

SCHOOL of
NATURAL SKINCARE
International

CERTIFICATE IN MAKING

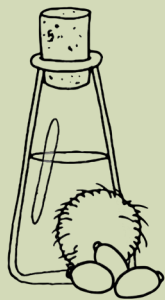
Natural Skincare Products

- SECOND EDITION -

INGREDIENTS LIST



Apricot kernel



Castor



Sweet almond



Rosehip



Hazelnut

INGREDIENTS LIST

These ingredients are used in the Certificate in Making Natural Skincare Products.

You certainly don't need to buy everything; we suggest that you read through the recipe files and ingredients information first and decide which products you'd like to make.

We have indicated within each category of ingredient how many you could start with. You can always buy more later.

CARRIER OILS

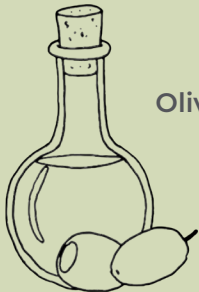
- Apricot kernel
- Avocado
- Borage
- Castor
- Evening primrose
- Hazelnut
- Hemp
- Jojoba
- Macadamia
- Olive squalane
- Peach kernel
- Pomegranate
- Raspberry seed
- Rice bran
- Rosehip
- Sesame
- Shea butter oil
- Sunflower
- Sweet almond

You can start with five oils of your choice.

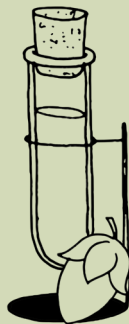
BUTTERS/WAXES

- Shea butter
- Cocoa butter
- Coconut oil (solid)
- Mango butter
- Beeswax
- Candelilla wax
- Jojoba wax
- Almond wax
- Carnauba wax

You can start with one or two waxes and one or two butters of your choice.



Olive squalene



Jojoba



Sesame



Coconut



Avocado

EMULSIFIERS

- Olivem 1000 (INCI: Cetearyl Olivatate, Sorbitan Olivatate)
- Xylance (INCI: Cetearyl Wheat Straw Glucosides (and) Cetearyl Alcohol)
- ECOMulse/NatraMulse/ RitaMulse SCG (INCI: Glyceryl Stearate (and) Cetearyl Alcohol (and) Sodium Stearoyl Lactate)
- Montanov 68 MB/Vegetal/ SugarMulse (INCI: Cetearyl Alcohol (and) Cetearyl Glucoside)

You can start with one or experiment with more than one.

THICKENERS/STABILIZERS

- Xanthan gum
- Cetyl alcohol

Both are needed to create stable emulsions.

ANTIOXIDANTS/EXTRACTS

- Vitamin E
- Rosemary antioxidant
- Calendula infused oil
- St John's wort oil
- Calendula CO₂ extract
- Other optional extracts

You can start with Vitamin E.

PRESERVATIVES

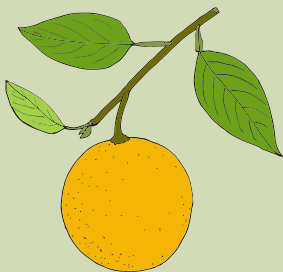
These preservatives are permitted in certified organic products.

- Preservative Eco (INCI: Benzyl Alcohol, Salicylic Acid, Glycerin, Sorbic Acid) from Aromantic (UK). Also sold under different trade names: Geogard™ ECT available from Voyageur Soap and Candle Company (USA) and Plantaserv M available from New Directions (Australia).
- Geogard Ultra (INCI: Gluconolactone (and) Sodium Benzoate) from the Soap Kitchen (UK), sold as Microguard by The Herbarie (USA) – a powder that is dissolved in the water phase of a cream.
- Geogard 221 (INCI: Benzyl Alcohol (and) Dehydroacetic Acid) from Plush Folly (UK), Making Cosmetics (USA) and Go Native (NZ).

Other popular preservatives (paraben free) are:

- Germall Plus Liquid (INCI: Propylene Glycol (and) Diazolidinyl Urea (and) Iodopropynyl Butylcarbamate) from Gracefruit (UK) and the Herbarie (USA).
- Preservative 12 (INCI: Phenoxyethanol (and) Ethylhexylglycerin) from Aromantic, UK. Also sold under different trade names: Euxyl PE 9010 (from Lotioncrafter, USA), Phenoxyethanol EHG (from Soap Kitchen, UK), and Gracefruit Preservative POG (from Gracefruit, UK).
- Optiphen or GFphen PCG (INCI: Phenoxyethanol (and) Caprylyl Glycol).

You can start with one or experiment with more than one.

**Benzoin****Sandalwood****Sweet orange****Ylang ylang**

ESSENTIAL OILS

- Benzoin
- Bergamot
- Frankincense
- Geranium
- Grapefruit
- Lavender
- Lemongrass
- Myrrh
- Patchouli
- Peppermint
- Rosemary
- Sandalwood
- Sweet orange
- Ylang ylang

You can start with three to five essential oils of your choice.

CLAYS

- French green clay
- Rhassoul clay
- White cosmetic clay (kaolin clay)
- Fullers earth
- Pink clay

You can start with one or two clays of your choice.

EXFOLIATING AGENTS AND OTHER POWDERED INGREDIENTS

- Ground rice
- Ground almonds
- Jojoba beads
- Bamboo powder
- Milk/yoghurt
- Cacao/raw cocoa powder

You can start with jojoba beads or bamboo powder to create a cleansing lotion.

WATER/HUMECTANTS/TONER INGREDIENTS

- Flower water (hydrolats/hydrosols)
- Distilled/deionized water
- Aloe vera juice/liquid
- Witch hazel
- Glycerin
- Panthenol
- Allantoin

We recommend starting with aloe vera juice, distilled/deionized water and glycerin plus a hydrosol.





The School of Natural Skincare is a multi-award-winning online natural cosmetic formulation school. Our accredited, multimedia online courses cover every aspect of cosmetic formulation, including skincare, haircare, soap and makeup, and are studied from home, wherever our students are in the world, via our online classroom. Our tutors are professional cosmetic scientists and chemists, who support our students every step of the way.

Founded in 2010 by Directors Gail and Gareth Després, to date the School has trained over 25,000 students in more than 150 countries to make their own natural and organic skincare and haircare products and launch successful businesses – a number that continues to grow.

The School's team of expert tutors include accomplished cosmetic scientists, chemists, formulators and aromatherapists, and all are passionate about helping you create beautiful natural cosmetics and thriving businesses.

The School's fabulous formulations and fun, creative classes have been featured by the BBC and prestigious publications like The Green Parent, Positive News, Spirit & Destiny, Country Homes & Interiors Magazine, and The Post.

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