

Table of Contents

INTRODUCTION	4
GENERAL NOTES ON MAKING BATH & BODY PRODUCTS	4
ESSENTIAL NOTES ON pH WHEN WORKING WITH ACIDIC INGREDIENTS	6
pH TESTING	6
pH ADJUSTING	6
pH REQUIREMENTS OF COMMON EMULSIFIERS AND GELLING AGENTS	7
ALL-IN-ONE EMULSIFIERS.....	7
GELS.....	7
COLD EMULSIFIERS.....	7
INGREDIENTS YOU'LL SEE IN A LOT OF THE UPCOMING FORMULAS	8
ALLANTOIN	8
PANTHENOL	8
LIQUID GERMALL PLUS	8
HYDROLYZED PROTEINS	8
SEPINOV EMT 10	9
SEPIMAX ZEN	9
XANTHAN GUM	10
SIMULGREEN 18-2	11
ARISTOFLEX AVC	12
HYALURONIC ACID	12
BASIC HYALURONIC ACID GEL.....	13
VITAMIN C	14
L-ASCORBIC ACID	15
DOUBLE C SERUM FROM LOTIONCRAFTER	15
ANHYDROUS EYE SERUM WITH CERA BELLINA	16
TETRAHEXYLDECYL ASCORBATE	16
BASIC TETRAHEXYLDECYL ASCORBATE LOTION WITH ARISTOFLEX AVC	17
MAGNESIUM ASCORBYL PHOSPHATE	17
MAGNESIUM ASCORBYL PHOSPHATE (powder)	17
MAGNESIUM ASCORBYL PALMITATE (LIPOSOMES)	17
BASIC OIL FREE MOISTURIZING LOTION WITH ARISTOFLEX AVC	18
OIL FREE ARISTOFLEX MOISTURIZER WITH NIACINAMIDE & N-ACETYL GLUCOSAMINE ...	18
SQUALANE, MAP LIPOSOMES & FERULIC ACID SERUM	19
FISION ACTIVE WHITE	20
SILKY POLAWAX MOISTURIZER WITH FISION ACTIVE WHITE OR LIPOSOMES	20
BASIC INSTRUCTIONS FOR MAKING A LOTION	21
ALPHA HYDROXY ACIDS	22
AHA: FRUIT ACID MIX OR COMPLEX (water soluble)	23
WHAT'S COMPATIBLE WITH AHA: FRUIT ACID?	24
GREEN MOISTURIZERS USING SIMULGREEN 18-2	24
ROSE WATER & SILK FACIAL MOISTURIZER	25
SUPER DECADENT POMEGRANATE & SQUALANE VITAMIN C MOISTURIZER	26

NATURAL CALENDULA & ROSEHIP SEED OIL MOISTURIZER WITH FRUIT ACIDS & VITAMIN C	27
MODIFYING THESE FORMULAS FOR POLAWAX, MONTANOV 68, or SIMULSOL 165	
EMULSIFIERS.....	28
ADDING FRUIT ACIDS TO YOUR FAVOURITE MOISTURIZER FORMULA	28
SQUALANE & CALENDULA GELLED MOISTURIZING SERUM WITH FRUIT ACID BLEND	29
FACIAL CLEANSERS WITH AHA (FRUIT ACID MIX)	30
CREAMY EXFOLIATING FACIAL CLEANSER FOR ALL SKIN TYPES.....	30
FACIAL TONERS WITH AHA	31
FACIAL TONER WITH FRUIT ACID MIX	31
AHA: FRUIT ACID MIX (oil soluble).....	32
ANHYDROUS SERUM WITH FRUIT ACID MIX.....	32
GREEN TEA, VITAMIN C & FRUIT ACID ANHYDROUS SERUM	33
SWEET ALMOND & POMEGRANATE FACIAL SERUM WITH FRUIT ACIDS (O/S) AND VITAMIN C	33
LIGHT LOTIONS WITH FRUIT ACIDS.....	34
FRUIT ACID & PANTHENOL LOTION USING ARISTOFLEX AVC.....	34
MODIFYING AN EXISTING FORMULA TO USE FRUIT ACID (O/S).....	34
SALICYLIC ACID	35
WHAT'S COMPATIBLE WITH SALICYLIC ACID?.....	35
DISSOLVING SALICYLIC ACID	36
CREATING A MASTER BATCH OF SALICYLIC ACID	36
CREATING A CLEANSER WITH SALICYLIC ACID	36
FOAMING SILK WITH 0.5% SALICYLIC ACID CLEANSER FOR ALL SKIN TYPES (pH 4.5).....	37
FOAMING SILK WITH 1% SALICYLIC ACID CLEANSER FOR ALL SKIN TYPES (pH 4.4)	37
FOAMING SILK WITH 0.5% SALICYLIC ACID CLEANSER FOR OILY SKIN (pH 4.5).....	38
FOAMING SILK WITH 0.5% SALICYLIC ACID CLEANSER FOR DRY SKIN (pH 4.5).....	38
FOAMING SILK WITH 1% SALICYLIC ACID CLEANSER THICKENED WITH SEPIMAX ZEN (pH 4.1).....	38
CREATING A SALICYLIC ACID GEL WITH SEPINOV EMT 10	39
1% SALICYLIC ACID GEL USING SEPINOV EMT 10 (PROPANEDIOL 1,3) – original pH 2.5.....	40
1% SALICYLIC ACID GEL USING SEPINOV EMT 10 (DENATURED ALCOHOL) – pH 3.75.....	40
What could you add to these gels?.....	40
1% SALICYLIC ACID GEL USING SEPINOV EMT 10 WITH SEA KELP BIOFERMENT, CALENDULA, AND BAMBOO EXTRACT.....	41
CREATING A SALICYLIC ACID GEL WITH SEPIMAX ZEN.....	41
1% SALICYLIC ACID GEL USING SEPIMAX ZEN – pH 4.0.....	42
How could we alter these gels	42
1% SALICYLIC ACID GEL USING SEPIMAX ZEN WITH ALOE VERA, EDELWEISS, AND SEA KELP BIOFERMENT – pH 4.2.....	42
CREATING A SALICYLIC ACID GEL WITH XANTHAN GUM	43
1% SALICYLIC ACID GEL USING XANTHAN GUM.....	43
HOW TO COMBINE A LITTLE BIT OF EVERYTHING YOU'VE READ HERE IN YOUR PRODUCTS.....	44
NIACINAMIDE & NAG OIL FREE MOISTURIZER (HYDRO-GEL)	44
NIACINAMIDE & VITAMIN C OIL FREE MOISTURIZER WITH MAP LIPOSOMES	44
NIACINAMIDE & VITAMIN C OIL FREE MOISTURIZER WITH MAP POWDER	45
NIACINAMIDE & VITAMIN C MOISTURIZER WITH TETRAHEXYLDECYL ASCORBATE	45
HYALURONIC ACID & VITAMIN C MOISTURIZER WITH FRUIT ACIDS	46

SALICYLIC ACID & VITAMIN C MOISTURIZER WITH FRUIT ACIDS 46
CONCLUSION..... 48

INTRODUCTION



Alpha hydroxy acids, salicylic acid, Vitamin C – these are the three most asked about additions to facial products in the blog and my classes, so I thought it was high time I wrote about them in more detail. As you can see, this is my biggest ever e-zine – 49 pages! – and I could have continued writing for another month! Don’t worry – there’ll be more about this topic in the future, I promise!

As always, if you have any questions, comments, or feedback, send it to me at sjbarclay@telus.net and share your thoughts!

GENERAL NOTES ON MAKING BATH & BODY PRODUCTS



If this is your first time making products, you’re in for a fun ride! This is a very addicting craft, and you’ll be spending hours in the drug store or on-line trying to see what your favourite products contain as you learn what each ingredient brings to the mix. If you’ve made products before, this is probably old news for you, and I encourage you to jump ahead!

How to read a formula? Convert the % to the word grams and you’ll be making a 100 gram batch of something. If you want more than 100 grams (3.3 ounces) of something, you’ll want to multiply everything by 2 for 200 grams, 3 for 300 grams, and so on.

Why do we use weighted measurements? We do everything in this e-zine – and on my blog – by weight as it’s more accurate. If I tell you to use 1 tablespoon of beeswax, is that before or after it’s melted? Do you shave the beeswax off or does it come in pastille form? When we make things by weight, we don’t worry about those things! Besides, when we measure everything on the scale into the container, we only have one or two things to clean instead of all those tiny spoons and measuring cups! Invest in a good digital scale – you should get one for about \$30 or so – and you’ll be so happy with your products.

Why do you use grams? Because I’m Canadian and that’s the way we do things up here in metric system land. Besides, if something’s in ounces, how do you know if those are volume or weighted ounces? A gram is always a measurement of weight so it’s easier.

What if I want to use ounces? You can, but the math gets tricky. If you try doing the “convert the % to ounces” thing, you end up with 100 ounces, and that’s a lot of stuff. You could convert % to ounces, then multiply by 0.1 to get 10 ounces, but that’s still a lot. It’s just so much easier to use grams.