

DIPLOMA IN NATURAL  
*Skincare Formulation*

SCHOOL OF NATURAL SKINCARE

- THIRD EDITION -

COURSE PROSPECTUS



## FORMULATE YOUR OWN COMPLETE SKINCARE RANGE, FOR YOURSELF OR TO SELL, WITH CONFIDENCE.

Learn from the experts, including cosmetic scientists and chemists, using tried-and-tested formulations that have passed Preservation Efficacy Testing.



Discover the science of skincare and customize products for different skin types and preferences.



If you dream of selling your own skincare products, the Diploma in Natural Skincare Formulation contains everything you need to design and launch your skincare product line!



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**FOUNDED IN 2010 BY DIRECTORS GAIL AND GARETH DESPRÉS,** TO DATE THE SCHOOL HAS TRAINED OVER 25,000 STUDENTS IN MORE THAN 150 COUNTRIES – A NUMBER THAT CONTINUES TO GROW!



# WELCOME

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.



*The*  
Green Parent

SPiRiT & DESTiNY

the★★★  
Post

BBC

Positive.News

COUNTRY HOMES  
& INTERIORS

# WHY STUDY WITH THE SCHOOL OF NATURAL SKINCARE?



**Follow our proven system for learning formulation skills.** We've been teaching cosmetic formulation for 15 years so when you study with us you'll gain the knowledge, skills and support to succeed at formulating.



**Study with us for your own enjoyment and learning, or to establish a successful beauty business.** Our graduates have launched beauty brands in every corner of the globe and inspire others to live in radiance, health and happiness – naturally!



**Learn cosmetic formulation from professional cosmetic scientists.** Our tutors are experts in their field with vast amounts of experience of formulating cosmetics in professional laboratories, for small and large cosmetic brands.



**Study tried-and-tested formulations.** We'll share with you real laboratory test reports for formulations we've submitted for professional tests such as Preservative Efficacy Tests.



**Formulate skincare tailored to different skin types, tones, and concerns,** customized to your (or your customers') needs and values, including natural, organic and vegan products.



**Be supported every step of the way.** Join our friendly student and graduate community and have your questions answered by our team of professional formulators and chemists.



**Self-paced courses** – flexible learning, tailored to your lifestyle.



**We are an accredited and multi-award-winning school.** We were thrilled to win several prestigious awards, including Best Online Natural Skincare School 2024, Organic Skincare School of the Year 2023, Online Natural Skincare School of the Year 2022, Online Natural Skincare Formulations School of the Year 2021, and Best Online Organic Skincare Formulations School 2020!



“

*The School of Natural Skincare is the perfect place to get a deep understanding of how to formulate and create great products for personal or commercial use around the world.*

*The part I love the most about creating my own products is knowing exactly what I put inside. Natural ingredients are the game changers in today's world.*

”

Rooslana Zodek, USA  
Scentifique

STUDY AT A TIME AND SPEED THAT SUITS  
YOU WITH OUR SELF-PACED COURSES

# WHY DO STUDENTS ENROLL ON THE DIPLOMA IN NATURAL SKINCARE FORMULATION?

**“I can provide people with the good quality skincare we all want and need.**

*I was struggling to find products that really were natural, cruelty-free and good for the environment, that actually worked without the exorbitant price tag. It was the same old story, trying skincare product after skincare product and feeling like I never really got anywhere.*

*The products that did work weren't cruelty-free and were damaging to the environment. It felt wrong to use them, like I would have to sacrifice my principles in order to achieve good skin.*

*Now, I feel like I have been given the knowledge and the tools to overcome the struggles I faced without sacrificing the things I really truly believe in. This course made me realize that I can provide people with the good quality skincare we all want and need, with excellent natural ingredients and without harming animals or damaging the environment further.* ”

Aimee Adams-Johnston, UK

**“Now I can make formulations from scratch.**

*I didn't have an understanding of ingredients, what goes with what, and foundational knowledge. Now I can make formulations from scratch and I know what ingredients go together, as well as how to easily learn more if I am uncertain about something.* ”

Angel Olavarria, USA



**“Now I have the tools to solve my own problems, just like the course promised.”**

*Before this course I was just playing. I didn't mind making stuff for myself but I was NOT in a place to sell. I didn't understand formulas fully or business basics. I had no idea how to use preservatives confidently. I didn't understand when pH mattered or how to change it. I didn't know the purpose of many ingredients, how surfactants work, emulsifiers, emollients, IFRA standards, laws. I was totally scattered and I knew I wanted a course to keep me focused.*

*Now I have all of that! I have the confidence to make my OWN formulations, which is ultimately what I wanted. I didn't want to use pre-made bases, I didn't trust a lot of DIY 'recipes' and now I have the tools to solve my own problems, just like the course promised. I can use my critical thinking skills and the resources provided by the course to think my way through, instead of hit and miss, and blind experimentation.”*

Joanna Sit, USA

**“I have way more confidence in myself now.”**

*I was overwhelmed with the amount of information out there, right down to making labels for my products. I was worried about making good products, using eco-friendly preservatives and getting them to market. I have way more confidence in myself now; I understand more about what goes into each product, what standards are out there and how to put product development briefs together. I want to work with a small batch manufacturer to produce a small line of hand care products for the market.*

*I now feel more comfortable to approach a manufacturer, equipped with way more knowledge.”*

Jeremy Greer, Canada





**“Now I can create AMAZING emulsions and serums.**

*Before the course, I didn't know how to create emulsions, I didn't understand the science behind making skincare formulations, and I ended up using pre-made lotions and adding ingredients. I didn't like that I didn't create the entire emulsion; I wanted to create emulsions with my own formulations!*

*Now I can create AMAZING emulsions and serums, and I am overjoyed to watch them come together successfully when I'm in my lab! I put all of my passion into my formulations, now that I can make the emulsions and serums on a professional level! It's just so exciting and such a dream for me!! ”*

Penelope De Luca, USA

**“I struggled with skin sensitivity, ie skin rashes, eczema, itchiness. My skin was so dry that no store-bought products helped. I was searching for a cure. The course really helped me to make my own natural skincare products, and to find suppliers that sell natural and organic ingredients to heal my skin allergies. ”**

Alma Mia Sovereign, Canada





**“This class explains ingredients, terminology, standards and policy.**

*Before I started this class, I had such limited information on types of preservative and how much I should use, what is natural and what is harmful for your skin... You pick up the information here and there and it's not consistent. I didn't know which information was correct anymore.*

*This class explains ingredients, terminology, standards and policy. I know how to read the labels, how to search for the ingredients and its functions. I know where to obtain ingredients, and I know what is safe and what is not so safe. I can make my own products and feel safe using them. ”*

Wendy Rosky, USA

**“I was wasting my time and money following DIY recipes.**

*I had difficulties before I started the course; I couldn't understand skincare product formulas and recipes very well. Everything about making skincare products seemed very difficult and complicated. Due to poor DIY instructions I always failed, such as using beeswax as an emulsifier or mixing honey with carrier oils. I always wondered how DIY instructors succeeded and why I failed.*

*After taking the course, I knew that I was wasting my time and money following DIY recipes. Systematic and scientific knowledge from the course was very helpful in understanding the formulations properly. Now I can create most types of skincare products. ”*

Myadagmaa Tsedendamba, Mongolia





**“I used recipes that I found online but I could never get them to work properly. Now I know the ‘why’ behind how products are made, and now I can formulate for all skin tones and skin types.”**

Althea Branton, Canada

**“I am now able to create emulsions and any batch size.**

*The struggle I had was troubleshooting my formulations, for example making lotions! The first time I made a lotion, it separated. The Diploma in Natural Skincare Formulation offered so much detail and information on how to correct so many issues, I didn't feel afraid to make lotions any more. It gave me the confidence to try and if I mess up, try again. I was a bit intimidated by scaling formulas, but after practice and the step-by-step instructions this course provides, I am now able to create emulsions and any batch size, and use the proper amount of ingredients to produce great products.”*

Nichelle Butler, USA

**“Halfway through the course my brand, logo and first five products were in place!**

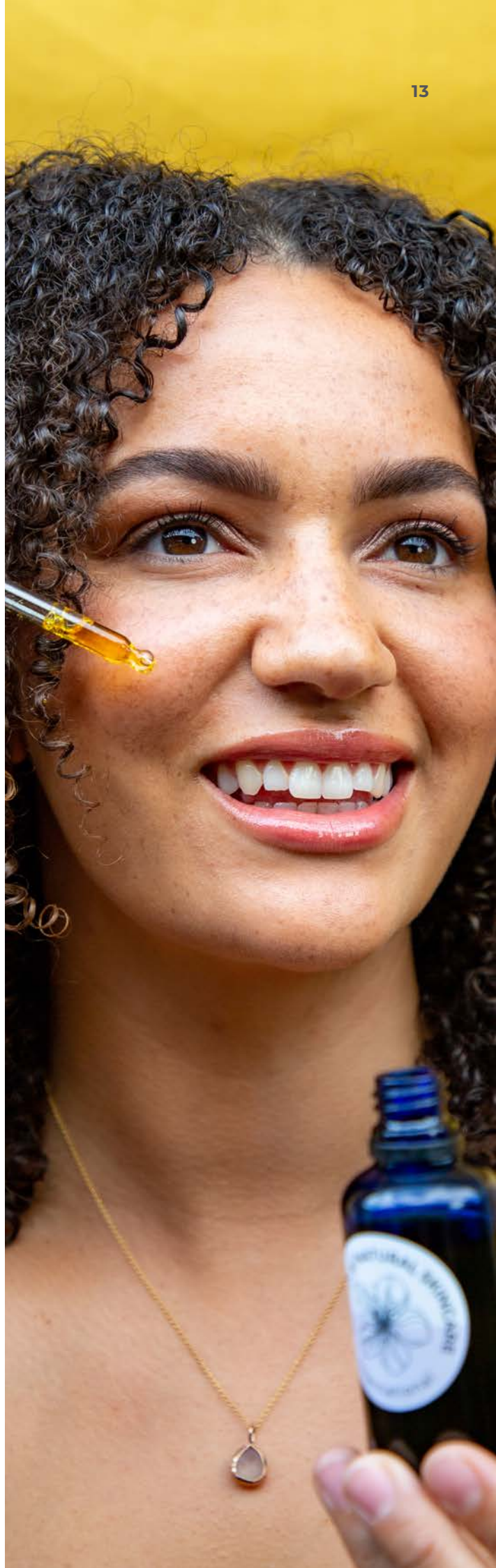
*I had no clue where to start, and halfway through the course my brand, logo and first five products were in place! The course gave me confidence, new skills and a step-by-step process with templates to follow. I can now adjust the pH levels of my products, market them with confidence and have records of every single batch made.”*

Annette Van Wyk, South Africa

**“I feel confident that I can choose the right ingredients for a formula.**

*I was unsure of how to formulate and with what ingredients, especially with preservatives and emulsifiers. I feel confident that I can choose the right ingredients for a formula, along with preservatives and emulsifiers. I also feel confident in being able to change my formula to meet sensory objectives.”*

Vanessa Nielsen, USA





**“Now I know about different natural preservatives.**

*My water-based DIY recipes were spoiling too rapidly without refrigeration, and sometimes they were too cold to use immediately. Now I know about different natural preservatives, and how they work, and how much to use to make the products safe.*”

Yvonne Barrett, USA

**“It provided me with the framework to start formulating on my own.**

*I had no background in formulating skincare products, so everything was new. I'm a biochemist by degree so the science wasn't overwhelming but it was a learning curve. The course taught me the theory and allowed me to practice formulations. It provided me with the framework to start formulating on my own.*”

Jennifer Schnare, Canada

**“This Diploma introduced me to natural preservatives, solubilizers and stabilizers.**

*The main challenges that I had prior to taking this course was reducing the graininess of my body butters and reducing bacterial growth in my creams. I knew I needed further instruction. This Diploma introduced me to natural preservatives, solubilizers, stabilizers and the companies to purchase them from. I can now make better creams, mists, balms and body butters.*”

Jocelyn Johnson, USA



# OUR ETHOS

Here at the School of Natural Skincare we are passionate about using business as a force for good, and expressing and reinforcing the values we hold dear through our work. Supporting and being supported by the natural world are central to why we do what we do, and we are therefore very proud to assist organizations and charities that share our values.

The natural world is at the heart of the School of Natural Skincare, and it has always been of the utmost importance to us that we set ourselves high standards of ethical and sustainable practice as a business.



## ETHICAL COMPANY ACCREDITATION

The **Ethical Company Organisation** prides itself on setting the benchmark for corporate social responsibility, and awards Ethical Accreditation to successful candidate companies based on a number of key factors.

We are delighted to share that the School of Natural Skincare has achieved Ethical Accreditation every year since 2016.

As people and as a business, we are deeply conscious of the impact that humans can (and do) have on our environment. To that end, we're constantly looking for ways to become more ethical, sustainable, natural and organic, both in our personal and working lives.





# WHO IS THE DIPLOMA IN NATURAL SKINCARE FORMULATION FOR?



## BEGINNERS COMMITTED TO THEIR NATURAL SKINCARE JOURNEY

Learn everything you need to start formulating natural skincare products the professional way. No previous experience or scientific background is needed.



## SKINCARE ENTHUSIASTS PASSIONATE ABOUT FORMULATING

Take your formulation skills to the next level. Formulate for different skin types and concerns. Create products that are natural, organic, vegan, clean and/or sustainable.



## ASPIRING BEAUTY BRAND OWNERS

Take the leap and launch your own natural beauty brand. Formulate high-quality professional cosmetics and take your brand to market.

The **Diploma in Natural Skincare Formulation** is the most comprehensive online course available, taking you through every aspect of creating skincare products – from defining your values and creating your brand, to formulating high-quality, professional skincare products, having them tested and complying with cosmetic regulations.

# ENROLL HERE

# WHY LEARN TO FORMULATE YOUR OWN SKINCARE PRODUCTS?



**Create your own unique, professional standard skincare products** – don't just copy recipes from others.



**Select ingredients and design products tailored to the needs of yourself or your ideal customers** – this is the key to creating products people love!



**Save time and costly mistakes.** Learn the skills to formulate like a professional, not an amateur.



**It is YOUR responsibility to sell products that are safe.** Don't take any chances. Have peace of mind that you are creating high-quality, safe products.





# YES, YOU CAN LEARN TO FORMULATE!

Our proven system for teaching formulation skills, developed over more than a decade of training our students, means when you study with us you'll gain the knowledge, skills and support to succeed at formulating.

You don't need a scientific background; our courses cover everything you need to know. You can rest assured that you are learning from qualified and experienced professionals, and are not being misled by inaccurate, poor quality and unsafe information often found online.

We start with more straightforward products and progress to the more complex or challenging products, so you can build your skills and confidence along the way.





We'll teach you to formulate by providing the following resources for each type of product:

### **ESSENTIAL THEORY**

Such as the chemistry of cosmetics, ingredients, equipment, packaging and suppliers.

### **FORMULATION GUIDELINES AND TEMPLATES**

We break each product down and explain the ingredients used, their function, benefits and usage rates. Follow the prompts and guidelines in our worksheets to formulate your own products and take the fast track to success.

### **SUPPORT**

Have your questions answered by our team of scientists and join our student community for peer support. Your assignments, which include creating a selection of product formulations, are assessed by our chemists and you are provided with personalized feedback.

### **EXAMPLE FORMULATIONS**

We provide a wide range of professional-quality, tried-and-tested formulas developed by our cosmetic scientists ready for you to follow, giving you the chance to put the theory into practice. These formulas have passed Preservative Efficacy Testing, proving they are preserved effectively and are safe for consumer use.

### **VIDEO DEMONSTRATIONS**

Our high quality, step-by-step video demonstrations will help you learn the practical skills required to successfully make each type of product.

### **BENCHMARKS**

We show you how to analyze products on the market to learn how they are formulated and use them as inspiration for your own products, if you wish.



*Start here*



**Brand values**  
Identify your brand values  
and create a unique brand



**Formulation skills**  
Learn professional formulation skills



**Business**  
Comply with cosmetic regulations  
and take your products to market!



**Products**  
Formulate a wide range of  
natural skincare products  
to a professional standard



**Preservation**  
Preserve skincare effectively  
and increase product shelf-life



**Lab skills**  
Set up your home lab, develop  
lab skills and carry out GMP



**Natural ingredients**  
Increase your knowledge  
of natural ingredients



**Skin anatomy**  
Formulate for different skin types,  
tones and concerns

**YOUR JOURNEY ON THE**  
**DIPLOMA IN NATURAL**  
*Skincare Formulation*  
**- THIRD EDITION -**



CREATE YOUR OWN UNIQUE,  
PROFESSIONAL-STANDARD  
SKINCARE PRODUCTS





# MEET OUR TUTORS



## **GAIL DESPRÉS** FOUNDER AND DIRECTOR

Meet Gail, the visionary founder of the School of Natural Skincare, cosmetic formulator, award-winning entrepreneur and author of the internationally bestselling book **A-Z of Natural Cosmetic Formulation**.

At the heart of course design and development, and with responsibility for the Education and Student Services departments, Gail collaborates closely with the School's team of cosmetic scientists and formulators to deliver a cutting-edge curriculum, and you'll regularly find her in the lab herself.



## **GARETH DESPRÉS** DIRECTOR AND AROMATHERAPIST

Introducing Gareth, award-winning entrepreneur, IEB-certified Aromatherapist and a dynamic force behind the School of Natural Skincare since 2011.

Gareth plays a pivotal role in shaping the educational landscape of the School in addition to overseeing the School's Marketing, Finance, HR and Operations departments. Gareth keeps in touch with our students through our regular email newsletter, social media content and live Zoom sessions.



**TINA SVETEK, MSc**  
COSMETIC SCIENTIST AND FORMULATION TUTOR

Meet Tina, a brilliant scientist with a passion for natural cosmetics and a wealth of experience in the field. Armed with a postgraduate degree in Biomedicine, Tina embarked on her journey into formulation in 2011.

Tina served as the Head of the Cosmetics Department for a company in Slovenia, where she spearheaded the development of a natural cosmetics line from conception to launch. Her expertise extends to formulating for a zero-waste personal care brand, solidifying her commitment to sustainability and innovation.

In addition to her role as a formulator, Tina is a dedicated educator, leading live skincare-making classes in Slovenia. Her contributions to the acclaimed book *A-Z of Natural Cosmetic Formulation*, and her work as a safety assessor and formulation consultant underscore her authority in the field.

Tina's impact at the School of Natural Skincare is profound. As a cosmetics expert, she creates formulations, conducts experiments and develops course materials.

Committed to student success, Tina provides unwavering support throughout, presenting at our regular Formulators' Forum, leading live teaching sessions, answering questions in our regular Tutor Q&A and marking course assignments. Her dedication ensures students receive the guidance and mentorship to excel in natural cosmetics formulation.





**DR NICOLE VOSTER, PhD**  
COSMETIC CHEMIST AND COURSE TUTOR

Introducing Nicole, a distinguished chemist with a passion for education and formulation science. With a PhD in Chemistry from the University of Port Elizabeth (now Nelson Mandela University), South Africa, Nicole has taught chemistry and formulation science at universities in South Africa since 1995.

Nicole coordinates the BSc Honours program in Formulation Science at Nelson Mandela University and supervises students at masters and doctoral level. At the University of Cape Town, Nicole imparts her knowledge of cosmetic chemistry to students enrolled in the Advanced Diploma in Cosmetic Formulation Science. Through hands-on instruction, she equips students with the skills to formulate skincare and haircare products using scientific principles.

At the School of Natural Skincare, Nicole provides chemistry and cosmetic formulation expertise, creating formulations and classes for our Natural Cosmetic Formulation Club and supporting course development. Nicole provides invaluable support to students during their studies, offering guidance and expertise in our Tutor Q&A sessions, presenting at our regular Formulators' Forum, leading live teaching sessions and marking course assignments.



## **DIJA AYODELE**

### **CONSULTANT, AUTHOR OF BLACK SKIN: THE DEFINITIVE SKINCARE GUIDE**

Dija Ayodele is a renowned skincare expert and aesthetician. Dija is author of *Black Skin: The Definitive Skincare Guide*, owner of West Room Aesthetics skincare clinic in London and founder of the multi award-winning educational platform Black Skin Directory.

Dija has spent over a decade immersed in understanding and treating skin health and has become a pivotal champion and advocate for providing the tools for people of color to be educated on their unique skincare needs whilst pushing the beauty industry forward in its requirements to serve this sector.

Dija's clinic is a go-to destination, especially for Black women seeking skin rejuvenation treatments and advice for their skincare needs. She is a GLAMOUR Magazine columnist, Trustee of the Beauty Backed Trust and Advisory Board Member to the British Beauty Council, British Association of Beauty Therapy & Cosmetology (BABTAC) and Aesthetic Medicine Journal.

Dija is an experienced public speaker at both industry and consumer events and has taken the stage at the House of Commons, Stylist Live, British Association of Dermatologists, Financial Times, Cosmoprof and Refinery29. She also works with a host of respected brands within the global beauty and cosmeceutical industries such as Walgreens Boots Alliance and L'Oréal as a consultant and Key Opinion Leader.

As a consultant to the School of Natural Skincare, Dija brings her unparalleled expertise to our team, ensuring we can address the unique needs and concerns of darker skin tones. We've embraced her Skin of Color training from the Black Skin Directory, further enhancing our understanding and commitment to serving diverse skincare needs under her guidance.





**GERALDINE QUINLAN**  
COMMUNITY COORDINATOR AND COURSE  
ADVISOR

Geraldine is an experienced skincare formulator and teacher, and is the founder of natural beauty brand Clann Botanicals, which she ran for six years.

Her brand featured a range of creams, body butters and balms designed for people with sensitive skin using two hero ingredients – seaweed and calendula. Alongside her brand, she also ran hands-on natural skincare workshops and classes in Ireland.

Geraldine is the Community Coordinator, she manages our online communities and assists in various pop-up challenges that we run throughout the year.

She is also our Course Advisor, responding to emails and messages, advising on the best course of study.

# STUDYING WITH US

## ONLINE CLASSROOM

When you enroll on a course with us we create an account for you inside our user-friendly online classroom. Our online classroom can be accessed at any time and from any device – computer, tablet or smartphone. You can log in to study at a time that is convenient to you.

It's easy to track your progress through each course by marking lessons as complete. You can revisit lessons as often as you like.

## STUDY MATERIALS

Our study materials are provided in a variety of formats to cater for different learning styles. Courses include:

- Comprehensive and beautifully designed textbooks which are provided to you as PDFs to download or print for lifetime access.
- Workbooks and worksheets to complete as you progress through the course, to help you complete activities and solidify your knowledge.
- Video lessons, in which a course tutor presents a lesson.
- Video demonstrations, in which a tutor shows you how to make different types of products, step-by-step.
- Templates for record keeping.
- Quizzes to test your knowledge.
- Practical activities to put your learning into practice.

## LIVE LEARNING SESSIONS

Receive invitations throughout the year to join course tutors for live learning and discussion sessions.





## CERTIFICATE

At the end of the course there are several assignments for you to complete and submit to us to be marked. On successful completion, your end-of-course completion certificate will be issued and you will be the proud holder of our Diploma in Natural Skincare Formulation!



# SUPPORT

The course has been designed primarily as an independent study program. You can work through the materials at a time that suits you, completing the exercises and practicing your formulation skills.

We understand that it is helpful and enjoyable to meet others on the course and to have a tutor available to answer your questions. We also know that from time to time you may need some technical assistance with the classroom or course materials.

It's important that you feel supported during your studies with us and several avenues of assistance are available to you.

## 1. TECHNICAL/ADMINISTRATIVE HELP

Our customer service team are on hand if you require help with technical or administrative matters such as:

- Your account.
- Accessing the course.
- Renewing your course access.
- Documents within the course.
- Your assignments.
- Joining the online student and graduate community.

**“***The main challenge was understanding the science and functioning of the ingredients. This course has really helped me to gain an understanding of the process of formulating natural skincare products, from start to finish.***”**

**Mamta Agarwala, India**



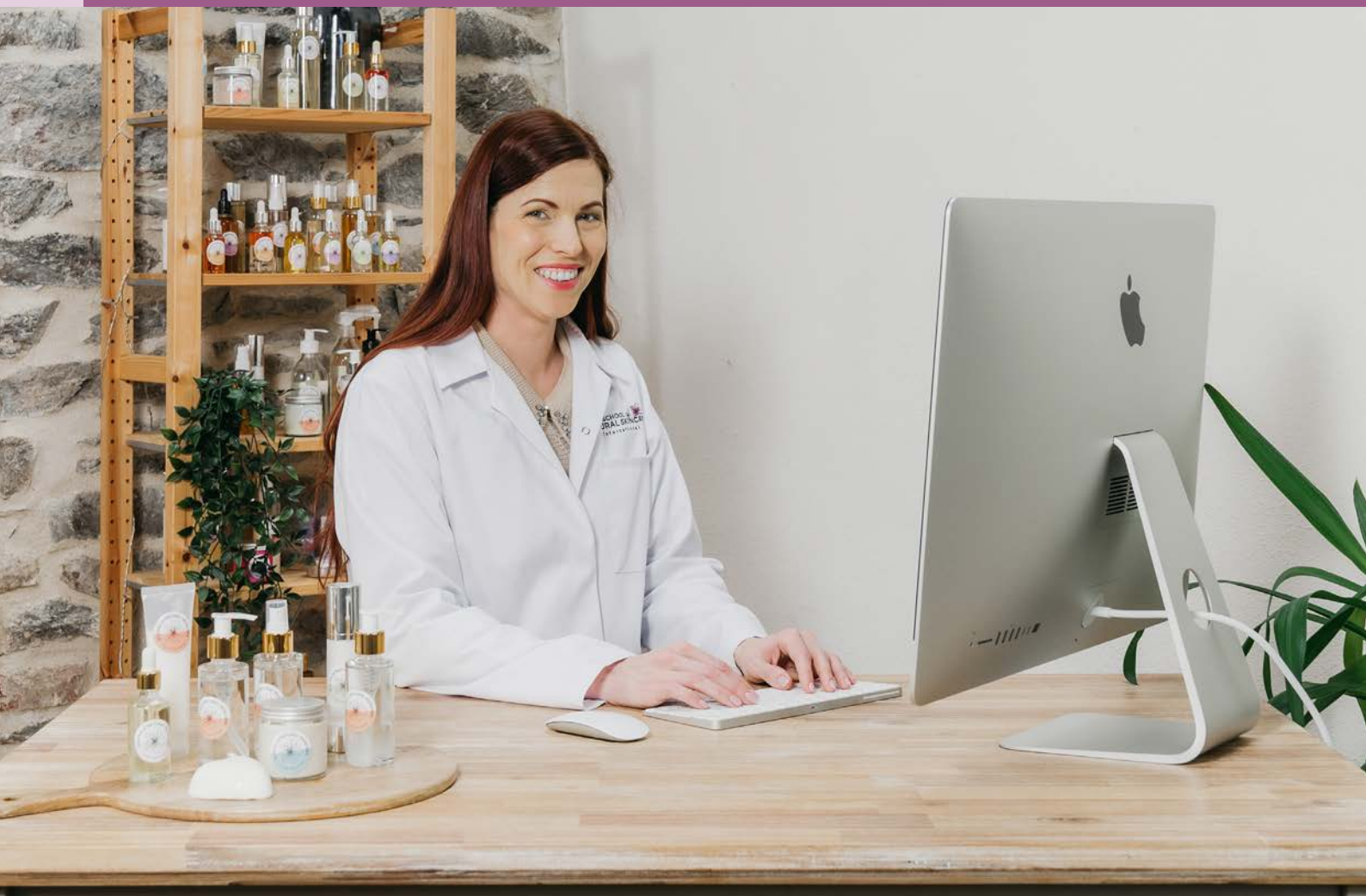
## 2. TUTOR SUPPORT

We recognize that while studying with us you are likely to have questions about the course materials or about the products you make as part of your course.

We are very proud to have a team of qualified, experienced, professional formulators and cosmetic scientists supporting our students. They are here to help you with questions or doubts about ingredients, formulas, methods and guidelines pertaining to your course.

Each week you have the opportunity to have your questions answered by our cosmetic scientists in our dedicated tutor Q&A forum.

During your studies you'll be supported by qualified and experienced cosmetic chemists and formulators. Our scientists are available to answer your questions and mark your assignments personally.



### 3. PEER SUPPORT

When you enroll on a course with us you will receive an invitation to join our private student and graduate online community, where you can meet and spend time with your student peers.

We have students and graduates in the group from all over the world! You can ask questions, discuss formulations and be part of a community as you progress through your studies.

Students and graduates have a wealth of experience to share and we encourage peer-to-peer support.

You can create a new post in the group to start a discussion with other members of the group. You can also contribute to discussions by commenting on others' posts.





## STUDENT AND GRADUATE COMMUNITY

It's a place for peer-to-peer support; to ask questions to the whole group, related to the course materials.

To get to know other students.

To provide a source of inspiration and encouragement.

To share any formulation experiments you have conducted, if you wish.

To share achievements and wins.



## 4. FEEDBACK ON ASSIGNMENTS

At the end of your course you will submit assignments to us that will be marked by one of our cosmetic scientists. You will receive helpful feedback on your assignments, including any corrections that need to be made, so you can feel confident in the quality of your formulations.

## 5. PROMOTION OF YOUR BEAUTY BRAND

If you already have a beauty brand or you establish a new brand after your studies, we can help you by promoting your brand to our vast, international audience! You'll be invited to take part in an interview, and have a feature written about you and your brand which we will share with hundreds of thousands of our followers, by email and across social media. This is the perfect opportunity to start marketing your business and gain your own following!



# WHAT PRODUCTS ARE COVERED IN THE DIPLOMA IN NATURAL SKINCARE FORMULATION?

**YOU WILL LEARN TO FORMULATE A COMPLETE SKINCARE RANGE!**

Cleansers, oils and oil-based serums, creams and lotions, gels, exfoliators, bath and shower products, balms, butters and toners... and more!





## CLEANSERS

- Cleansing oils
- Oil-to-milk cleansers
- Cleansing gels/cleansing melts
- Cleansing balms
- Emulsifying cleansing balms
- Cleansing lotions
- Cream cleansers
- Face wash

## EXFOLIATORS

- Exfoliating facial polish
- Exfoliating body polish
- Body scrubs
- Exfoliating lotion
- AHA/BHA exfoliating creams, masks and toner

## OILS AND OIL-BASED SERUMS

- Facial oils
- Oil-based facial serums
- Body oils
- Massage oils
- Dry oil body spritz
- Cleansing oils

## BATH AND SHOWER PRODUCTS

- Bath soaks
- Bath oil
- Self-emulsifying bath oil
- Shower oil
- Self-emulsifying shower oil
- Body wash/shower gel

## CREAMS AND LOTIONS

- Moisturizing fluid
- Oil-free moisturizing lotion
- Face lotion
- Face cream
- Body milk
- Body lotion
- Body cream
- Body butter

## BALMS AND BUTTERS

- Lip balm
- Cleansing balm
- Facial balms
- Body balms
- Massage balms
- Salves
- Oil-gel balms
- Anhydrous body butters

## GELS

- Hydrating facial gels (water-based)
- Body gels (water-based)
- Oil-based gels (oleogels)

## TONERS

- Toners
- Spritzers/mists
- AHA/BHA toners

# KEY FACTS

Level	Beginner to intermediate.
Duration of access	18 months' access. This can be extended for a small renewal fee.
Prerequisites	None. Internet access and access to a computer, mobile phone or tablet is needed to access the online classroom.
Study time required	Approximately 70-150 hours. Most students complete the course within six to 18 months.
Certificate	Your certificate is issued on successful completion of the end-of-course assignments.
Schedule	Study at a time and speed that suits you with our self-paced courses.







# COURSE CURRICULUM

## MODULE 1: YOUR VALUES, BRAND AND CREATING UNIQUE PRODUCTS

Create a unique brand by establishing your personal or brand values, consider which niche to fill or certifications to adhere to, create a product story and define your brand's unique selling proposition.

### 1.1 Your brand values

We help you define your values so you can create a unique brand that stands out from the crowd (and creates a better world at the same time!). What is important to you as a brand creator? Organic, natural, green, vegan, cruelty-free, palm oil-free, clean, ethical?

#### 1.1.1 Spotlight: Vegan skincare

We deep-dive into vegan skincare – what it is and how to formulate natural, vegan skincare products.

#### 1.1.2 Spotlight: Sustainable skincare

We deep-dive into sustainable skincare. Discover the three pillars of sustainability and how to make your brand sustainable.

#### 1.1.3 Spotlight: Waterless skincare

Discover the benefits of waterless skincare and how to formulate waterless products.

## 1.2 Defining 'natural' and 'organic'

What does natural mean? How do you know if an ingredient is considered natural and permitted in natural cosmetics? What do the terms organic, green and clean mean? We set the record straight so you can choose how to define 'natural' for your brand.

### 1.2.1 Spotlight: Clean skincare

We deep dive into clean skincare – what it is and why it is appealing to consumers.

## 1.3 Getting certified

Certification isn't essential but you may like to explore your options. Learn about the different global standards and options for certification: organic, natural, vegan, fair trade, cruelty-free and more.

## 1.4 Creating a strong brand identity

Discover 10 key aspects of a strong brand identity and how to use them to create your own unique and inspiring brand that your ideal customers love! Learn from real examples of trailblazing brands and apply the same principles to your brand identity.

### 1.4.1 Your product story

A great formula isn't the only thing a product needs to succeed. We take you step by step through the process of creating a captivating product story to showcasing its unique selling proposition (USP) and attracting a loyal following.

## 1.5 Your skincare line

How many products should you include in your skincare line? It is far less than you might think! What is a 'star' or 'hero' product and why do you need one? Start to design your skincare line with confidence.





## MODULE 2: SKINCARE PRODUCT DESIGN PROCESS

Follow our step-by-step design process to formulate products and select ingredients to achieve the result you or your customers desire. Learn the steps required to take a product from concept through to a final product that is ready for sale.

### 2.1 Your ideal customers

Avoid one of the biggest mistakes made by beauty brand founders by getting to know who you want to sell your products to first and then create something that meets their needs. This is the secret to designing a product customers need, want, love and will buy again and again.

### 2.2 The six-step 'must-have' product design process

Learn how to create skincare to address specific needs and concerns. Our signature six-step 'must-have' product design process shows you how to provide the skincare solutions you (or your customers) need and want!

### 2.3 Product concept to final formula

We start by exploring the seven key aspects to a great performing formula. Then we take you step by step through the process of creating a product concept and turning it into reality. Discover our 12-step process to perfecting your formula.

### **BONUS: Formulate a facial oil challenge**

Start your formulating journey by following our six-part formulation challenge!

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## MODULE 3: CREATING PROFESSIONAL COSMETIC FORMULATIONS

Develop a product concept using a product development brief and a benchmark, write a formula in the correct manner, evaluate your product's sensory characteristics and submit your product for the appropriate lab tests.

### 3.1 Cosmetics: definitions, categories and regulations

Before you start to formulate skincare products you will need to ensure your products fit the definition of a cosmetic rather than a drug (the line is easy to cross!).

### 3.2 Types of cosmetic formula

Learn the three main types of cosmetic formula that we'll cover in this course and the facts about each.

### 3.3 What is a formula?

Discover how to write a professional formula and the essential information to include. We take you through this, step by step, so even if you are completely new you'll feel confident writing formulas rather than recipes and understand why it is so important.

#### 3.3.1 Percentages in more detail

In this lesson, we take a closer look at percentages. This is an optional lesson for students who are unfamiliar with percentages or who would like to understand more about them. You will learn what a percentage is and how to convert a percentage into a fraction or decimal.

#### 3.3.2 Turning a recipe into a formula

We show you how to convert recipes into a professional and standardized formula.

### 3.4 Using a product development brief

A product development brief is a secret weapon to designing skincare products that have your desired characteristics and that work! We provide a useful template and describe how to use it to achieve your skincare goals.



### 3.5 Using a benchmark

Discover how to use a product on the market to create similar characteristics in your own product. Learn what 'reverse formulating' is and how to decipher a product label or ingredient list to create your own similar product.

### 3.6 Sensory product evaluation

Evaluate the sensorial properties of your products and make any necessary adjustments to perfect your formula. Our product evaluation template makes this easy!

### 3.7 Cosmetic product testing

Ensuring your products are safe protects both you and your customers. It is also a legal requirement in many countries. Learn about various types of testing, including preservative efficacy testing (PET), also known as microbiological or challenge testing, stability and compatibility testing, Cosmetic Product Safety Reports (CPSRs) and more. Plus discover some ways you can 'pre-test' your products at home for microbiological and stability issues.

“

*I want to thank the School for teaching me so much about a field that I'm passionate about. After taking your courses, I felt equipped to start my own brand and immediately got to the implementation part of my business plan.*

”

**Mariam Hammoud, Germany**  
Botanique d'Orient





## MODULE 4: SKIN ANATOMY AND PHYSIOLOGY: FORMULATING FOR DIFFERENT SKIN TYPES

Apply knowledge of how the skin functions, the physiological changes that occur as the skin ages, common characteristics of different skin types, tones and concerns to formulate products suited for oily, sensitive, dry, combination and aging skin, and to address concerns such as hyperpigmentation.

### 4.1 The function and structure of the skin

Learn the seven main functions of the skin, then we take you layer by layer through the epidermis, dermis and subcutaneous layers learning about the main responsibilities of each. We explore the epidermis in detail, following the production of skin cells from creation to shedding away.

### 4.2 The skin barrier

A disrupted skin barrier can cause dry patches and flakiness, plus the skin can feel sensitive or inflamed. Discover the significance of the skin barrier and how to keep it in optimum condition.

### 4.3 Moisturizing the skin: water, humectants, emollients and occlusives

Learn how to effectively moisturize the skin, and the benefits and limitations of anhydrous products and emulsions.

### 4.4 The acid mantle

An important role of the acid mantle is to maintain the skin's pH balance, which helps maintain skin suppleness, smoothness and strength. Discover factors affecting the acid mantle pH, possible characteristics of a disrupted acid mantle pH, and how to protect and restore the acid mantle.

### 4.5 Skin aging

Understand in detail how the skin ages, the physiological changes, visible signs of skin aging and how skincare products can improve the appearance of aging skin.



## **4.6 Formulating for different skin types and concerns**

We take a close look at different skin types (including mature, oily/acne-prone, dry, sensitive and normal), the characteristics of these skin types and which ingredients are beneficial. We provide you with a guide for each skin type, which will be invaluable when you start formulating!

### **4.6.1 Formulating for mature and aging skin**

We delve into the characteristics and causes of mature and aging skin, and solutions for common concerns.

### **4.6.2 Formulating for oily/acne-prone skin**

We explore the characteristics and analyze the causes of oily and acne-prone skin, and discuss skincare solutions for common concerns.

### **4.6.3 Formulating for dry skin**

We describe the characteristics of dry skin, explore some possible causes and discuss skincare solutions for dry skin.

### **4.6.4 Formulating for sensitive skin**

The fourth in our specialist guide to skin types, in this lesson we investigate the characteristics, causes and skincare solutions for sensitive skin.

### **4.6.5 Formulating for normal skin**

Normal skin is defined as healthy skin with good moisture levels and a proper barrier function, with no special issues, concerns or problems.

### **4.6.6 Skin conditions and concerns**

We explore the role of cosmetics and drugs in the treatment of skin conditions including acne, eczema/dermatitis, hyperpigmentation, psoriasis and rosacea.

## **4.7 Formulating for the eye contour and lips**

We share the factors to consider when formulating for the eye contour, how the skin on our lips is different to the skin on our face and what lips need to stay in optimum condition.

## **4.8 Skincare routine**

A skincare routine doesn't need to be complicated but it is the key to radiant skin! Follow our simple facial and bodycare routines and learn about occasional skincare treatments.



## MODULE 5: COSMETIC INGREDIENTS AND RAW MATERIALS

Select ingredients and cosmetic raw materials appropriate for your formula with confidence by applying your knowledge of the functions, properties and benefits of a wide range of ingredients. This module is a vast library of reliable and accurate information you will refer to again and again!

### 5.1 Classification of ingredients/raw materials

Ingredients fall into different categories and it is important to understand which category they belong to so you can formulate with them effectively.

### 5.2 Compatibility of ingredients/raw materials

How do you know which ingredients are compatible with one another? Discover six properties of ingredients that affect their compatibility.

### 5.3 Ingredients and functions: An overview

This lesson will provide an overview of the ingredients covered in this module and indicates within which lesson you can find further information.

### 5.4 Researching ingredients/raw materials

With so much unreliable or incorrect information online and in books, how do you know where to find accurate and reliable information about ingredients? We share our top recommendations with you.

#### 5.4.1 Choosing a raw material supplier

This lesson explains how to evaluate suppliers and offers four factors you may wish to consider. It will help you to choose your raw material suppliers wisely.

### 5.5 Lipids

Lipids are a key ingredient in natural skincare products; they soften the skin, help the skin retain its moisture and support the skin's barrier function. Discover the functions and benefits of lipids, how they are extracted and processed, and about comedogenicity.





### 5.5.1 Composition of lipids

Discover the chemistry of lipids, and take a deep-dive into fatty acids, unsaponifiables and vitamins.

### 5.5.2 Carrier oils

Carrier oils offer different benefits to the skin and contribute different properties and qualities to your skincare products depending on their composition. Discover 35 carrier oils in detail.

### 5.5.3 Esters

Esters are a special kind of emollient with a light, silky skin feel that are an ideal replacement to silicones. Discover natural ester options to use in your formulations.

### 5.5.4 Butters

Butters are rich and creamy and a delightful addition to cosmetics! Learn about a range of butters, including some exotic options.

### 5.5.5 Waxes

Waxes play a number of important roles in cosmetics. Discover both vegan and non-vegan options including a detailed comparison guide.

### 5.5.6 How to select lipids for your formulations

With so many lipids to choose from, how do you select which to use? We share nine key factors to consider.

### 5.5.7 Getting to know your lipids

Lipids need to be experienced first-hand to be understood properly. Our useful worksheet will take you through the process of getting to know your lipids.

## 5.6 Humectants

Humectants are ingredients that attract water from the atmosphere to the skin and bind it there. Humectants work with emollients and occlusives to keep skin moisture at optimal levels. Discover seven natural humectants and how to use them.



## 5.8 Active ingredients

### 5.8.1 Antioxidants

### 5.8.2 Vitamins

### 5.8.3 Botanical extracts

## 5.9 Essential oils, hydrosols and fragrances

### 5.9.1 Essential oils: Quick reference chart

### 5.9.2 Essential oil profiles

Essential oils have many benefits for the skin such as being antiseptic, astringent or anti-inflammatory and also provide a wonderful fragrance to cosmetics. We provide 24 detailed essential oil profiles.



### 5.9.3 Getting to know your essential oils

We share our well-loved method for really getting to know your essential oils.

### 5.9.4 How to choose and blend essential oils

Use our helpful tips to create synergistic essential oil blends.

### 5.9.5 International Fragrance Association (IFRA) guidelines and calculating allergen levels

A step-by-step guide to calculating essential oil allergen levels and when to include allergens on your label.

## 5.10 Functional ingredients

Functional ingredients make a product work. They have a specific function or deliver a certain benefit.

### 5.10.1 Natural emulsifiers for creams and lotions

Emulsifiers are a key functional ingredient in cosmetics. Learn about what emulsifiers are, how they work and why they are used in cosmetics. Discover 13 natural emulsifiers for making creams and lotions, including palm oil-free emulsifiers.

### 5.10.2 Emulsifiers for self-emulsifying oils and oleogels

Create innovative oil-to-milk and gel-to-milk cleansers, scrubs, and bath and shower oils with special self-emulsifying emulsifiers. Discover exciting new ingredients and how to use them.

### 5.10.3 Thickeners

Discover a variety of natural oil and water-phase thickeners for viscosity modification. Create gels, thicken formulas and improve emulsion stability.

### 5.10.4 Solubilizers

Solubilizers are required to add oil soluble ingredients such as essential oils into a water-based product, like facial toner, body spritzer or gel. Learn about several natural solubilizer options.



### 5.10.5 pH adjusters

Testing and adjusting the pH of cosmetics is a crucial step! Discover how to choose an appropriate pH adjustment solution.

### 5.11 Natural colorants

We explore a variety of ways of coloring your skincare products from using mineral pigments and micas to using the natural color present in a variety of oils and extracts.

### 5.12 Organizing and storing materials in your lab

Crucial to good manufacturing practice is organizing and storing raw materials properly. Use our useful incoming ingredient (raw material) log to help you.

### 5.13 Substituting ingredients

If you cannot find a certain ingredient, what do you do? We give you a six-step process to finding suitable substitutes.

### 5.14 Supplier list: Cosmetic ingredients and equipment

A list of hundreds of cosmetic ingredient suppliers from all around the world! Plus a shortlist of our favorite in each region.

“

*The idea that I could access all of the resources online and experiment in my own kitchen really worked for my schedule!*

*Even if I don't have a question, I still read the questions of the other students to see their challenges or observations.*

”

Cortney Salmon, UK



## MODULE 6: LAB SKILLS, EQUIPMENT AND PACKAGING

Set up a home lab with the appropriate equipment, adhere to good manufacturing practice, carry out key production process techniques and make different sized batches.

### 6.1 Equipment for your home lab

Learn about the equipment you need to set up your own small-scale lab at home, with plenty of recommendations for items such as weighing scales and immersion blenders.

### 6.2 Professional lab equipment

Learn about five pieces of professional laboratory equipment that are useful for home formulators who are serious about formulating or who manufacture products for sale. We compare magnetic stirrers, overhead stirrers and homogenizers so you understand the difference and which, in our opinion, are worth investing in (and which are not).

### 6.3 Scaling up and manufacturing equipment

Discover the equipment used in professional manufacturing settings and about the scaling-up process: how to take a product you have formulated at home into a manufacturing setting.

### 6.4 Good manufacturing practice (GMP)

GMP is essential for producing high-quality products and is a fundamental requirement if you sell your products. Our handy checklist, calibration records and manufacturing log will ensure that you have easy-to-follow guidelines and records in place.

### 6.5 Lab techniques and skills

Develop the key skills you need for making your products: weighing, heating, calibrating, sanitizing, mixing, homogenizing, filling and calibrating.

### 6.6 Testing pH

We get many questions on this topic so we have provided a thorough and detailed lesson, including video demonstrations, that explain what pH is, why and when to measure pH, how to measure pH, and how to work with and look after a pH meter.





### 6.7 Adjusting pH

Learn step by step how to create pH adjustment solutions, how to adjust pH, calculating the amount of solid/pure pH adjuster used and rewriting your formula to include the pH adjuster.

### 6.8 Calculating batch sizes

Students often come to us really confused about formulation math! We help you to become confident working in percentages and calculating weight-based measurements for different batch sizes. We even provide a handy batch calculator to make it really easy!

### 6.9 Cosmetic packaging

Learn about the purpose of cosmetic packaging, packaging types, materials and closures, how to clean and sanitize packaging, plus the nine factors to consider when choosing packaging.







## MODULE 7: PRESERVING SKINCARE PRODUCTS NATURALLY

Cosmetic preservative is such an important topic that we have dedicated a whole module to it. Put into place strategies to extend the shelf-life of your products and preserve your products effectively to ensure they stay in optimum condition.

### 7.1 Introduction to microbiology

Microbes can cause product degradation and harm consumers. Educate yourself about the microbes that affect cosmetics, the conditions under which they grow and how they enter cosmetic products, so you can protect your products, your customers and yourself.

### 7.2 Strategies for prolonging shelf-life

We explain how shelf-life is determined and give you eight strategies for extending the shelf-life of your cosmetics (using preservatives is only one) so you can ensure the highest quality and longest shelf-life of your products.

### 7.3 Natural preservatives

We have hand-picked our favorite nine COSMOS-approved broad-spectrum preservative blends that are reliable and easy to use. Discover the factors that impact the effectiveness of your preservative, both how to optimize the effectiveness of a preservative and problem ingredients that should be avoided.

#### 7.3.1 Preservative ingredients

If you are interested in understanding more about the components of the different preservative blends that we cover in lesson 7.3, this lesson is for you!

### 7.4 Creating a preservative system

A broad-spectrum preservative blend is not always enough to provide adequate protection or to withstand challenge/preservative efficacy testing. Learn our system for combining preservatives and chelators to create a robust broad-spectrum preservative system.



## MODULE 8: FORMULATING OILS, OIL-BASED SERUMS AND SELF-EMULSIFYING OILS

Formulate and make a range of anhydrous oils, oil-based serums and self-emulsifying oils for the face, bath and body.

### 8.1 Introduction to formulating oils, oil-based serums and self-emulsifying oils

Learn the fundamentals of these product types including their similarities and differences, suitable ingredients, how to choose oils, product shelf-life and how to evaluate your formula.

### 8.2 Formulating body and massage oils

Learn to formulate dry oil body spritzes, body oils and massage oils for soft, supple skin. Discover what they are, how they are different from each other, ingredients to use and how to formulate them. Follow our formulation guides and templates to formulate your own!

We include five formulation examples for you to experiment with:

#### 8.2.1 Moringa Dry Oil Body Spritz

#### 8.2.2 Wild Rose and Geranium Dry Oil Body Spritz

#### 8.2.3 Coconut and Lime Body Oil

#### 8.2.4 Soothing and Relaxing Massage and Bath Oil

#### 8.2.5 Balancing and Uplifting Massage and Bath Oil

### 8.3 Formulating facial oils and serums

Facial oils and oil-based serums can deliver a range of benefits including regenerating, nourishing, balancing, calming, soothing and antioxidant. Learn how to choose oils for different skin types and purposes and which botanical extracts, vitamins and antioxidants to use. Follow our formulation guides and templates to formulate your own!

Four formulation examples are provided:

#### 8.3.1 Facial Oil for Dry Skin

#### 8.3.2 Facial Oil for Oily Skin

#### 8.3.3 Soothing Facial Serum for Sensitive Skin

#### 8.3.4 Antioxidant Facial Serum with Coenzyme Q10

### 8.4 Formulating bath and shower oils

New generation bath and shower oils use self-emulsifying emulsifiers to create oil-to-milk products that are applied as an oil and magically turn to milk when they come into contact with water! We explain which emulsifiers are suited to this purpose (including some brand new to the market) and how to formulate your own, step by step.

Three formulation examples are provided:

#### 8.4.1 Lime and Sweet Orange Shower Oil with Polyglyceryl-3 Palmitate

#### 8.4.2 Lavender and Bergamot Bath Oil with Polyglyceryl-4 Oleate

#### 8.4.3 Sweet Orange Shower and Bath Oil with Polyglyceryl-4 Oleate



## 8.5 Formulating cleansing oils, oil-to-milk cleansers and cleansing gels

Cleansing oils are hugely popular as they effectively cleanse the skin and leave it soft and nourished! In this lesson, you will learn to formulate a traditional cleansing oil, cutting edge oil-to-milk cleansing oils and cleansing gels using a range of innovative emulsifiers. Use our helpful formulation guides and templates to formulate your own!

Seven example formulas are provided:

### 8.5.1 Cleansing Oil for Sensitive Skin

### 8.5.2 Grapefruit Cleansing Oil with Polyglyceryl-4 Oleate

### 8.5.3 Pomegranate Cleansing Gel with Polyglyceryl-4 Oleate

### 8.5.4 Geranium Cleansing Gel with Sucrose Stearate

### 8.5.5 Fragrance-free Cleansing Gel with Sucragel AP V2

### 8.5.6 Reverse Formulation Example: Neal's Yard Frankincense Intense Cleansing Melt

### 8.5.7 Ylang Ylang and Sweet Almond Cleansing Balm with Sapogel Q

## 8.6 Troubleshooting oils, oil-based serums and self-emulsifying oils

A helpful troubleshooting guide is provided to help you avoid running into difficulties, and to fix any issues that may arise when formulating and manufacturing these product types.



## MODULE 9: FORMULATING BUTTERS AND BALMS

Formulate and make a range of gorgeous anhydrous, preservative-free balms and butters, including whipped body butters, lip balms, facial and body balms and salves, oleogels and cleansing balms.

### 9.1 Introduction to formulating anhydrous butters and balms

Learn the fundamentals of these product types including their similarities and differences, suitable ingredients, how to choose oils, butters and waxes, product shelf-life and how to evaluate your formula.

### 9.2 Formulating anhydrous body butters

Whip exotic butters into beautifully moisturizing body butters (no preservatives required!).

Follow our formulation guides and templates to formulate your own!

Four example formulas are provided:

#### 9.2.1 Ylang Ylang and Frankincense Bedtime Body Butter

#### 9.2.2 Whipped Shea Body Butter with Babassu Oil and Illipe Butter

#### 9.2.3 Sweet Orange and Kokum Whipped Body Butter

#### 9.2.4 Mango and Coconut Whipped Body Butter

### 9.3 Formulating balms and salves

From simple salves to protective lip balms, multi-purpose beauty balms to emulsifying cleansing balms and oleogels (oil-based gels); this lesson is full of inspiration and guidance for taking balm-style formulations to the next level!

Eleven example formulas are provided, plus an experiment and report on the role of preservatives in anhydrous cleansing balms:



### **9.3.1 Experiment and report: Do anhydrous cleansing balms need preservatives?**

Evaluate our methods and use your analysis to inform decisions on preservatives in your own cleansing balm formulations.

### **9.3.2 Simple Lip Balm (Four Variations)**

#### **9.3.3 Vegan Calendula Salve**

#### **9.3.4 Moisturizing Sea Buckthorn Balm**

#### **9.3.5 Wild Rose Beauty Balm**

#### **9.3.6 Illipe and Murumuru Lip Balm**

#### **9.3.7 Ultra Protective Lip Balm with Lanolin**

#### **9.3.8 Lavender and Sweet Orange Massage Gel**

#### **9.3.9 Sweet Almond Moisturizing Gel-balm**

#### **9.3.10 Frankincense Cleansing Balm**

#### **9.3.11 Mango and Murumuru Cleansing Butter**

#### **9.3.12 Coconut, Illipe and Green Tea Cleansing Balm with Durosoft PG4-O**

#### **9.3.13 Reverse formulation example: Coconut and Mango Cleansing Balm with Dermofeel PP**

### **9.4 Troubleshooting balms and butters**

How do you make less oily feeling butters? How do you increase their melting point? How do you stop them going grainy? We cover all this and more in our troubleshooting guide.





## MODULE 10: FORMULATING SPA-STYLE SOAKS, SCRUBS AND POLISHES

Formulate and make a range of indulgent soaks, scrubs and polishes just like you would find in a high-end spa!

### 10.1 Formulating spa-style soaks

Learn to formulate a range of soaks including bath soaks, and hand and foot soaks, for soothing, relaxing, invigorating or reviving the mind, body and senses! Follow our formulation guides and templates to formulate your own.

Four example formulas are provided:

#### 10.1.1 Relaxing Rose and Milk Bath Soak

#### 10.1.2 Invigorating Peppermint Foot Soak

#### 10.1.3 Sea Salt and Goat's Milk Bath Soak

#### 10.1.4 Coconut Milk Bath Soak

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## **10.2 Formulating exfoliating scrubs and polishes**

Formulate professional-quality facial and body polishes with emulsifiers that rinse off easily from the skin. We also teach you how to formulate a lip scrub for beautiful soft lips!

Eight example formulas are provided, along with an informative experiment and report on testing preservatives in an anhydrous sucragel-based body scrub:

### **10.2.1 Experiment and report: Testing preservatives in an anhydrous sucragel-based body scrub**

Evaluate our findings and use your analysis to inform decisions on preservatives in your own anhydrous sucragel-based body scrub formulations.

### **10.2.2 Grapefruit and Geranium Body Scrub**

### **10.2.3 Mango, Coconut and Sugar Lip Scrub**

### **10.2.4 Grapefruit, Orange and Calendula Facial Scrub with Sucrose Stearate**

### **10.2.5 Peach and Poppy Seed Body Scrub with Sucrose Stearate**

### **10.2.6 Lemongrass and Bamboo Facial Scrub with Sucragel CF**

### **10.2.7 Vanilla and Shea Sugar Scrub with Sucragel AOF BIO**

### **10.2.8 Lemon and Orange Lip Scrub with Sapogel Q**

### **10.2.9 Murumuru Sugar Scrub with Dermofeel PP**

## **10.3 Troubleshooting spa-style soaks, scrubs and polishes**

Feel confident to troubleshoot any issues that may arise with our troubleshooting guide.



## MODULE 11: FORMULATING TONERS, SPRITZERS, MISTS AND GELS

Formulate and make a range of refreshing toners, spritzers and mists using delicate hydrosols and botanicals. Create hydrating gels for the face and body with powerful humectants.

### 11.1 Introduction to formulating toners, spritzers, mists and gels

Learn the fundamentals of formulating these types of aqueous products, including suitable ingredients.

#### 11.1.1 Experiment and report: Three natural solubilizers

This in-depth report will show you how to work with various natural solubilizers (and which are most effective).

#### 11.1.2 Experiment and report: How hydrosols can challenge the performance of the preservative system

Discover the affects hydrosols can have on the performance of your preservative system.

### 11.2 Formulating toners, spritzers and mists

Explore water soluble extracts, vitamins and humectants for supercharging your toners, spritzers and mists, plus how to use natural solubilizers to incorporate essential oils.

Follow our formulation guides and templates to formulate your own.

Four example formulas are provided:

#### 11.2.1 Hydrating Rose, Aloe and Cucumber Facial Mist

#### 11.2.2 Juniper Berry and Lemon Toner

#### 11.2.3 Green Tea Toner with Alcohol for Oily Skin

#### 11.2.4 Hydrating Hyaluronic Acid Toner





### **11.3 Formulating gels**

Discover different natural thickeners for creating gels and how to make gels with a range of functions including hydrating, soothing and helping with hyperpigmentation.

Four example formulas are provided:

#### **11.3.1 Cooling Aloe After-sun Gel**

#### **11.3.2 Moisturizing Hyaluronic Acid Facial Gel**

#### **11.3.3 Brightening Gel with Licorice and Niacinamide for Hyperpigmentation**

#### **11.3.4 Reverse Formulation Example: Deep Moisture Oil-free Gel**

### **11.4 Troubleshooting toners, spritzers, mists and gels**

Feel confident to troubleshoot any issues that may arise with our troubleshooting guide.

### **11.5 Laboratory test reports: Toners, spritzers, mists and gels**

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## MODULE 12: THE SCIENCE OF EMULSIFICATION

Comprehend the science of emulsification, describe the structure of an emulsion formula, and apply your understanding of emulsification to successfully create emulsions and solve stability issues.

### 12.1 What is an emulsion?

Creams and lotions are examples of emulsions and in this lesson you will learn what an emulsion is, the two main phases of an emulsion, simple emulsion types (O/W and W/O), different uses of cosmetic emulsions and the three types of emulsification needed to form a successful emulsion.

### 12.2 Surfactants and the science of emulsification

In this more advanced lesson we take a closer look at the science of emulsification, what emulsifiers are and how they work.

#### 12.2.1 Hydrophilic lipophilic balance (HLB)

We explore the HLB system, assessing its advantages, disadvantages and possible uses.

### 12.3 How to make an emulsion: Phases and stages in emulsion manufacture

In this lesson, you learn the three phases of an emulsion and how these are written in your formula, the three stages of making an emulsion (heating, mixing and cooling) and three factors in the manufacturing process that can affect your emulsion characteristics.

#### 12.3.1 Variations in emulsion manufacturing method

There are some possible variations in the manufacturing process which we explore in this lesson.

### 12.4 How to choose your emulsifier

This lesson will help you choose which emulsifier to use. Discover key questions to ask when choosing your emulsifier and use our emulsifier checklist to help you create stable emulsions.

### 12.5 Rheology, viscosity modification and emulsion stability

Learn how to modify the rheology and viscosity of your creams and lotions using different categories of rheology modifiers and how this contributes to emulsion stability.

### 12.6 Solving emulsion instability

It can be very frustrating when lotions separate and you don't know what you did wrong and how to fix it! This lesson will ensure that you know the steps you can take to solve any stability issues you encounter. You'll learn the four causes of emulsion instability (creaming, sedimentation, flocculation, coalescence) and how to solve them.



## MODULE 13: FORMULATING CREAMS AND LOTIONS

Formulate and make a wide range of creams and lotions for the face and body, from lighter body milks and lotions to richer creams and body butters.

### 13.1 Introduction to formulating creams and lotions

As creams are emulsions containing both an oil phase and water phase there are lots of amazing ingredients that can be used in them! Learn the basics of cream and lotion formulation including which ingredients to include in which phase. We break down a formula into all its components and discuss the function of each main ingredient so you will feel confident putting your own formulation together.

#### 13.1.1 Experiment and report: Testing four natural emulsifiers

Evaluate our methods and use your analysis to inform decisions on natural emulsifiers in your own formulations.

### 13.2 Formulating creams and lotions for the face and body

Learn to formulate a wide range of beautiful bodycare products from light sprayable body milks, to softening lotions and rich, thick body butters.

Then create beautiful facial moisturizers for all skin types, from light oil-free lotions to nourishing creams, with a range of rejuvenating and regenerating ingredients. Delve into high-performance ingredients and active botanicals to create products that are both natural and powerful! Learn about these product types including night creams, day creams and eye creams. Discover what they are, the differences, typical ingredients and how to formulate them for different skin types. Watch a video demonstration so you know how to make your own, step by step.

Follow our formulation guides and templates to formulate your own!

We provide nine example formulas:

#### 13.2.1 Formulating for different skin types: Lavender Facial Lotion for Normal/Oily/Dry Skin

This lesson offers adaptations for different skin types – use the formulation provided to make Lavender Facial Lotion for normal, oily or dry skin.





### **13.2.2 Oil-free Moisturizer**

### **13.2.3 Facial Lotion with Licorice and Niacinamide for Hyperpigmentation**

### **13.2.4 Geranium and Macadamia Body Lotion**

### **13.2.5 Coconut and Shea Body Butter**

### **13.2.6 Frankincense Face Cream for Mature Skin with Coenzyme Q10**

### **13.2.7 Floral Moisturizing Lotion**

### **13.2.8 Sweet Summer Body Milk**

### **13.2.9 Eye Cream with Caffeine and Ceramide Complex**

## **13.3 Formulating cleansing and exfoliating lotions**

Cleansing lotions are a gentle and effective way to cleanse the skin. Learn about the typical ingredients used in cleansing lotions and how to formulate them. Formulation templates and guidelines are provided.

We include two formulations:

### **13.3.1 Soothing Cleansing Lotion**

### **13.3.2 Olive Facial Exfoliating Lotion**

## **13.4 Troubleshooting creams and lotions**

Feel confident to troubleshoot any issues that may arise with our troubleshooting guide.

## **13.5 Laboratory test reports: Creams and lotions**



## MODULE 14 COSMETIC REGULATIONS AND BUSINESS ESSENTIALS

Comply with cosmetic, labeling and claims regulations.

### 14.1 Selling your products legally: An introduction

In this lesson, we cover seven important steps to take before you sell your products.

### 14.2 Creating a Product Information File (PIF)

A Product Information File is a very important document that contains all the essential information about a product formula. In many countries it is a requirement to create one for each product you sell. Our PIF template will make it easier for you to keep the necessary records.

### 14.3 Cosmetic regulations by country

If you wish to sell your products it is essential that you comply with the relevant cosmetic regulations. In this lesson, we provide lots of helpful information so you will know the regulations to comply with and what you need to do.

#### 14.3.1 Australia cosmetic regulations

#### 14.3.2 Canada cosmetic regulations

#### 14.3.3 European Union cosmetic regulations

#### 14.3.4 India cosmetic regulations

#### 14.3.5 New Zealand cosmetic regulations

#### 14.3.6 South Africa cosmetic regulations

#### 14.3.7 UK cosmetic regulations

#### 14.3.8 USA cosmetic regulations

### 14.4 Cosmetic claims

Understand what you can and cannot say about your cosmetics and how to substantiate any claims you make. This helps you stay compliant with the regulations when labeling and marketing your products.

# BONUS CLASSES

WITH EVERY ENROLLMENT YOU WILL ALSO RECEIVE THREE BONUSES:

## FORMULATING WITH AHAs AND BHAs

AHAs and BHAs are a must-have in your skincare routine. In our detailed guide, you'll learn:

- The benefits of formulating with AHAs and BHAs including their exfoliating, humectant, anti-aging and anti-acne functions.
- How to formulate safely and effectively with lactic acid, glycolic acid, malic acid, salicylic acid, Fruit Acid Complex and willow bark extract.

You'll receive formulation examples for Cherry Radiance Mask, Superfruit Toner for Blemished Skin, Peppermint Foot Cream and Regenerating Night Cream.

## DIGITAL COPY OF THE INTERNATIONAL BESTSELLING BOOK A-Z OF NATURAL COSMETIC FORMULATION

We recently published the definitive beginners' guide to the essential terminology, theories and ingredient types needed to formulate professional cosmetic products. This book:

- Is an invaluable reference guide and useful companion to our Diploma in Natural Skincare Formulation.
- Provides you with explanations of the essential terminology, theories and ingredient types required to create natural, safe and stable cosmetic formulations.
- Dispels common myths and answers the most frequently asked formulating questions.

## FORMULATING FACE AND BODY WASHES WITH NATURAL SURFACTANTS

Discover a selection of natural surfactants that are used to create foaming products. In this class, you'll learn to formulate two popular types of surfactant-based products: face washes and body washes. This bonus includes:

- An introduction to the science of surfactants.
- A selection of gentle, natural surfactant choices (so you can avoid harsh surfactants such as SLS).
- How to formulate face and body washes that are both mild and effective.



“

*As a holistic health coach and a soon-to-be aromatherapist, making my products and having them available to my clients is in great alignment with the values I teach.*

”

**Katrina Hawes, USA**  
Living Naturally Healthy

STUDY AT A TIME AND SPEED THAT SUITS YOU  
WITH OUR SELF-PACED COURSES

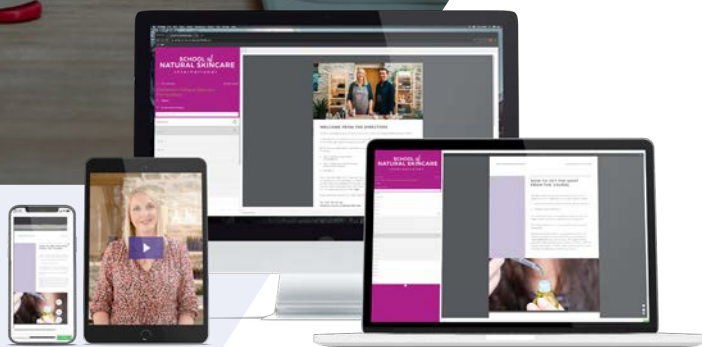


# ENROLL HERE

[WWW.SCHOOLOFNATURALSKINCARE.COM/FORMULATION](http://WWW.SCHOOLOFNATURALSKINCARE.COM/FORMULATION)



- Formulate natural skincare products like a professional.
- Design and launch your own skincare brand.
- Join the Diploma in Natural Skincare Formulation now!





# NATURAL HAIRCARE AND SKINCARE FORMULATOR PROGRAM

[www.schoolofnaturalskincare.com/online-programs](http://www.schoolofnaturalskincare.com/online-programs)

This program will enable you to formulate a wide range of natural skincare products for the face and body, and formulate a complete range of natural haircare products too, including shampoo, conditioner, treatment and styling products!

## SUMMARY OF COURSE DETAILS

**This program contains:**



Diploma in Natural Skincare Formulation.



Diploma in Natural Haircare Formulation.



Four FREE bonus classes!

## PART 1 – DIPLOMA IN NATURAL SKINCARE FORMULATION

The Diploma in Natural Skincare Formulation is the ultimate online course for designing, formulating and launching your own line of natural and organic beauty products. Learn to follow a product development process to create your own professional formulations for various skin types, tones and concerns.

You'll formulate a wide range of skincare products, including facial oils and oil-based serums, body and massage oils, dry oil body spray, bath and shower oils, cleansing oils, oil-to-milk cleansers, whipped body butters, balms and salves, soaks and scrubs, facial and body polishes, toners and spritzers, creams and lotions.

Learn professional formulation skills, including developing a product concept using a product development brief, using benchmarks, reverse formulating, evaluating a formula, following GMP, product preservation and cosmetic product testing.

Create a brand and sell your products legally by crafting your brand's vision and values, identifying your ideal audience and complying with cosmetic regulations.

Read the full curriculum on pages 38-65.



## PART 2 – DIPLOMA IN NATURAL HAIRCARE FORMULATION

Then move on to the Diploma in Natural Haircare Formulation, where you will learn to formulate your own complete range of natural and organic shampoos, conditioners, hair treatments and styling products like the professionals.

You'll learn in detail about hair biology, and how to formulate haircare products for different hair types and textures. Discover a wider range of specialist ingredients that benefit the hair, including natural surfactants, cationic emulsifiers, botanical extracts and many more.

You'll learn to formulate six types of shampoo: regular shampoo, daily use shampoo, conditioning/2-in-1 shampoo, clarifying shampoo, anti-dandruff shampoo and solid shampoo. You'll formulate six types of conditioner: rinse-off conditioner, leave-in conditioner, intensive conditioner/hair masks, detangling spray, solid conditioner and co-wash. You'll also learn to formulate twelve hair treatments and styling products.

Find out more: [www.schoolofnaturalskincare.com/haircare](http://www.schoolofnaturalskincare.com/haircare)



## NATURAL HAIRCARE AND SKINCARE FORMULATOR PROGRAM BONUS CLASSES

### Receive four bonus classes:





1. Digital copy of the international bestselling book A-Z of Natural Cosmetic Formulation.
2. Formulating with AHAs and BHAs.
3. Formulating Face and Body Washes with Natural Surfactants.
4. Men's Facial Hair Products.



## WHO IS THE NATURAL HAIRCARE AND SKINCARE FORMULATOR PROGRAM FOR?

The Natural Haircare and Skincare Formulator Program is perfect for beginners, or those with some experience who want to confidently formulate and make a wide range of natural skincare products for the face and body, and a range of natural haircare products, including shampoo, conditioner, treatments and styling products.

### **This is the program for you if you want to:**

-  Develop your own unique natural skincare formulas, with confidence.
-  Develop your own unique natural haircare formulations including shampoo, conditioner and treatments for different hair types.
-  Launch your own natural or organic beauty brand, or produce exceptional natural or organic skincare and haircare for yourself or your friends and family.
-  Study at your own pace – you have two years to complete the program, which can be extended if needed.








## STUDYING WITH US

We recommend allowing approximately 150-250 hours divided between studying the course materials and practical formulating. The time it will take you will depend on how much practical formulating you choose to do. Most students complete the program within 12 to 24 months, but as it is a self-paced course, you can complete it at a speed that suits your lifestyle.

You have access to the courses within the online classroom for two years from the date of enrollment, which also includes two years to submit your assignments. Plus, you can download the course textbooks for lifetime access. You can also renew your course enrollment for a small fee, which will give you additional time to complete your assignments, further access to the tutor Q&A and any updates to the course made during this time.



### What will you receive?

-  Expert guidance and support from experienced cosmetic scientists and chemists via our Tutor Q&A.
-  Access to join the professionals for LIVE course sessions.
-  The opportunity to expand your understanding with our monthly Formulators' Forum – a LIVE learning and discussion session on Zoom.
-  Your end-of-course assignments, personally marked by our cosmetic scientists.
-  Two years to complete the program (which can be extended if required).
-  A certificate of completion for each course you complete (two certificates in total).
-  Membership of our online student and graduate community.

# ENROLL HERE

[WWW.SCHOOLOFNATURALSKINCARE.COM/FORMULATION](http://WWW.SCHOOLOFNATURALSKINCARE.COM/FORMULATION)



# CAREERS

Graduating from the School of Natural Skincare opens up some exciting career prospects, freeing your potential in the world of skincare creation, formulation and manufacture.

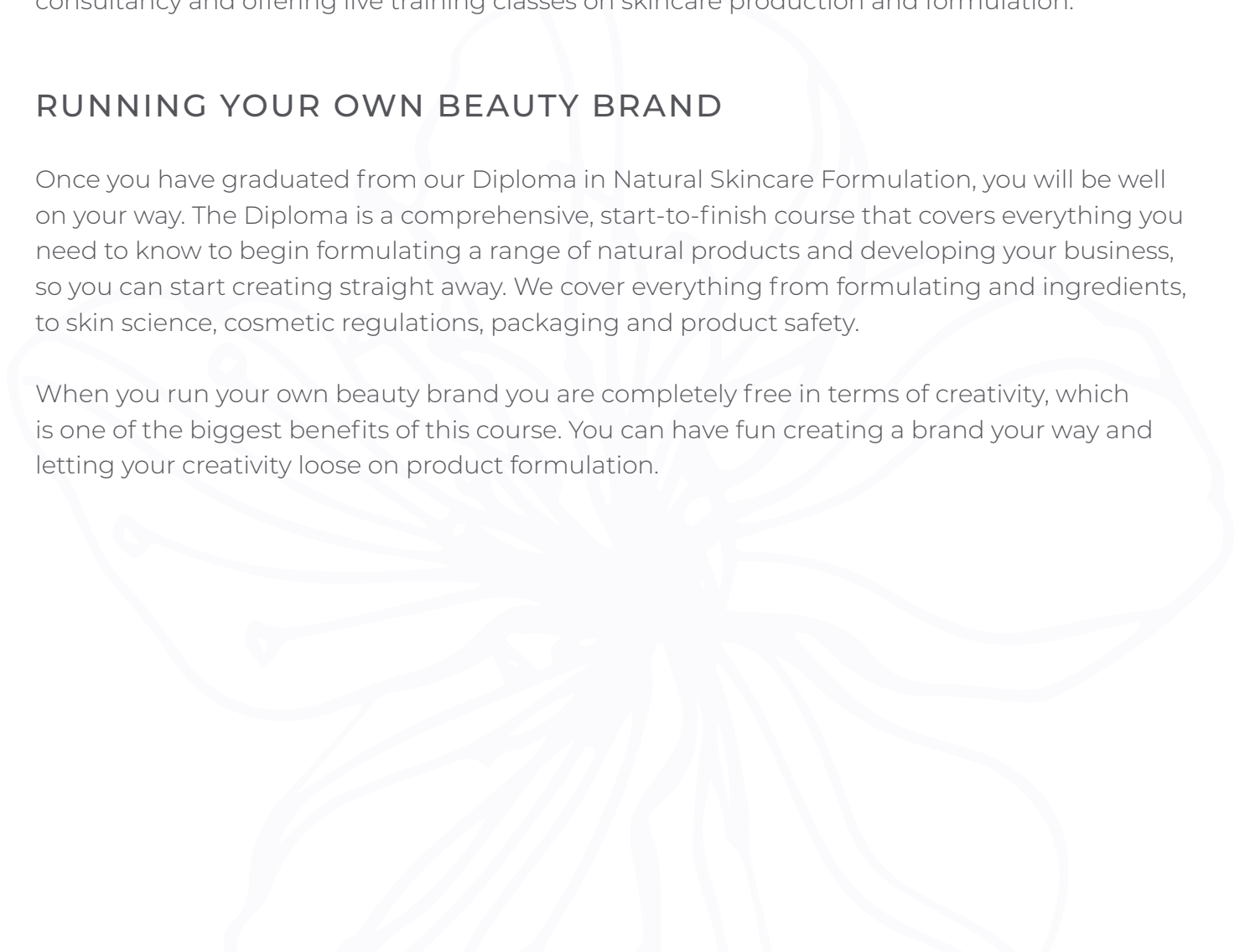
The Diploma in Natural Skincare Formulation is a very wide-ranging course that teaches you how to create safe, effective and natural skincare products, and also gives you the knowledge and skills you need in order to create products that customers will love. It also offers in-depth business information, giving you all the skills you will need to grow and transform your whole career. From high-level business must-haves, to hands-on product creation, our Diploma course teaches you to develop the products – and the business – you have always dreamed of making.

After completing the course, you will be well equipped for careers in fields such as running your own beauty brand, contract manufacturing, private labeling, white labeling, formulation consultancy and offering live training classes on skincare production and formulation.

## RUNNING YOUR OWN BEAUTY BRAND

Once you have graduated from our Diploma in Natural Skincare Formulation, you will be well on your way. The Diploma is a comprehensive, start-to-finish course that covers everything you need to know to begin formulating a range of natural products and developing your business, so you can start creating straight away. We cover everything from formulating and ingredients, to skin science, cosmetic regulations, packaging and product safety.

When you run your own beauty brand you are completely free in terms of creativity, which is one of the biggest benefits of this course. You can have fun creating a brand your way and letting your creativity loose on product formulation.



# STUDENT BRANDS

Our graduates have established beauty brands in every corner of the globe! You can read about some of them by taking a look at our Student Success Stories:

[www.schoolofnaturalskincare.com/student-success-stories](http://www.schoolofnaturalskincare.com/student-success-stories)



**Tanya Joslin** wanted to create her own natural skincare products when her congested and hormonal acne began to affect her wellbeing. Tanya has gone on to establish her own brand Indagare Natural Beauty.

"I was really drawn to the School of Natural Skincare. It just becomes part of your life and it was good to make the time for the course.

I really enjoyed the videos. It's obviously a great part of the course and it was really well structured. I liked the fact that you can do it at your own pace and it was really well laid out, easy to follow. I love the online community; it's a private group with the students and the graduates, the tutors get involved.

Don't ever compromise on quality. The sum of the finished product is equal to more than its parts, I believe, when every single ingredient is the purest possible. My thoughts are that lovingly grown organic botanicals seem to have more life-force.

There's a lot of misinformation on the internet, much of it unsafe. If you're thinking about selling or giving products to other people to use, consider doing a course like this where you're dealing with facts. You owe it to yourself, and you owe it to the people who are going to use your products."

[www.indagarebeauty.com](http://www.indagarebeauty.com)





*Adrienn Major*

SAYAB SLOW  
COSMETICS

**Adrienn** was a passionate vegan, living and cooking by her vegan standards and striving for a colorful, plant-based lifestyle. She needed a structured course that would help her create natural-ingredient products to match her values. She excelled in her own business, Sayab Slow Cosmetics, after completing the **Diploma in Natural Skincare Formulation**.

"I really liked how it's structured, and I find that it's really practical and the information is really clear and understandable.

I was struggling a little bit with the business vision. So, it was really, really helpful how the course shows you how to set up a business and to bear in mind if you want to do it for sales, you should always remember the steps: Why am I doing it? Who am I doing it for? It was really, really helpful."

[www.sayabcosmetics.com](http://www.sayabcosmetics.com)



Combining your work with your passion and values is easy with the correct guidance and support. The **Diploma in Natural Skincare Formulation** helped **Tatiana Cherry**, a Canadian-based aromatherapist, do just that, as she united her work skills and her passion for natural skincare.

“I feel like completing the course gave me extra strength and extra opportunity to act.

Back in aromatherapy school we created in a certain particular way. I was really shocked by how it's actually supposed to be done from a cosmetic formulation angle.

I feel more independent in terms of the knowledge that I've received from the Diploma. And it's a very powerful thing for me and for my family. So, now I know this large amount of information, the proper education, and I have my ideas for the future, with the help of the School.

I joined an accredited school and completed my practice. Two years later, I can tell that it was the best decision of my life.”

[www.urbanmom.ca](http://www.urbanmom.ca)





“Since switching to organic skincare all the issues I used to experience have been resolved and my skin is much healthier, brighter and better than it was before. Creating my own organic skincare means I can offer people a natural and organic alternative to chemical-laden skincare products.

The **Diploma in Natural Skincare Formulation** enabled me to gain the knowledge and skills I needed to be able to formulate truly natural and healthy skincare products.

I was hoping to gain more knowledge so that I could formulate safe and effective skincare products for my family. However, the course exceeded my expectations and was more in-depth than I had realized. As a result, after completing the Diploma, I started my own business! I wanted to offer people like me a natural, alternative range of skincare.

Enrolling on the Diploma was a game-changer for me; I can now confidently write a skincare formula and accurately make my own nourishing, organic skincare products without having to go through the pain of trial and error, struggling to follow other people's formulas.

This course has paved a way to a new career for me. As the business grows and expands, I'm hoping to be able to work in natural skincare and haircare full-time as it's something I'm passionate about.”

<https://esangi.co>





*Kelly Sprinks* CO-FOUNDER OF  
HUSK & SEED

**Husk & Seed**, co-founded by **Kelly Spinks**, is a small, British, independently-owned, vegan, natural skincare range, with environmental responsibility and sustainability at its heart. Kelly knew that with her company's focused mission, she needed a course that could both provide the results she was searching for, as well as be in alignment with that sustainable, natural vision.

"Everything created by Husk & Seed never compromises the health of your skin or the environment. With a genuine love of quality skincare, we hand blend fresh formulations in micro-batches from some of the most brilliant botanicals that we've unearthed. We target modern-day worries including pollution, pigmentation, sun damage, toxins, aging and dehydration. We use recyclable glass jars and minimize the use of plastic and unnecessary packaging to keep parcel sizes and our environmental footprint small.

We chose the **Diploma in Natural Skincare Formulation** because it incorporates so many modules of learning, from creating formulas right through to launching your new business. Even since we've completed the course, we've referred back to it as a useful resource. The course really helped us to develop our knowledge and skills in making anhydrous skincare products, which is where our interest lies. We also discovered some wonderful new ingredients that we have incorporated into our current formulations."

<https://huskandseedskincare.co.uk>





The harmony between science and nature became apparent to **Yvette Racines** when she studied the **Diploma in Natural Skincare Formulation** to create her brand Vital Living Wellness.

“I had the vision that I wanted to create products that I can share with my yoga clients so that they could take care of themselves, not only through yoga, but just their daily lifestyle.

I was looking online for schools that taught formulation and specifically schools that emphasized natural and organic formulation. And I found the School of Natural Skincare.

You have this vision of creating your product line, you think to yourself, oh my gosh, I would never be able to do this. I have to hire a scientist or a dermatologist, or I have to be in a lab, and I have to have all of the space and all of these supplies in order to do that. And that simply was not the case. I literally did everything in my own kitchen!

I think a lot of people, they're afraid of the chemistry part of it or the 'sciencey' part of it. And during the Diploma in Natural Skincare Formulation I didn't feel intimidated because I felt like the instructions were so clear and everything was explained about how these particular ingredients work with others.

I loved how the chemistry, how the different ingredients went together and came together and worked together. How that was done in such an eloquent way that it was not intimidating.”

<https://vitallivingwellness.com>



Knowing your ingredients and where they come from is as important to us as it is to our students. **Rachel Carpenter** took things into her own hands and now produces organic herbs on her Wisconsin farm to create her sustainable natural bodycare brand!

“Organic products are not only better for the people that are using them – especially in skincare, as everything we put on our skin is processed through our body – but also for the environment. Formulating organic products is a revolutionary act that tends to the health of humans and the earth.

There are definitely right and wrong ways of formulating organic skincare. For example, It took me too long to learn that anything containing water needs a (natural) preservative, or it simply isn't safe.

I do recommend experimenting, but it's important to be sure you are getting the right info from reliable sources on formulation. This doesn't mean that formulating has to be difficult or hard to learn; on the contrary, it is simply about having proper guidance, which will make your journey much smoother than completely going it alone.”

<https://goodflowerfarm.com>



# FREQUENTLY ASKED QUESTIONS

## How long do I have access?

You have access to the course within the online classroom for 18 months, so plenty of time to study. You can download much of the course material to keep for longer than that, plus you have the option to renew your access for a small fee.

## Is the course accredited?

Our courses are accredited by the CPD certification service. You can read more about our accreditations here: [www.schoolofnaturalskincare.com/accreditations-and-memberships](http://www.schoolofnaturalskincare.com/accreditations-and-memberships).

## How long will it take me?

It typically takes students 70-150 hours to complete the Diploma in Natural Skincare Formulation. The amount of time it will take you will depend on how much practical formulating you choose to do, so you may wish to spend more or less time than this. Most students complete the course within six to 12 months. As it is a self-paced course, you can complete it at a speed that suits your schedule.

## Can I take it as a beginner?

You can certainly take the course as a beginner. In fact, it will ensure that you learn the correct way to design and create products right from the start, so it is a great way to begin your journey with making products!

## Which teaching formats are included in the course?

See **Studying with us**, on page 28, for full information.

## What equipment will I need?

To get started you can use some basic kitchen equipment that you use solely for the purpose of cosmetic making. Here is a list of the equipment that you should consider using:

- Protective clothing.
- A bain-marie or water bath for a source of heat.
- Two glass Pyrex bowls or glass beakers.
- Two thermometers.
- A stick blender (immersion blender).
- Digital scales.
- A graduated measuring cylinder/ small beakers/weighing boats/ pipettes.
- Whisk/spoons/spatulas.
- pH strips (or meter).
- An electric hand whisk.
- A heat-resistant mixing bowl.
- Sufficient packaging.

We have a blog article and video that you may find useful on the equipment you need to get started: [The equipment you need for making natural skincare products at home](#).

We go into much more detail about the equipment you need in the Diploma in Natural Skincare Formulation.

If you want a more professional lab set-up you can purchase professional pieces of equipment which we can advise you about when you join the course. This is not necessary, however, as in many cases kitchen equipment is more than adequate.

### **Where can I buy my ingredients?**

As part of the course you receive a comprehensive global supplier list featuring hundreds of cosmetic suppliers, many of which deliver internationally.

We also have a smaller supplier list on our website you might want to look at in the meantime: [www.schoolofnaturalskincare.com/recipes-info/recommended-suppliers](http://www.schoolofnaturalskincare.com/recipes-info/recommended-suppliers)

**I live in Australia/USA/India/ \_\_\_\_\_ (insert country here).**

### **Can I still take the course?**

Yes! The course is a fully online training program hosted inside an easy-to-use online classroom. It is designed to be taken at home from anywhere in the world. The products we make meet global quality and safety standards. We'll provide information on ingredient suppliers in many different countries and will guide you to the relevant cosmetic regulations in many countries around the world, too. We have students in over 130 countries so you'll be joining a thriving community of global students!

### **Why are your prices in USD (\$)?**

We are an international school with students worldwide. US dollars are the most widely recognized and accepted currency. You can check the exchange rate for your local currency using exchange rate sites such as [xe.com](http://xe.com). Either your bank or PayPal will exchange the enrollment fee into your local currency when you join.

### **Are there any assignments? Will I get a certificate at the end?**

At the end of the course there are several assignments for you to complete and submit to us to be marked. On successful completion, your end-of-course certificate will be issued and you will be the proud holder of our Diploma in Natural Skincare Formulation!

# OUR ACCREDITATIONS AND MEMBERSHIPS

Here at the School of Natural Skincare, we are committed to providing the highest quality educational resources as demonstrated through our accreditations and professional memberships.

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## CPD (CONTINUING PROFESSIONAL DEVELOPMENT) CERTIFICATION SERVICE

Our courses are accredited by the CPD (Continuing Professional Development) Certification Service. The CPD Certification Service is the leading independent CPD accreditation institution operating across industry sectors. They are a globally recognized institution and accredit courses by a number of prestigious organizations.

The CPD Certification Service assesses each course individually, evaluating the quality of training materials and learning activities against the highest standards. We are delighted to have passed the formal and impartial CPD accreditation process carried out by the team of experienced assessors at the CPD Certification Service.



## SOCIETY OF COSMETIC SCIENTISTS

Gail and Gareth are both members of the prestigious Society of Cosmetic Scientists and International Federation of Societies of Cosmetic Chemists. The Society of Cosmetic Scientists promotes education, research and collaboration to advance the science of cosmetics.





## EUROPEAN ASSOCIATION FOR DISTANCE LEARNING

We are a member of the European Association for Distance Learning (EADL). The EADL promotes quality and professional and ethical standards in distance learning. Membership is granted to organizations that meet the EADL Quality Standards and comply with its Code of Conduct. EADL membership is regarded as a seal of quality.



## ETHICAL COMPANY ACCREDITATION

The Ethical Company Organisation prides itself on setting the benchmark for corporate social responsibility, and awards Ethical Accreditation to successful candidate companies based on a number of key factors.

We are delighted to share that the School of Natural Skincare has achieved Ethical Accreditation every year since 2016.

As people and as a business, we are deeply conscious of the impact that humans can (and do) have on our environment. To that end, we're constantly looking for ways to become more ethical, sustainable, natural and organic, both in our personal and working lives.

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## FURTHER TRAINING

Our tutors and support staff engage in further professional development and training. To help us ensure our courses are inclusive of all skin tones, our team completed training on **Treating Skin of Color** run by Diya Ayodele, Founder of **Black Skin Directory**.

# OUR AWARDS



We won **Best Natural Beauty Educators 2020** in the 2020 Southern Enterprise awards.



We were a finalist for The CPD Awards 2023 – **CPD Online Course of The Year!**

The CPD Awards is an annual celebration of high-quality CPD (Continuing Professional Development) hosted by The CPD Register.

With 12 award categories specifically designed to recognize all forms of Continuing Professional Development, we are absolutely delighted to be recognized for excellence in the provision of online courses!



We won **Organic Skincare School of The Year (UK) 2023**

We were delighted to receive the 2023 International Elite 100 global award for Organic Skincare School of the Year – UK.



We won **Best Online Organic Skincare Formulations School** and **Online Natural Skincare Formulations School of the Year!**

We are absolutely thrilled to have received four awards in the Lux Life Health, Beauty and Wellness Awards: Best Online Natural Skincare School 2024, Natural Skincare School of the Year 2022, Online Natural Skincare Formulations School of the Year 2021, and Best Online Organic Skincare Formulations School 2020!



**Health & Beauty Entrepreneur of the Year** at the Great British Entrepreneur Awards 2019.

In October 2019 we were awarded **Health & Beauty Entrepreneur of the Year!**

This was awarded in recognition of being 'entrepreneurs who make a real difference when it comes to bettering our health, beauty and wellbeing.'





**Disclaimer:** This publication is provided to you “as is”: we have taken all reasonable care in sourcing and presenting accurate information for this publication, but do not warrant that content will be error-free. We make no representation as to its completeness, whether or not it is up-to-date, or that it will meet your requirements. No responsibility is accepted for any inaccuracies or mistakes in the information, or for any loss or damage that may result from its use.

“

*I've started a new life and have an opportunity to do something for and by myself. I'm so grateful I found the School of Natural Skincare. You have expanded my knowledge and helped me to be able to make excellent products for me and my family.*

*Thank you!*

”

**Simona Mohar Karakatič,**  
Slovenia



# ENROLL HERE

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