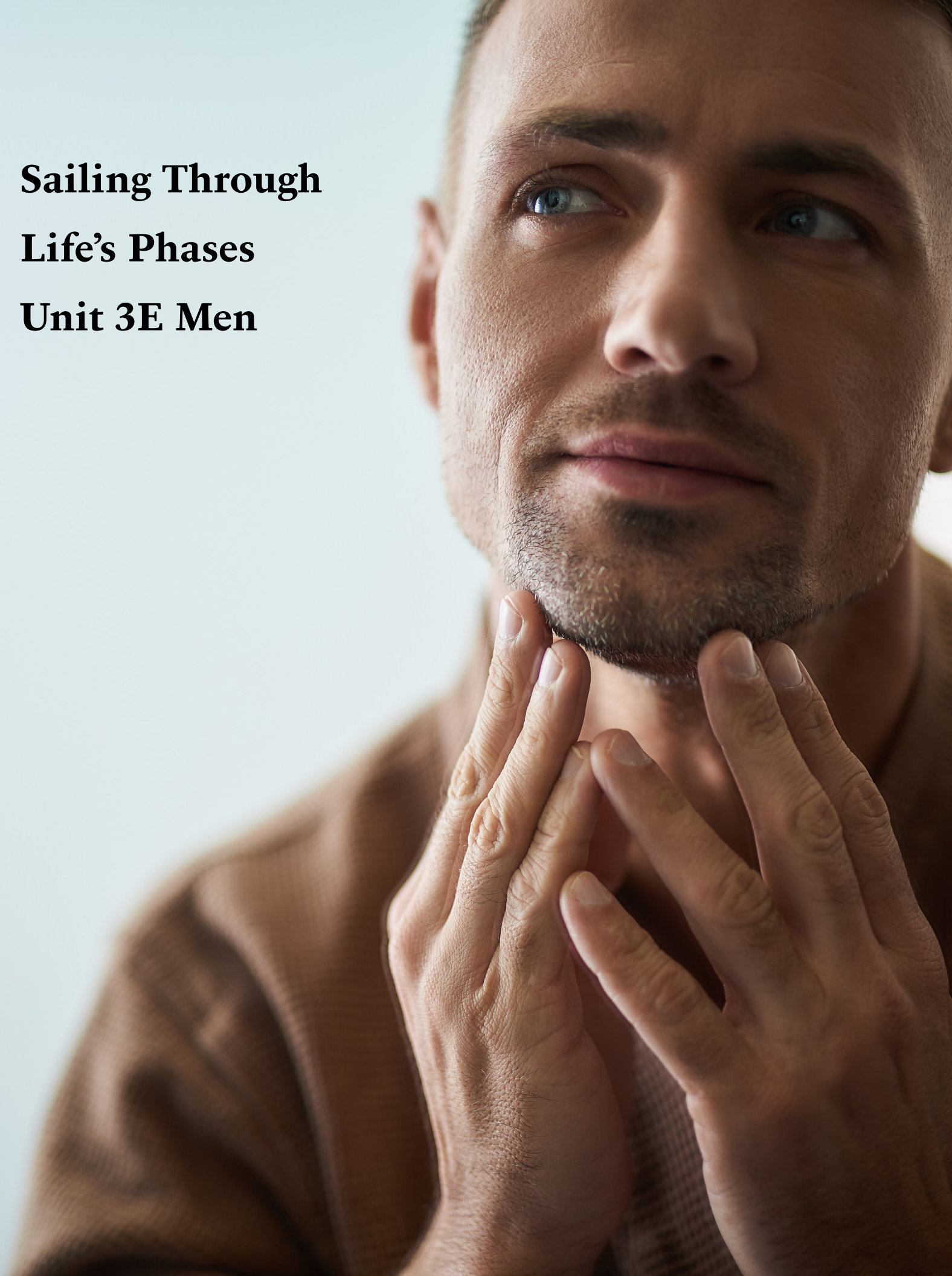


**Sailing Through
Life's Phases
Unit 3E Men**



Men (3E)

Men are under served in aromatherapy, but they do comprise a large segment of the aromatic market.



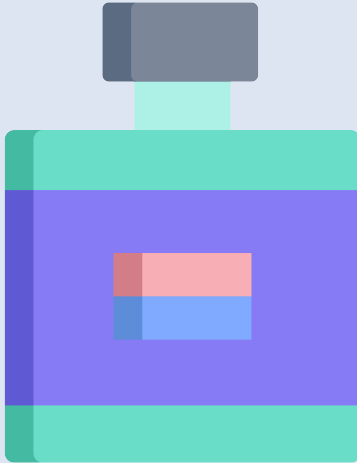
Transformational Steps-

- 1) Make a Professional Aftershave
- 2) Try out a recipe for a beard oil.

Hydrating Aftershave Serum Professional Formula

Ingredients:

% s are based on 100 mls of product.



Phase A (Water Phase):

Aloe Vera Juice: 49.5%
Witch Hazel Extract: 20%
Glycerin (Vegetable): 5%
Xanthan Gum: 0.5%

Phase B (Oil Phase):

Jojoba Oil: 8%
Olive M (Emulsifier): 3%

Phase C (Cool Down Phase):

Hyaluronic Acid (Low Molecular Weight): 2%
Vitamin E Oil: 2%
Essential Oil Blend:
Jamaican Rosewood: 1%
Cedarwood Atlas: 1%
Bergamot Oil: 1%

Leucidal Liquid SF (Radish Root Ferment Filtrate, Preservative): 2% (You may substitute this preservative with what you already have in your cabinet).

Caprylyl Glycol (Preservative Booster): 0.5%

Additional Component:

Distilled Water: Adjust to 100%

Full Procedure:

Prepare Phase A:

Combine Aloe Vera Juice (49.5%) and Witch Hazel Extract (20%) in a sanitized, heat-resistant container. In a separate small container, disperse Xanthan Gum (0.5%) in Glycerin (5%) to create a smooth slurry.

Add the Xanthan Gum-Glycerin slurry to the Aloe Vera Juice and Witch Hazel mixture.

Heat this mixture gently to approximately 40°C, ensuring the Xanthan Gum is fully incorporated.

Prepare Phase B:

Combine Jojoba Oil (8%) and Olive M (3%) in a separate sanitized container.

Heat this mixture gently until the Olive M is completely melted and the mixture reaches a temperature of approximately 40°C.

Emulsification Process:

Gradually add the heated Phase B to the heated Phase A while continuously stirring to form an emulsion.

Continue stirring until the emulsion cools to room temperature.

Incorporate Phase C:

Once the emulsion has cooled, add Hyaluronic Acid (2%), Vitamin E Oil (2%), and the Essential Oil Blend (Jamaican Rosewood, Oil 1%, Atlas Cedarwood Oil 1%, Bergamot Oil 1%).

Finally, the preservative system, Leucidal Liquid SF (2%) and Caprylyl Glycol (0.5%) should be incorporated. Could you mix thoroughly to ensure a homogenous distribution of all ingredients?

Adjustment and Packaging:

Please check the pH of the serum; it should be around 5-5.5 for skin compatibility. Adjust the pH if necessary using a small amount of a pH-adjusting agent. Transfer the serum into sanitized, airtight pump bottles for dispensing.

Labeling and Storage:

Label the product with its ingredients, batch number, manufacturing date, and expiry date. Store the serum in a cool, dry place away from direct sunlight.

Notes:

Please ensure all equipment and containers are thoroughly sanitized to maintain product integrity.

A patch test is recommended before use to check for potential skin sensitivities.

Depending on the final formulation, the pH adjustment might be necessary, and it should be done carefully to maintain skin compatibility.

This formulation provides a well-rounded, skin-friendly aftershave serum with natural ingredients. It ensures stability and effectiveness while adhering to natural cosmetic standards.



Make A Beard Oil Blend from the Online Course Then Choose Another Recipe from Online

Sports

Shaving

Occupational

Hair Care

Amorous

Relaxation



Recipe 1

Recipe 2