Notes

Lotions will be approximately 1.25 larger than the weight in grams. For example: 100g will be about 125mL.

# Ingredient Ratios for Lotion Making Cheat Sheet by emmajane via cheatography.com/515/cs/224/

Ingredient Notes

Humectants draw in water. e.g. glycerine, honey, lanolin.

Wax = local beeswax.

Balm

Emulsifier = Emulsifying Wax NF.

Preservatives are highly recommended.

=	toxic!

### Water-based Creams

Formulations in this column contain water.

Cheatography

Facial Lotion	
Ratio	Ingredient
80%	Water
4%	Humectant
10%	Liquid Oil
0	Solid Oil (butter)
0	Wax
2%	Thickener
4%	Emulsifier

Hand Cream		
Ratio	Ingredient	
70%	Water	
2%	Humectant	
15%	Liquid Oil	
5%	Solid Oil (butter)	
0	Wax	
2%	Thickener	
6%	Emulsifier	

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By **emmajane** cheatography.com/emmajane/

Body Butter	
Ratio	Ingredient
60%	Water
3%	Humectant
12%	Liquid Oil
15%	Solid Oil (butter)
0	Wax
3%	Thickener
7%	Emulsifier

Barrier Cream	
Ratio	Ingredient
60%	Water
3%	Humectant
15%	Liquid Oil
5%	Solid Oil (butter)
5%	Wax
3%	Thickener
7%	Emulsifier

Anhydrous Products	
Formulations without water ( anhydrous ).	

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Ratio	Ingredient	
0	Water	
0	Humectant	
80%	Liquid Oil	
0	Solid Oil (butter)	
20%	Wax	
0	Thickener	
0	Emulsifier	
Whipped Butter		

Whipped Butter	
Ratio	Ingredient
0	Water
0	Humectant
20%	Liquid Oil
80%	Solid Oil (butter)
0	Wax
0	Thickener
0	Emulsifier

Use a hand beater for a "fluffy" texture.

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## Ingredient Ratios for Lotion Making Cheat Sheet

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Solid "Lotion" Bar	
Ratio	Ingredient
0	Water
0	Humectant
40%	Liquid Oil
35%	Solid Oil (butter)
25%	Wax
0	Thickener
0	Emulsifier
Use a paper-lined muffin tray as a mold	

Weight

After adding each ingredient, add a tick mark

### **Ingredient Notes**

Humectants draw in water. e.g. glycerine, honey, lanolin.

You can mix within an ingredient category. e.g. 12% oil = 6% olive oil + 6% rice bran oil.

To change the consistency, alter the ratio of hard & liquid oils. e.g. body butter vs. barrier cream.

Wax = local beeswax.

Emulsifier = Emulsifying Wax NF.

Preservatives are highly recommended.

beside its name and note how much you actually used. 1oz = 28g (ish).



Weigh water and humectant in a heat-proof container.

Weight oil, butter, wax, emulsifier, thickener in a heat-proof container.

Set both containers into bath of hot water.

Heat to 70C. Hold at temp for 20 minutes.

Pour water into oil. Ensure container mouth is big enough for stick blender.

Blend with a hand blender or beater for at least 3 minutes.

Let cool to 40C.

Add essential oils and preservative.

Blend additional 3 minutes.

Pour completed lotion/salve into containers.

#### **Helpful Hints**

Print out this cheat sheet and circle the type of product you are making.

To make 200g of a product, multiply the % ratio by 2 for each ingredient. e.g.  $10\% \times 2 = 20g$ .

Lotions will be approximately 1.25 larger than the weight in grams. For example: 100g will be about 125mL.



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