

AROMATHERAPY COURSE Part IV

Cosmetology

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Cosmetic Base Materials

Making cream requires an emulsifier, water and a consistency agent. We are again making available **aromacare** Monoglyceride Emulsifier for creams and lotions. While it takes a certain amount of time there are many benefits: a perfectly clean and skin related cream base to which then all the desired essential oils and other ingredients can be added. To make it easy we are offering all the necessary ingredients singly and also as a complete package, including the Part IV of the Aromatherapy Course, detailing with many practical recipes all aspects of a natural, non-toxic and wholistic skin care, as well as essential oil treatment regimens for many skin disorders.

NEW ITEM: aromacare stabilizer. A synergy of Cinnamic alcohol and Heliotropin, which together provide antimicrobial and stabilizing efficacy, while presenting none of the risks of commercial stabilizers (includes directions).

Order Form

aromacare Monoglyceride Emulsifier (will make 11 oz of cream)	1 oz	7.95
aromacare stabilizer	15 ml	7.25
CO ₂ Extract of Calendula in Sesame Oil	5 ml	5.25
Sesame Oil	4 oz	7.25
Shea Butter	4 oz	5.75
Cosmetology (108 pages, spiral bound) (Part IV of the Aromatherapy Course with ample recipes for creams lotions and other do-it-yourself cosmetics)		49.25
Everything to Start Immediately (all of the above, including the Part IV of the Aromatherapy Course)		69.95

**Please return the form to PIA. All products also available online
at www.pacificinstituteofaromatherapy.com**

Name: _____ Subtotal: _____

Company: _____ Tax (8% CA only): _____

Address: _____ Shipping: (\$ 7.00) _____

Total: _____

I enclose: Check Visa or Mastercard

Card Number: _____ Exp: ____/____

Signature: _____ Date: _____

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Homemade Creams and Lotions

Creams are made by pre-mixing all the materials forming the fat-phase, that is, the emulsifier, consistency agent (Cocoa or Shea butter) and vegetable oils. Next, the fat phase is emulsified with small amounts of water; just enough to make cream for about two weeks usage. Materials needed are two fire-proof beakers, thermometer, measuring cylinder, plastic spoon, scale, and cream jars.

Fat phase for day cream

Mono-glyceride Emulsifier	25 gr.
Vegetable oil of your choice	60 gr.
Cocoa or Shea butter	20 gr.

Combine the ingredients in a beaker and heat indirectly in a water bath at the lowest possible temperature. Stir frequently until fully blended (2 to 3 minutes) and let cool. Stir once more before fully solid and pour into your sterile container.



To make the finished cream

Take 10 gr. of fat phase, melt with gentle warming and pour into cream jar. In a separate beaker heat 30 ml. of distilled water to a boil to eliminate potential micro-organisms. When the water has cooled off to approximately 70°C, pour it over the fat phase in the cream jar, put on the lid, wrap with cloth (to avoid burning yourself with the hot jar) and shake vigor-

ously. Shake again as the emulsion becomes creamy and thick and repeat 2 to 3 times when the cream has reached room temperature. At this point optional ingredients such as aloe, essential oils, liposomes or carbon dioxide extracts may be slowly stirred in.



Recipes for gentle cosmetics

DAY CREAM FOR DRY SKIN

Fat phase:	
Mono-glyceride Emulsifier	25 gr.
Almond, Sunflower or Apricot kernel oil	60 gr.
Cocoa or Shea butter	20 gr.
Finished cream proportions:	
10 gr. fat phase to 30 gr. distilled water	
Optional ingredients:	
Lavender oil (or Tea Tree, Mandarin, Spikenard)	10 drops
CO ₂ extract of Calendula	1 tsp.

DAY CREAM FOR NORMAL SKIN

Fat phase:	
Mono-glyceride Emulsifier	25 gr.
Safflower oil	60 gr.
Cocoa or Shea butter	10 gr.

A fat phase with Safflower oil makes the finished cream supple and gives a matte look. To prepare the finished cream follow instructions above.



Base Materials for Creams and Lotions

Base materials

Creams and lotions are made of oil, water and an emulsifier which links both together. For natural creams only vegetable oils like Almond, Hazelnut, Safflower, Sunflower, Sesame, Apricot Kernel oil etc. should be used (never mineral oil). Many synthetic emulsifiers present grounds for considerable concern. Some of the contaminants found in cosmetics belong to the group of extremely carcinogenic N-Nitrosamines. The novel **aromacare** emulsifier is used in the food industry and is perfectly pure and safe.

The advantage of do it yourself cosmetics

The advantage in making creams for yourself lies in the fact that you have total control over every ingredient that will go into your product. There is no need to compromise with ingredients you do not like. Unnecessary, allergenic

aromacare raw materials: do it yourself alternative

The very best substances for skin are not found in industry products because their ingredients are chosen primarily to allow a minimum three year shelf life (usually with the help of aggressive preservatives). With **aromacare raw materials** you choose what is best for you and you have total control over every ingredient. Each **aromacare raw material**, chosen for its non-allergenic and non-irritant quality, is superior in purity and function. The products you formulate look and feel every bit like professional products, but your cost is low since you avoid packaging, advertising and distribution costs.

or otherwise detrimental industrial materials are easily avoided.

Repair factors

Elevate your homemade cosmetics to the highest level by adding the most desirable active ingredients:

- Your own essential oil compositions
- CO₂ Extract of Calendula
- Oakroot extract - fights free radicals, anti-allergic
- Rosa Rubiginosa - anti-aging
- Liposomes - instant moisture

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