

Module 7, Lesson 1b

Facial Creams And Body Lotions

Using premade cream or lotion bases

Learning Objectives

Upon completion of this lesson, you will be able to:

1. List the therapeutic benefits of facial creams and lotions.
2. Discuss the dilution rate for different age groups as well as products.
3. Formulate unique face creams or body lotions.

Face Creams (and lotions!)

Working with a client suffering from dry skin? Are you experiencing dry skin? Dry skin is quite common. Skin can become drier during the autumn and winter months due to a reduction in humidity as well as in windy, cold climates. Skin also becomes drier as we age due to changes in the skin and hormones. Other contributing factors to dry skin include a lack of water and healthy fats in the diet. Make sure to cultivate a healthy diet containing healthy fats and ensure a good water intake throughout the day.

When it comes to the benefits of aromatherapy for dry skin, creams, and lotions are the best methods of application. Creams and lotions offer both oil and water in an emulsion to soften and soothe skin while supporting its ability to retain moisture.

What's the difference between a cream and a lotion? Creams are thicker than lotions and are commonly used on the face or localized dry spots on the body, such as the feet, knees, or elbows. On the other hand, Lotions tend to be thinner in texture and can be applied to the whole body, although they are rarely used for facial skin.

The easiest way to incorporate essential oils into creams and lotions is to start with a cream or lotion on the market that you like and that works for your skin.

The choice between a facial oil or cream would depend on the condition of the client's skin and the goals of the treatment. A cream would be appropriate if a client had dry (lacking oil) and dehydrated (lacking water) skin. If, on the other hand, a client had dry skin (lacking oil) but was well hydrated, then a facial oil would be appropriate, if desired. The facial skin tends to be more sensitive than the rest of the body, so the essential oils may need more consideration regarding client sensitivities.

In general, aromatherapy creams have the following benefits:

- Enhance wound healing
- Influence and slow aging of the skin
- Scar reduction and improved appearance
- Support and enhance immune cells of the skin
- Balance sebum production
- Increase local circulation
- Improve the tone of the skin
- Encourage skin hydration
- Soften and soothe the skin
- Support emotional well-being

Use a premade unscented face cream or lotion base

First, you will want to find an unscented face cream or body lotion, depending on what you are making. Many aromatherapy and herbal companies are now offering unscented bases for aromatherapists. Or use your favorite unscented cream or lotion from a local health food store or coop.

Facial cream/lotion dilution rates:

For teenagers & adults:

- **Sensitive skin:** 0.5 to 1 percent dilution
- **Normal, healthy skin:** 1 to 2 percent dilution

Cream/Lotion fluid ounces	0.5%	1%	2%
½ fluid ounce	1-3 drops	3-5 drops	6-10 drops
1 fluid ounce	3-5 drops	6-9 drops	12-18 drops
2 fluid ounces	6-10 drops	12-18 drops	24-36 drops
4 fluid ounces	12-20 drops	24-36 drops	48-72 drops

Supplies to make cream or lotion

- Unscented cream or lotion
- For creams: 1 or 2-ounce glass or PET plastic jar
- For lotions: 4 or 8-ounce glass or PET plastic bottle with lotion pump or flip top.
- Essential oil(s)
- Glass Bowl
- Stainless steel spoon
- Silicone spatula

NOTE: Some creams available on the market will allow you to add hydrosols and herbal oils. Be sure to check with the company as to how much of an extra ingredient you can add to keep the preservative system intact.

How to formulate your cream or lotion:

1. Select 3–5 essential oils
2. Measure (and weigh, if desired) cream or lotion.
3. Measure drops (and weigh, if desired) each essential oil using a small beaker
4. Stir the essential oil 'synergy' into the cream or lotion using a stainless-steel spoon. Stir until well combined.
5. Scoop the cream or pour the lotion into a clean container.
6. Name the product, create a label, and place a label on the jar. Be sure to list all the ingredients.

Nourishing facial cream

This is for a 2 oz. jar of cream. 1% dilution of essential oils. A 2oz jar of cream holds approximately 50ml of cream. Total number of drops: 12-18 drops

My intention/goal: To formulate a facial cream to reduce inflammation, support cellular regeneration, and reduce stress

My focus: Holistic (physical, emotional)

My approach: System affinities and Therapeutic actions

1. Select 3-5 essential oils to work with based on the client consultation and goals of treatment or product. Core/Enhancer/Harmonizing

Role of EO	Essential Oil	Blending Factor	Drops	Grams (If desired)
Core:	Lavender: reduce inflammation, support cellular regeneration, calm the spirits	7	6	
Enhancer:	German chamomile: chamomile: support lavender in reducing inflammation, reduce stress, relax	1	4	
Harmonizing:	Neroli: to support core/enhancer at reducing inflammation as well as to reduce the impact of stress on the appearance of the skin	2-3	5	
Dilution Rate Used: 1% (12-18 drops)			15	

2. Place drops of each essential oil into a small glass beaker to combine the essential oils together.
3. Place unscented cream into a glass bowl.
4. Pour essential oil synergy into the cream. Stir until well combined.
5. Scoop cream into a glass jar.

6. You may need to clean the sides of the jar. Use a paper towel with a bit of rubbing alcohol or sanitizing alcohol.
7. Place lid on jar. Label with ingredients.

How to use the cream: After cleansing the face, spritz with a hydrosol (e.g., lavender or rose), then apply the cream over hydrosol to lock in moisture.

Shelf life: Most unscented creams and lotions commonly available in health food stores will have some type of preservative system. We recommend using cream or lotion within 6–12 months to enjoy its vitality even if it is preserved. If using an unpreserved cream or lotion, the shelf life tends to be 1–3 months, depending on how it is stored and used (no wet or dirty fingers dipping into the jar, please!).

Nourishing aromatic body lotion

This is for an 8 oz. PET or Glass bottle with lotion pump. 1% dilution of essential oils. An 8 oz bottle of lotion holds approximately 240ml of lotion. Total number of drops: 48-72 drops

My intention/goal: To formulate a body lotion that smells good and supports skin health

My focus: Holistic (physical, emotional)

My approach: Aromatic palette / Affinity with skin

Select 3-5 essential oils to work with based upon client consultation and goals of treatment or product. Core/Enhance/Harmonize

Role of EO	Essential Oil	Blending Factor	Drops	Grams (If desired)
Core:	Frankincense: support cellular regeneration, calm the spirits	4-5	20	
Enhancer:	Copaiba: support frankincense, reduce inflammation, reduce stress/tension	5-6	24	
Harmonizing:	Lavender: to support core/enhancer at reducing inflammation as well as to reduce the impact of stress on the appearance of the skin	7	28	
Dilution Rate Used: 1% (48-72 drops)			72	

Steps to make:

1. Place drops of each essential oil into a small glass beaker to combine the essential oils together.
2. Place unscented lotion into a glass bowl.
3. Pour essential oil synergy into the lotion. Stir until well combined.
4. Pour lotion into the bottle.
5. Place lotion pump on the bottle. Label with ingredients.

How to use the lotion: After showering and while the skin is still slightly damp, apply the lotion to the body.

Make your own cream

Rosemary Gladstar's Famous Cream Recipe

This is a great cream to begin with just to have an experience with cream making. It can be a bit temperamental depending on climate, altitude, and humidity. But overall, it tends to come out perfect every time!

Why Rosemary Gladstar's recipe works:

I think it is important to recognize the elements (or should I say, element?) that make this cream recipe work so well. As you can see from the ingredients, there is no emulsifier. The only substance in the formulation that is slightly capable of emulsifying this cream is the ingredients in the actual aloe vera gel working along with the beeswax (although, remember, beeswax is not an emulsifier but a thickener). If one were to replace the gel with juice, the formulation would not come out so well. Aloe vera gel typically contains: Aloe vera juice, Carrageenan (thickening agent), Citric acid (pH stabilizer), and Potassium sorbate (mold inhibitor). I believe that the carrageenan along with the beeswax and just the spectacular balance of ingredients is what contributes to this recipe being so amazing!

Please remember though that each creme batch may come out slightly different depending on the ingredients used, the humidity level, the temperature ingredients are exposed to, etc. We have provided you with percentages to each ingredient so you won't have to make such a large batch each time. Rosemary's recipe makes quite a bit of cream!

Natural Cream Recipe

Oil Phase (Part I)

3/4 cup carrier oil (e.g., apricot kernel, sweet almond, etc.)

1/3 cup coconut (her recipe also says you can use cocoa butter, but let's use coconut)

1/2 oz beeswax

Water Phase (Part II)

2/3 cup distilled water and/or hydrosol/s of choice

1/3 cup aloe vera gel

Cool Down Phase

1% dilution essential oil synergy

There is a lot of flexibility and room for creative input in this recipe. What is essential to its success is proportions and temperature.

To Make Cream:

1. Measure (and weigh) all ingredients in a separate glass measuring cups and/or beakers.
2. Place aloe vera gel and hydrosols into the container for the blender. (If using a bowl and handheld mixer, pour gel/hydrosol into the bowl you will be using.)
3. Allow the aloe vera gel and hydrosols to come to room temperature.
4. Over medium heat, place beeswax into the double boiler and allow it to almost melt.
5. Add the herbal/carrier oils and coconut oil to the beeswax. Stir with a glass stirring rod or metal spatula. Be sure to stir several times to blend the oil/coconut/beeswax evenly together.
6. Once all is melted and well combined, remove from heat. Wipe the bottom of the pan to remove all water/moisture. Place the pot on the counter and allow it to harden to room temperature.
7. When both the oil phase and the water phase are at room temperature, it is time to combine them!
8. If using a Vitamix, turn it on to low and have it at the lowest setting. Keep the lid on until you are ready to add the oil phase in. (just in case the water splashes up).
9. Remove the lid of the blender while the setting is still on low, and add in the oil phase (which should have a soft salve/balm texture). Use a spatula to remove any remaining oil phase from the pot.
10. When most of the oil mixture has been added to the water mixture, LISTEN to the blender and WATCH the cream. You may need to use the spatula (when the blender is off) to stir the cream in order to blend a bit more. When the blender coughs and chokes, and the cream looks semi-thick and white (depending on what oils you use), like buttercream frosting, turn the blender off. DO NOT OVERBEAT! You should have a beautiful rich cream. It will thicken a bit as it sets up.
11. Pour into cream or lotion jars and store in a cool place.
12. Be sure to label it!

Recipe in Video

Makes 12-13 2 oz. jars

Oil Phase

A little over a ¼ cup (83.27g) Baobab carrier oil

¼ cup (50.13g) Hemp seed oil

A little under ¼ cup (40.63g) Rosehip seed oil

1/3 cup (58.3g) Coconut oil

14.24g Beeswax

¼ tsp. Rosemary CO2 Extract (antioxidant)

Water Phase

1/3 cup (75.88g) Neroli hydrosol

1/3 cup (74.95g) Distilled water

1/3 cup (71.49g) Aloe vera gel

Another Sample Formulation

Rosemary Gladstar's Recipe		
WATER PHASE	Percentage	Grams
Distilled water and/or hydrosols	33.50%	158.09
Aloe vera gel	16.96%	80.05
OIL PHASE		
Jojoba	20.65%	98.57
Baobab	2.18%	10.31
Red Raspberry seed	3.02%	14.26
Sunflower oil	3.10%	14.62
Coconut oil	15.58%	73.50
FUNCTIONAL INGREDIENTS		
Beeswax	5.00%	23.59
	100.00%	472.99