



SCHOOL of 
NATURAL SKINCARE
International

CERTIFICATE
IN MAKING

Natural Skincare

PRODUCTS

- SECOND EDITION -

INGREDIENTS LIST



Apricot kernel



Castor



Sweet almond



Rosehip



Hazelnut

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

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

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

CARRIER OILS

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

You can start with five oils of your choice.

BUTTERS/WAXES

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

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



Olive squalane



Jojoba



Sesame



Coconut



Avocado

EMULSIFIERS

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

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

THICKENERS/ STABILIZERS

- Xanthan gum
- Cetyl alcohol

Both are needed to create stable emulsions.

ANTIOXIDANTS/ EXTRACTS

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

You can start with Vitamin E.

PRESERVATIVES

Preservatives permitted in certified organic products:

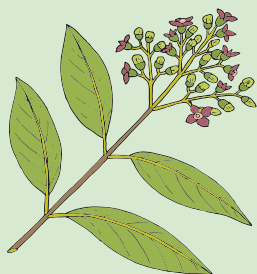
Preservative Eco (INCI: Benzyl Alcohol, Salicylic Acid, Glycerine, Sorbic Acid) from Aromantic (UK). Also sold under different trade names: Geogard™ ECT available from Voyageur Soap and Candle Company (USA) and Plantaserv M available from New Directions (Australia).

Geogard Ultra (INCI: Gluconolactone (and) Sodium Benzoate) from the Soap Kitchen (UK), sold as Microguard by The Herbarie (USA) – a powder that is dissolved in the water phase of a cream.

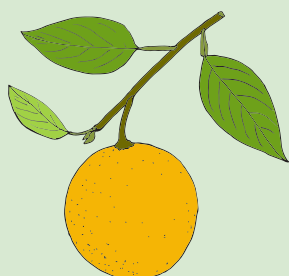
Geogard 221 (INCI: Benzyl Alcohol (and) Dehydroacetic Acid) from Plush Folly (UK), Making Cosmetics (USA) and Go Native (NZ).



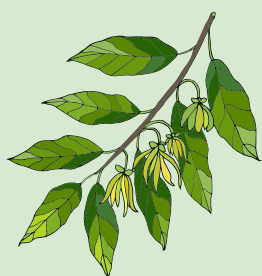
Benzoin



Sandalwood



Sweet orange



Ylang ylang

PRESERVATIVES (CONT.)

Other popular preservatives (paraben free) are:

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

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

ESSENTIAL OILS

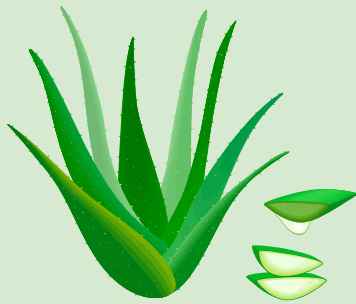
- Benzoin
- Bergamot
- Frankincense
- Geranium
- Grapefruit
- Lavender
- Lemongrass
- Myrrh
- Patchouli
- Peppermint
- Rosemary
- Sandalwood
- Sweet orange
- Ylang ylang

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

CLAYS

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

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



Aloe vera

EXFOLIATING AGENTS AND OTHER POWDERED INGREDIENTS

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

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

WATER/ HUMECTANTS/TONER INGREDIENTS

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

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





ABOUT THE SCHOOL *of* NATURAL SKINCARE

We are the world's premier natural skincare formulation school, helping you create high performance natural and organic beauty products, for yourself or to launch a successful business.

Led by Cosmetic Formulator, Gail Francombe and Aromatherapist, Gareth Despres, the school is dedicated to helping you ditch harmful chemicals and synthetically laden products and instead have the knowledge and confidence to make your own beautiful, effective natural skincare products.

The School's team of expert tutors include Cosmetic Chemists, Cosmetic Formulators, Aromatherapists, Safety Assessors, Beauty Business Professionals and Niche Beauty Brand owners all passionate about helping you create beautiful products and thriving businesses.

Through fun, multimedia online classes the School has trained thousands of students across every continent.

The School's fabulous recipes and enjoyable, creative classes have been featured by the BBC and glossy magazines like Green Parent, Spirit & Destiny and Country Homes and Interiors Magazine.

To find out more and enroll visit:

<https://www.schoolofnaturalskincare.com/certificate-in-making-natural-skincare-products/>



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