

SCHOOL of
NATURAL SKINCARE
International

DIPLOMA IN
Natural Haircare
FORMULATION

INGREDIENT STARTER LIST



WHEN IT COMES TO ORDERING INGREDIENTS AND MATERIALS FOR THIS COURSE, YOU HAVE TWO OPTIONS:

1) Complete the theory first

You can wait until you have completed the theoretical side of the course, looked through the formulation examples and guidelines and researched ingredients in detail. At that point you can select which ingredients and materials you would like to purchase in order to practice your formulations.

2) Order a small starter supply of ingredients

You can order a small starter supply of ingredients before commencing the course or early on in your studies. Then you have the basics to practice with and can order a greater variety or more specific ingredients further through your studies when you have discovered more ingredients and have decided the types of product you wish to formulate.

INGREDIENTS TO START WITH

If you would like some suggestions for ingredients to start with, we have compiled the following list. These ingredients will enable you to practice formulating and making a range of shampoos and conditioners. The course covers many more ingredients that you can experiment with at a later stage.

ACTIVE INGREDIENTS

If you are just starting out, you can skip more advanced active ingredients at first and buy the ones that can come handy in various of different products, such as:

- Aloe vera (juice or powder)
- Panthenol
- Vitamin E
- Hydrolyzed protein (wheat, corn, oat, silk)
- Glycerin

CATIONIC INGREDIENTS

You can start with just one cationic emulsifier, for example BTMS or Varisoft EQ65. If you wish, invest in other cationic ingredients as well, such as cetrimonium chloride, Honeyquat and cationic guar gum.

ESSENTIAL OILS

If you already have some essential oils you like on hand, you can just use those. Otherwise some suggestions that will be useful in haircare products are:

- Lavender essential oil
- Sweet orange essential oil
- Rosemary essential oil
- Thyme essential oil
- Tea tree essential oil
- Lemon essential oil

EMOLLIENTS

You can choose from any carrier oils you like, for example:

- Coconut oil
- Olive oil
- Cocoa butter
- Shea butter
- Jojoba oil
- Argan oil

Cetyl alcohol is another useful emollient.

PH ADJUSTERS

Citric acid and sodium hydroxide will suffice for any pH adjustment needs.

PRESERVATIVES

You can choose pretty much whatever you like here or whatever you can find close to you. We suggest you start with broad spectrum preservative blends like these - you only need one, no need to buy them all:

- Preservative Eco (INCI: Benzyl Alcohol, Salicylic Acid, Glycerin, Sorbic Acid)
- Geogard Ultra / Neodefend (INCI: Gluconolactone (and) Sodium Benzoate)
- Cosgard / Geogard 221 (INCI: Dehydroacetic acid, Benzyl alcohol).

PURIFIED WATER

Deionized or distilled water.

SURFACTANTS

You can start with three surfactants only - one anionic, one amphoteric and one non ionic. With them you can make most of the shampoo types. Ideas to choose from are:

- Anionic: sodium cocoyl isethionate; sodium coco sulfate; sodium lauryl sulfoacetate; disodium/sodium cocoyl glutamate
- Non-ionic: coco glucoside; decyl glucoside; lauryl glucoside
- Amphoteric: cocamidopropyl betaine; disodium cocoamphodiacetate.

THICKENERS

Start with easily accessible natural gum, such as xanthan gum, guar gum or sclerotium gum, for example.

EQUIPMENT TO START WITH

If you would like some suggestions for the equipment you'll need, we have a video and blog post that shows you the basic equipment you'll need to make cosmetics at home:

www.schoolofnaturalskincare.com/equipment-you-need-making-natural-skincare-products-home/

Your next steps



If you have enjoyed this book we would LOVE to show you how to make a greater variety of products and take your knowledge and skills to the next level!

Our accredited, online **Diploma in Natural Haircare Formulation** takes you step-by-step through everything you need to know to formulate your own custom, high-performance shampoos and creamy, perfect conditioners. Learn from experienced and professional formulators and be supported each step along the way.

In this course, you'll learn:

- How to make shampoo without harsh sulfates like SLS, and instead discover a wide variety of gentle, natural surfactants.
- How to make conditioners that leave the hair smooth, soft and silky, with a natural shine (and not weighed down or greasy).
- All about the characteristics and needs of different hair types, and how to customize your formulations to suit them.
- Real information about what the scalp needs to be healthy.
- The functions, properties and benefits of a wide range of natural and organic haircare ingredients, so you can select ingredients for your formulations with confidence.
- How to formulate effective and professional shampoos, conditioners and hair treatments that leave hair strong, healthy and shiny.

Read the full course curriculum and enroll here:

www.schoolofnaturalskincare.com/diploma-in-natural-haircare-formulation/

"Before taking the Diploma in Natural Haircare Formulation, I had no idea about formulations. I tried some recipes on the internet, but nothing can compare with the knowledge you get from this course. It is a wonderful way to attain the essential knowledge required to begin your journey as an organic haircare formulator.

A wealth of information about individual ingredients, formulation and legal requirements is provided. I found the course thoroughly enjoyable and worthwhile. The modules have a perfect structure. It's very well put together and I highly recommend it."

Camelia Cherry, UK

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