

Skin Cream Recipe

YOU WILL NEED

- 1) An Estheticals Kit containing
 - 20g Cetyl Alcohol
 - 25g Emulsifier
 - 50mls Sweet Almond Oil
 - 40mls Apricot Kernel Oil
 - 40g Water Based Emulsifier
 - 40mls Glycerine
 - Vitamin E Oil
 - Preservative 12
 - Essential/Fragrance Oils
- 2) 1 Litre of Spring Water (any you can buy at the supermarket will do)
- 3) A bain marie - mixing bowl that fits in a pan of water

HOW TO MAKE THEM

• STAGE ONE - MIX THE FATS

- 20g Cetyl Alcohol
- 25g Emulsifier
- 60mls Sweet Almond Oil
- 30mls Apricot Kernel Oil

- Place the above ingredients in the mixing bowl and place the bowl into a pan of shallow water. Place the pan on the hob and begin to heat, stirring continuously.
- When they have melted keep them on the hob to raise the temperature (if you have a thermometer the heat needs to be 75-80C).

• STAGE TWO - MIX THE WATER BASED INGREDIENTS

- 40g Water Based Emulsifier
- 40mls Glycerine
- 780mls Spring Water

- **You will need another bain marie**

- Put the Water Based Emulsifier and Glycerine in a bowl then boil the spring water in a pan. Pour the Spring Water onto the water based Emulsifier and Glycerine.
- Whisk thoroughly to make sure all the Emulsifier has dissolved and then place the bowl in a pan of shallow water and heat.
- **STAGE THREE - MAKING THE CREAM**
- Leave the Water based mixture on the hob but remove the fat based mixture from the heat. Pouring the fat based mixture continuously into the water based mixture in a steady stream, whilst whisking thoroughly from side to side - continue whisking for at least 5 minutes. You may need to scrape the edges of the bowl to thoroughly mix - think 'Cake baking'.
- You will need to continue to stir the cream while it cools - speed up the cooling process by placing the bowl in a pan or larger bowl filled with cold water.
- **STAGE FOUR - ADDITIONS**
- When the cream has cooled but is not cold you should add the Vitamin E Oil (100 drops) & Preservative (120 drops) (without this the cream will only last 3-5 weeks otherwise it will last 3-5 years).
- Keep stirring and when the cream has cooled to room temperature you can add the fragrances or essential oils of your choice. **Add no more than 80-120 drops of either**

IDEAS & HINTS

- **CREAMS FOR DIFFERENT SKIN TYPES** - You can substitute the included Oils with others for different skin types; Thistle Oil instead of Apricot for Oily Skin; Macadamia or Jojoba Oil instead of Almond Oil for Mature Skin.
- **BODY LOTIONS AND CREAMS** - Once you have made your basic cream you can gently heat it and add 50-100mls of Oil to make a lighter Body Lotion or 100g of lightly heated Shea Butter to make a Body Cream.

NEW KITS COMING SOON

Moisturisers

A wonderful kit that contains all you need to make your own skin creams. You'll be able to make a litre of cream and use it as the base to make Face Creams, skin scrubs, Body Butters and creams or for your own Essential Oil healing creams.



Face Masks & Skin Scrubs

A simple kit that contains all you need to make your own face masks. You'll be able to make 5 different types of face masks as well as skin scrubs. The basis of the kit is Pink or Green Clay which is full of anti-oxidants and natural minerals.



Lip Gloss

A gorgeous kit full of exciting colours to make your own lip gloss. You can mix the colours to achieve your own shade and you'll get everything you need in the kit - including labels for you lip gloss.



How to Make Your Skin Creams



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SAFETY INFORMATION

FRAGRANCES- No more than 5% of the liquid product. Use as directed. Keep out of reach of children. **ONLY USE FRAGRANCE OILS DESIGNED FOR COSMETICS OR SOAPS -NOT CANDLE FRAGRANCES**
ESSENTIAL OILS - Are not recommended for Children & pregnant women. Use only as directed.
ALL INGREDIENTS: Use only as directed. If irritation occurs seek medical advice immediately.