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Making Skin and Hair Care Products at Home



DRAFT EDITION

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INTRODUCTION

I used to buy the expensive creams from the department stores but when I first made and tried homemade cream, I was amazed how much better it was than the creams I used to buy. I have come to believe that just like with food, bath and body products are often far better and less expensive if you make them yourself. Quenchy Cream is a wonderful moisturizer made with natural, wholesome ingredients. I have been using it for years and so have many of my friends and family members. It is especially wonderful for aging skin, I think. If you try it, I think you'll find that you will never want to be without it.

One of the benefits of making your own body care products is that you control the ingredients. One great motivator for me was when I discovered a database provided by the Environmental Working Group (EWG) called Skin Deep. Here you can view the ingredients of many of the commercial products sold and the health risks associated with those ingredients. Once you look at the products you are buying, you may wish to start making some of your own products at home.

I recommend that you read "Myths on Cosmetic Safety" by EWG.

INTRODUCTION

According to Susan Barclay Nichols in FORMULATING LOTIONS, most creams or body butters have about 60% water, hand or body lotions have about 70% water, light lotions are about 80% water, and spray-able products or body milks have about 90% water. (Facial moisturizers fall into the 80% to 90% water range depending upon the skin type.)

So when you buy most lotions or creams you are buying mostly, very expensive water! This water helps the product to be more spreadable onto your skin.

However, when water is present, preservatives must be added to prevent microorganism growth. Quenchy Cream is made without water. That means that no preservatives are necessary and that a little goes a long way.

To use it, spread a very thin layer onto your skin. After waiting a short time for your skin to absorb all that it needs, gently wipe your skin with a clean cloth. If you would like, you can wet your skin with a bit of water first, then apply the cream. This will help the cream to be more spreadable over a large surface such as your arms or legs. This whipped moisturizing cream is made with butters, oils and waxes that are reputed to be non-comedogenic (that means they won't clog your pores).

- Chapter 1 How to Make Quenchy Cream •

Quenchy Cream Recipe

Ingredients:	Ounces :
Kosher or Organic Glycerin	6.00
Grapeseed Oil	4.00
Organic White Beeswax	2.25
Kokum Butter	2.00
Joboba Oil	2.00
Organic Sweet Almond Oil	2.00
Babassu Oil	1.80
Argan Oil	1.00
Evening Primrose Oil (see note*)	1.00
Vitamin E Oil (see note*)	1.00

1. Melt the oils and butters in a pan on the stove, stirring constantly. Remove the pan from the heat as soon as the wax is melted. (*Note: it is best to add the Evening Primrose and Vitamin E oils when the rest of the oils and butters have cooled to 115 degrees F or so in the mixer).
2. Cool and mix the cream in a mixer until it is thicker but still thin enough to pour into your jars (at about 120 deg. F).If you wait to add Vit. E and Evening Primrose at this point, mix them in well before pouring.
3. Pour the cream into your jars or containers.

• SETUP AND SUPPLIES •

You can use a
mechanical
whisk if you don't
have a mixer.----->



Mouse over the images to see links to where you can purchase the supplies and ingredients. This is provided for your convenience. I do not get any compensation for these links. I encourage you to do your own research to find the best sources of the ingredients and deals near you.

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