

I did some experiments with lecithin and some of these went wrong. However, I am still searching and looking for ideal ratios, experimenting at home. As soon as I have results I will share them!

If you want to use lecithin in a cream, it must have the right consistence – and this post is about how to get it.

I believe you know that lecithin is found in egg yolks – that is why it is used for making mayonnaise – it acts as an emulsifier. Well, however, yolk in my face cream does not please me, so I refused this idea immediately.

Luckily, lecithin can be extracted from plants, for example soya beans. Such a lecithin can be found in drug stores or natural product stores. It is sold either as a liquid, or a cheaper and easier to find granules.

So I bought granules...

I would never think it can be such an issue to dissolve them... but it was! And here I give you the description of my three trials, the last one finally led to success...

How (not) to dissolve lecithin granules – part I – In water (and oil) by stirring

My first lecithin adventure was a **disaster**, because of – as usual – lack of information in the recipe I followed.

The statement was: dissolve granules in water, stirring will help. That was all.

So I put the granules in water and stirred well. Nothing. Granules don't dissolve.... after 10 minutes of stirring I took my cappuccino mixer I use for my creams. Nothing... granules were dissolving too slowly. After 10 minutes of mixing with cappuccino mixer, I had to replace batteries. The speed of dissolving was so slow I started to be really nervous. So I told myself that maybe the recipe was wrong and I should have dissolved them in oil. I added to my water the oil from the recipe and mixed.... mixed about 30 minutes, changing batteries twice.

Finally it seemed that everything dissolved, but the result was a very **liquid and sticky** kind of milk that was **not worth the effort** at all. That was the end of my friendship with lecithin... at least for a while.

How not to dissolve lecithin granules – part II – in oil

A week later I told myself that it was certainly my fault and I should have let granules sit in oil to dissolve on their own. Of course, it was logical, the liquid lecithin you buy has about 60% of oils. That must be it, there was a mistake in the recipe and lecithin should be dissolved in oil! I was not really keen on to stir it so I just left lecithin granules in oil for a while. After a week (OK, I forgot them) I went back to granules and... **They did not dissolve!** It took me several months to come back to lecithin....

How to dissolve lecithin granules – part III – in water, HEUREKA!

And then I found it... a recipe, similar to the first one... with one sentence that changed everything: **Let the granules soak in the water phase of your recipe for an hour.**

(By **water phase** I mean the **watery** part of your recipe, it can be water, it can be flower water, it can be herbal infusion...)

And that WORKED!

Here is what I got:

1) Put granules in the water phase of the recipe and let 1 hour to dissolve. (here 20g granules and 40g of distilled water).



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- evik:** Hi Nanitta! Crumbling on the edges means your soap was too cold on the edges – therefore it did not...
- evik:** Hi Tasha, Shauna – I posted results after two weeks and 15 months after curing, the links to the results...
- Amanda:** Great post, thanks! I am wondering what your thoughts are on essential oils and them being saponified in cold...

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2) After 1 hour the granules are dissolved



3) When you mix it after, it looks like this (without oils) – please, not, that you do not have to mix it prior to adding oils, if you are making a cream or a lotion.



Heureka, it worked... This will be my basic lecithin I am going to use in my experiments. I will try different ratios of oils, water and lecithin and will make a summary!

Here are my recipes made with beeswax and lecithin as the only emulsifiers :

- [Marigold hand protection cream](#)
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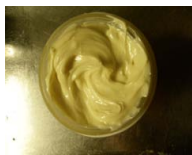
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#1 written by [Rosana Vaughan](#) 2 YEARS AGO

I lol-ed at the part you left it for 2 weeks coz you forgot about it 😊
Thank you! This info helps a lot. Now i can make my lotion without chemical emulsifier.



#2 written by [Toni](#) 2 YEARS AGO

Thank you for this post – much appreciated! Bought granules today and after working on them to dissolve thought they were off or something :). Right now they are “resting” in water thanks to another blessing of internet and sharing-caring bloggers. 😊 Thank you! x



#3 written by [admin](#) 2 YEARS AGO

Hi Rosana – sorry for me not responding sooner – zes, I was not that friend with lecithin, so it slipped out of my mind immediately 😊 Hope you were successful with your creams, let me know if you succeeded!

Hi Tony – happy to help you! Please, let me know if you make something interesting out of it (not sure what you wanted the granules for :))



#4 written by [Doris Hag](#) 2 YEARS AGO

THANK'S A LOT!!!! Your story sounds a bit like mine, especially the try to dilute it in oil, i boiled it and boiled it.... And i also boiled it in water, for quiet some time and in the end it looked like a baby cream but i did not dear to use it in my face cream. 😊

So now i know what to do the next time!!

One more question: Do the granules after the are soaked in the floral water dissolve completely in the melted oil-butter-wax mixture when they are stirred in or do i have to stir them before separately until they are a smooth paste?

Thank's again!!!!



#5 written by **admin** 2 YEARS AGO

Hi Doris!

Happy this helped 😊 I do not blend the granules with water, just give it a small stir with a spoon / my whisk / to be sure all the granules are soaked and than I mix with oils.



#6 written by **Patricia Hamp** 1 YEAR AGO

I have found your experiments so interesting and helpful. Have you tried sunflower lecithin in place of soy lecithin?



#7 written by **evik** 1 YEAR AGO

Hi Patricia, no, I did not try sunflower lecithin, I would say it works the same, but cannot confirm... If you try it, can you come back and share your experience? I would love to hear about that!



#8 written by **Edilene** 1 YEAR AGO

Carol's Daughter has a hair butter and here is the recipe: Water (Aqua), Glycine Soja (Soybean) Oil, Zea Mays (Corn) Oil, Beeswax, Butyrospermum Parkii (Shea Butter), Prunus Amygdalus Dulcis (Sweet Almond) Oil, Theobroma Cacao (Cocoa) Seed Butter, Simmondsia Chinensis (Jojoba) Seed Oil, Triticum Vulgare (Wheat) Germ Oil, Phenoxyethanol, Xanthan Gum, Potassium Sorbate, Ascorbic Acid (Vitamin C), (Rosemary) Oil, Cymbopogon Flexuosus (Lemongrass) Oil, Citrus Aurantium Dulcis (Orange) Oil, Lavandula Augustifolia (Lavender) Oil. Am I over-looking something because I don't see an emulsifier but I do see beeswax and this is her top seller. How does this work?



#9 written by **Wendybird** 4 MONTHS AGO

Beeswax alone is an excellent emulsifier, though it does require melting, it's been used for that purpose in salves and ointments for thousands of years, and that is how it works. 😊 She probably blends it with the oils once melted for a more creamy appearance, otherwise the result would probably look like a balm.



#10 written by **evik** 4 MONTHS AGO

Hi Wendy, Edilene,

beeswax alone has partial emulsifying properties, but only creates so called cold creams – water in oil emulsions. Usually it is combined with some other emulsifiers or emulsion-stabilizing ingredients, such as xanthan gum, as is the case of the formula Edilene shared.



#11 written by **Rebecca** 1 YEAR AGO

Thanks very interesting!!!! I am going to start experimenting with organic sunflower lecithin and Caranuba wax as emulsifiers... wondering if you have tried either of those?



#12 written by **Nicole** 1 YEAR AGO

Thanks for the information on how to dissolve the granules! I was wondering if you ever found a good ratio?



#13 written by **evik** 1 YEAR AGO

Hi Nicole,
I kind of finished in the middle of testing, got discouraged by too many bad results, but think of restoring, just now am out of granules 😊



#14 written by **Aaron** 1 YEAR AGO

I will also say EUREKA for your findings of how to dissolve lecithin granules!
I am a Private Chef for candy making. When I worked for a candy company they ordered the 'liquid' lecithin because it was used more than what I use now (and they could afford the minimum order amount of 50 pounds). I ordered some lecithin last week and the company sent granules instead of the liquid.
In talking with my nephew who makes caramels at home he told me how he tried to dissolve lecithin in water just mixing it by hand just before he added it to the cooking caramel "syrup". I am glad I googled 'how to dissolve lecithin granules' because your site came up!! Bless you over and over. My next batch of caramel will be made and eaten in your honour.
I saw the letter about sunflower lecithin and that was news to me. I knew there was a different type of lecithin but didn't know about sunflower.
I have subscribed to your newsletter because of your info; I am certain I will be using your expertise again.
Thanks again!!



#15 written by **Stu** 1 YEAR AGO

I have just tried mixing liquid sunflower lecithin with a 2 to 1 sugar water mix (sugar was dissolved) but the lecithin just globed. Any ideas welcomed!!



#16 written by **evik** 1 YEAR AGO

Hi Stu, this is because there is an important difference between liquid lecithin, which is usually soluble in oils, not water (unlike the granules). I am not sure what you tried to do there, but you might need to have less water and more lecithin+oils, as well as heat them up to make an emulsion.



#17 written by **kmars** 11 MONTHS AGO

Will the water make it turn moldy after a while?



#18 written by **evik** 11 MONTHS AGO

Hi Kmars, yes, indeed, you need to add preservative if you want to use it for a cream, or

keep it in the fridge and eat it soon if you use it for eating.



#19 written by **msavi** 10 MONTHS AGO

I would like to know where you are getting your information about borax? It is not carcinogenic. Boric acid, perhaps, but they are chemically two different elements. Here is a link that I found very helpful when I was trying to solve the problem of how to emulsify lotions without resorting to NF wax:

<http://www.crunchybetty.com/getting-to-the-bottom-of-borax-is-it-safe-or-not>

Also, beeswax and lecithin are great additions to lotion, but they won't *truly* emulsify on their own. You can get them to emulsify with the help of some trusty kitchen appliances, but that is called "mechanical emulsification." True emulsification is a chemical process.



#20 written by **myreen** 8 MONTHS AGO

i used my nutrablast after combining soaked lecithin granules with oil mixture and it created a fantastic creamy lotion. my first try at making my own healthy and organic skin cream worked thanks to your post about the lecithin. i used beeswax but mixture was just like an oil, not creamy at all, then soaked 4 scoops lecithin added to oil combo and blended in the nutrablast and voila! perfect! thank you.



#21 written by **Monaya** 6 MONTHS AGO

Hi there!

I read all the posts and replies on here... and this is what I'm thinking: why go through all this trouble to make some skin cream? I just eat only healthy things, no dead animals, just fruit and veggies, and mostly raw, and if I want something on my skin, I just rub the fresh stuff on it, then rinse when done, like avocados, or coconut oil, just to name some.

My motto is this: if I do not want to put it in my mouth and eat it, I do not want it on my skin, either, because the skin will eat it just the same! Actually, one has to be even more careful when feeding it through the skin, because there is no digestion involved.

Bottom line: whatever I feed my body is 100% fresh, no preservatives needed, and I know I'll get the right proportions on everything... no need to worry!

You guys should think about that and try it out for yourselves!

Namaste!



#22 written by **evik** 6 MONTHS AGO

Hi Monaya, well, I believe that this is because generally people find it easier to make a cream once a month than completely change their way of living and eating.

Also, you don't carry fresh avocado everywhere you go, nor you can find it everywhere you go. Making cream gives you opportunity to combine different things together, so you have an all-in-one, easy to apply product.

And also – because it is fun!:) You know, like... cooking, crafting, arts, ... the satisfaction of discovering things and making them work or look the way you wish.



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