

Water-based Creams

Formulations in this column contain water.

Facial Lotion

Ratio	Ingredient
80%	Water
4%	Humectant
10%	Liquid Oil
0	Solid Oil (butter)
0	Wax
2%	Thickener
4%	Emulsifier

Hand Cream

Ratio	Ingredient
70%	Water
2%	Humectant
15%	Liquid Oil
5%	Solid Oil (butter)
0	Wax
2%	Thickener
6%	Emulsifier

Body Butter

Ratio	Ingredient
60%	Water
3%	Humectant
12%	Liquid Oil
15%	Solid Oil (butter)
0	Wax
3%	Thickener
7%	Emulsifier

Barrier Cream

Ratio	Ingredient
60%	Water
3%	Humectant
15%	Liquid Oil
5%	Solid Oil (butter)
5%	Wax
3%	Thickener
7%	Emulsifier

Anhydrous Products

Formulations without water (**anhydrous**).

Balm

Ratio	Ingredient
0	Water
0	Humectant
80%	Liquid Oil
0	Solid Oil (butter)
20%	Wax
0	Thickener
0	Emulsifier

Whipped Butter

Ratio	Ingredient
0	Water
0	Humectant
20%	Liquid Oil
80%	Solid Oil (butter)
0	Wax
0	Thickener
0	Emulsifier

Use a hand beater for a "fluffy" texture.



By **emmajane**

cheatography.com/emmajane/

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Solid "Lotion" Bar		Your Recipe		Instructions
Ratio	Ingredient	Ingredient	Weight	
0	Water	[]		Weigh water and humectant in a heat-proof container.
0	Humectant	[]		Weight oil, butter, wax, emulsifier, thickener in a heat-proof container.
40%	Liquid Oil	[]		Set both containers into bath of hot water.
35%	Solid Oil (butter)	[]		Heat to 70C. Hold at temp for 20 minutes.
25%	Wax	[]		Pour water into oil. Ensure container mouth is big enough for stick blender.
0	Thickener	[]		Blend with a hand blender or beater for at least 3 minutes.
0	Emulsifier	[]		Let cool to 40C.
Use a paper-lined muffin tray as a mold.		[]		Add essential oils and preservative.
Ingredient Notes		[]		Blend additional 3 minutes.
Humectants draw in water. e.g. glycerine, honey, lanolin.		[]		Pour completed lotion/salve into containers.
You can mix within an ingredient category. e.g. 12% oil = 6% olive oil + 6% rice bran oil.		[]		
To change the consistency, alter the ratio of hard & liquid oils. e.g. body butter vs. barrier cream.		[]		Helpful Hints
Wax = local beeswax.		[]		Print out this cheat sheet and circle the type of product you are making.
Emulsifier = Emulsifying Wax NF.		[]		To make 200g of a product, multiply the % ratio by 2 for each ingredient. e.g. 10% x 2 = 20g.
Preservatives are <i>highly</i> recommended.		[]		Lotions will be approximately 1.25 larger than the weight in grams. For example: 100g will be about 125mL.
		After adding each ingredient, add a tick mark beside its name and note how much you actually used. 1oz = 28g (ish).		



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