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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.