

Lotion & Cream Recipes

Short & sweet talk on the difference between lotions & creams:

Lotions are an oil in water emulsion (thinner consistency) and a cream is a water in oil (thicker consistency) emulsion. Emulsions are a mixture of ingredients that do not readily form an even and smooth mixture. Think Italian salad dressing. (there is a visual aid about emulsions at the end of this paper) Emulsifiers are used to stabilize the ingredients and make them stay together and not separate. Emulsifiers do not add any other benefit to a lotion other than holding it together. Some products that can be used to emulsify your lotion are emulsifying wax, borax, beeswax and lecithin.

None of these recipes are a body butter. These are all easily spreadable lotions & creams.

1. Coconut Cream

2 tblsp. stearic acid
2 oz. coconut oil
½ teaspoon baking soda
½ cup distilled water
Essential oil or blend of your choice

This makes approximately 3-4 oz. of cream

Directions:

Melt the stearic and oil together. Dissolve the baking soda in the distilled water and heat almost to boiling. Slowly stir the water solution into the stearic acid/oil mixture. Stir thoroughly. It will foam up to almost double size. Add the essential oil while still able to stir it easily.

Notes: I love this cream. It is very thick and it absorbs well into the skin. Forget putting this into a bottle....use a jar.

2. Hand & Body cream

2 oz. cocoa butter
.65 oz. apricot kernel oil (or almond oil)
.71 oz. glycerin
.88 oz. emulsifying wax
.53 oz. stearic acid
12.52 oz. distilled water
Essential oil or blend of your choice

This makes approximately 17 oz. of cream.

Directions:

Add all the ingredients except the essential oil into a pot and heat slowly until all ingredients are melted. Do not boil. Once melted, using a stick blender, whip until it is blended thoroughly. Add the essential oil and whip until it is fully dispersed in the cream. Let cool. It can take up to a couple hours to thicken. I have found it useful to stir it often as it cools so no lumps are allowed to form.

Notes: I use the recipe to make a Peppermint foot cream and I also use it for a body cream using other essential oils that I prefer on the body.

3. Hand & Body lotion

When I started with making lotions I found a recipe (probably from thesage.com) and made the lotion. Then I learned about what ingredients did and I adjusted the recipe till I got the consistency and absorption that I wanted in a lotion. Making your own personal care products is fun and beneficial to your health!! Happy lotion making!!!!

1.80 oz. liquid at room temp oils *	.74 oz. emulsifying wax
.35 oz. jojoba oil	.35 oz. Stearic acid
.43 oz. shea butter	.18 oz. glycerin
.04 oz. citric acid	13.70 oz. distilled water

Essential oil or blend of your choice

* Take this total amount of 1.80 oz. and use a combination of liquid at room temperature oils such as almond oil, avocado oil, apricot kernel, evening primrose oil, borage, almond, hemp, rosehip seed oil, etc. Rosehip seed oil & borage are very healing and therapeutic so using them can make this lotion a repairing and rejuvenating lotion. This is one way to customize your recipe using your favorite oils.

This makes approximately 17-18 oz. of cream.

Directions:

Add all the ingredients except the essential oil into a pot and heat slowly until all ingredients are melted. Do not boil. Once melted, using a stick blender, whip until it is blended thoroughly. Add the essential oil and whip until it is fully dispersed in the cream. Let cool. It can take up to a couple hours to thicken. I have found it useful to stir it often as it cools so no lumps are allowed to form.

Notes: Always use jojoba oil in this recipe. This lotion is very nice and absorbs well. The emulsifying wax and stearic acid I use are vegetable based.

Emulsions

Oil in Water

Water in Oil

