® http://curious-soapmaker.com

Email: evik@curious-soapmaker.com

January, 02, 2013

Cream making

with

Olivem 1000

Cream making basics (about emulsions, sanitizing, preserving)

Introducing Olivem 1000

Recipes with detailed instructions & photos included!

Table of Contents

I. Introduction

I am not an Olivem 1000 distributor – as you can see, I do not sell any ingredients on my website/blog - nor is this a sponsored advertisement.

I just happen to use Olivem 1000 quite often in my formulations and was asked by multiple friends to give them some guidelines on how to use it. Instead of writing it over and over again, I decided to put it on the paper and when this nice document was born, it was natural to share it with everyone interested.

I hope you will find it useful, and will love to hear your feedback – just leave me a comment in my blog or send me an email!

This document took some effort to write, so feel free to share it as is, or any part of it, under the condition you recognize my authorship and cite my blog, thanks!

Disclaimer: I am not a licensed cosmetologist, physician, pharmacist or chemist. All the recipes and information contained in this document should be interpreted carefully and used on your own risk and with regard to all your medical conditions you may have. I am not responsible for any action that can be taken based on the material and information in this document or for any possible consequences.

II. Cream making basics

If you have never made a cream (emulsion), please, read this section thoroughly.

In the following subsections, I try to explain all the important basics for cream making. I do not go to details on the characteristics of oils, different water flowers, powders, actives, as this information can be found pretty much elsewhere and would be out of scope.

II.1. What is cream (about emulsions and emulsifiers)

Cream is an **emulsion** – homogenous mix between water and oils.

There are many types of emulsions, but the two we find in creams are **water in oil (w/o)** and **oil in water (o/w)** (Figure 1).

W/O emulsions contain usually 10-35% of the oil phase and are the most common – e.g. day creams, body milks, etc. They are less greasy.

O/W emulsions contain 45-80% of the oil phase and have more greasy feeling. Here belong mainly cold creams, night creams, ointments.

It might seem that it is the proportion of water to oils that makes the difference, but in reality it is more complicated and it depends on the type of emulsifier.

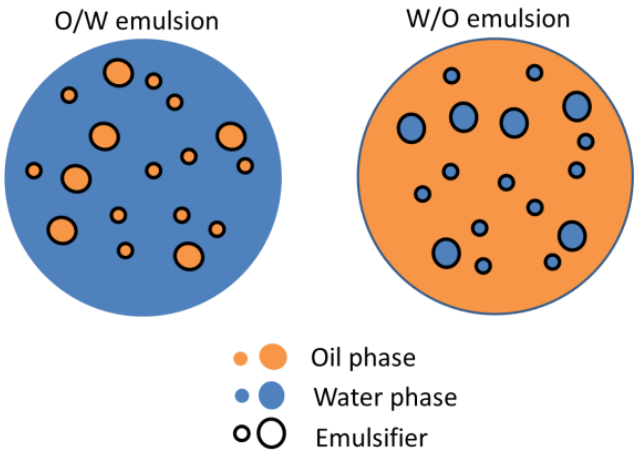

Figure 1. Schematic representation of the oil in water (O/W) and water in oil (W/O) emulsion

EMULSIFIERS

Water and oils do not really like each other – worse – they are repulsed - and therefore do not mix well (try to pour oil in some water and stir).

An effort is needed to make them stick together and make the emulsion: **mechanical** and **chemical.**

The mechanical one is the stirring – by hand, or better using blender. **The stronger the mixing, the finer the droplets will be created and the more stable the emulsion will be.**

However, simple mechanical mixing does not make the emulsion **stable** in long term and under different temperatures.

That is why a third guy needs to come to the party (I call him the *icebreaker*). The icebreaker is a chemical molecule that has lipophilic and hydrophilic tail.

This means it likes both oils and water and can connect them into a homogenous and stable emulsion (Figure 2)

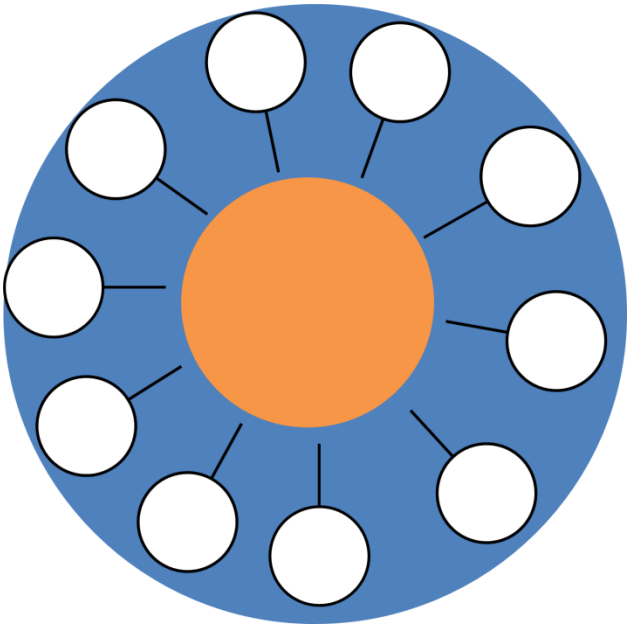

Figure 2. Schematic representation of the function of emulsifier in the oil in water emulsion. Emulsifier with hydrophilic (circle) and lipophilic (line) tails connects to water (blue) and oils (orange), creating small oil droplets.

The third guy is called emulsifier. There are many types of emulsifiers, you might have heard about the emulsifying wax, for example. The type of emulsion that an emulsifier creates can be estimated based on its **HLB** (hydrophilic-lipophilic balance) **value**.

Emulsifiers with **low HLB** value create **W/O** emulsions and emulsifiers with **high HLB** create **O/W** solutions.

More on HLB:

- Wiki definition
- The HLB system – a time saving guide to emulsifier selection - book

Beeswax + borax combination is used often used in US as a ***natural w/o emulsifier***.

I do not use borax, as here in Europe it cannot be easily found. Even if I found it, I am not sure if I would use it as it was found to have a genotoxic effect and is potentially harmful for reproductive organs. However, the evidence is rather controversial, many studies were provided on animals, lots are negative, some other positive.

Lecithin is also an emulsifier. It does create nice emulsions, however mainly the w/o, greasy type of emulsion, that is **liquid.** Beeswax has to be added in order to obtain a thicker cream. **Too much of lecithin gives the emulsion the characteristic lecithin odor and stickiness.**

Beeswax on its own is not a real emulsifier. As to my experience, it works for emulsions with more than 50% of the oil phase, however, its action is rather mechanical – by thickening it helps to stabilize the emulsion that is created by strong mixing

Beeswax and lecithin are good natural emulsifiers for w/o emulsions.

The only easy-to-find/make and biodegradable emulsifier for o/w emulsions is **soap.** Yes, **soap acts also as an emulsifier** – this is how it cleans – it binds to the dirt (grease) by one tail of its molecule and the other one to the water – dirt is washed away. However, soap based creams are often **too basic** (have high Ph, because soap cannot exist at Ph lower than 8, that is its nature, in lower Ph it decomposes) and can be **irritating** for skin.

Therefore, in order to create lighter, less greasy or non-greasy O/W emulsions, we need to use more elaborated emulsifiers, or also called **emulsifying waxes.**

There are hundreds of commercial emulsifiers.

For example TWEEN and SPAN[1]: **SPAN** emulsifiers have low emulsifying HLB value, which means they create W/O emulsions and **TWEEN** emulsifiers have high emulsifying HLB value, creating rather O/W solutions. TWEEN are emulsifiers composed of **ethoxylated compounds** and although these are considered safe for use in cosmetics (according to a review from 2005[2]), this is only under the condition the impurities and byproducts such as **ethylene oxide** and **1,4 dioxane** are removed. These two chemicals are considered **carcinogenic**[3].

The problem is that according to a report of the Environmental Working Group[4,5]: *"Although companies can easily remove it from ingredients during manufacture, tests documenting its common presence in products show that they often don't…."*

Some more reading about the ethoxylated compounds:

- http://chemicaloftheday.squarespace.com/most-controversial/2011/1/22/ethoxylated-compounds.html

The most common emulsifying waxes for homemade cosmetics contain ethoxylated emulsifiers (e.g. Polawax, Emulsifying wax NF contain PEG20 (PEG60…), where PEG stands for ethoxylated polyethylene glycol).

However, there has been a substantial effort in trying to find the non-ethoxoylated alternatives and now there are many emulsifiers that are just simple esters of fatty acids (present in oils) and sugars or glycerin. Such an emulsifier is Olivem 1000.

[1] http://chemagent.ru/prodavtsy/download/849/968/19
[2] Claudia Fruijtier-Pölloth (2005) Safety assessment on polyethylene glycols (PEGs) and their derivatives as used in cosmetic products. Review. *Toxicology*. 214 (1–2), p.1–38
[3] Julie A Stickney, Shawn L Sager, Jacquelyn R Clarkson, Lee Ann Smith, Betty J Locey, Michael J Bock, Rolf Hartung, Steven F Olp. (2003) *An updated evaluation of the carcinogenic potential of 1,4-dioxane*. Regulatory Toxicology and Pharmacology 38(2), p.183–195
[4] *EWG warns of 1,4-dioxane in cosmetics*. (2007) Focus on Surfactants 4, p. 4
[5] http://www.ewg.org/release/ewg-research-shows-22-percent-all-cosmetics-may-be-contaminated-cancer-causing-impurity

II.2. Making a cream/emulsion

To make a cream, we have to make an emulsion. Here are the three basic steps.

1) **Heating the water and oil phase in separate containers until 50°C or 70°C**

   Different authors give different recommendations, I think higher temperature is better, because it might help to kill some bacterias and because some of the emulsifiers and waxes have higher melting point.

   This happens usually in water bath as you wish to avoid overheating, for two main reasons:

   a. You will quickly evaporate part of your water phase and in case you use floral waters, you could actually degrade/deactivate the goodies they contain
   b. Some oils – good examples are shea butter and cocoa butter – become after overheating grainy – not something you wish to experience in your final formulation

   Reason for this step: It was found that emulsion is easier to make when both phases are at the same temperature and that somewhere between 50°C-70°C lies **the renvers point** that is crucial for the formation of an emulsion. Below this temperature emulsion will not happen, unless special – cold emulsifiers are used.

   Tip: Cover your water phase while heating otherwise it will evaporate (even at 70°C some water starts to evaporate)

2) **When both phases reach the desired temperature, take both containers off the heat and pour slowly the oil phase into the water phase**, while continuously stirring/blending.

   I did not find any reasoning why oil phase in the water phase, and in my experience, pouring water in oil works as well....

   I know that for example Susan Barclay Nichols insists on using the heat&hold method, which means heating both phases and holding for 20 minutes at the desired temperature and only after mix the phases together. While it might help to kill some more bacteria that might be present, I did not find this method

necessary in order to make the emulsion more stable over time or increasing the product shelf life. However, I did not make any elaborate experiments on the subject (I might make), nor do I sell my products, so I cannot really make definite claims about it and I mention this method as a potentially interesting concept for everyone.

Reason for this step: Why to heat both phases separately? That is a very good question. I did not really find answer to this, but I think that it is because some emulsifiers need time to work and pouring one phase into another slowly makes it easier for them. With some emulsifiers heating both phases together might work pretty well – I have this experience with Olivem 1000. However, you might need the blender.

Tip: If you are pouring oils to water, make sure your water container is large enough to contain both phases.

3) When emulsion takes place (somewhere in between 50°-70°C), **continue stirring until the temperature drops below 50°C.** At this point you may **add all other, heat sensitive ingredients** – such as preservative, fragrance, actives (hyaluronic acid, panthenol, coenzyme Q10…).

Mix well and then pour in containers.

Reason for this step: Stirring until the emulsion cools down ensures the emulsion stability – in some cases if you cease stirring too soon, emulsion will separate upon cooling.

Tip: Place your mixing bowl in cold water to speed the cooling.

II.3. Cream ingredients

While an emulsion that is the main part of a cream constitutes of oil phase, water phase and emulsifier, additional ingredients are added, mainly:

- **Fragrances/essential oils**
- **Colorants**
- **Preservatives**
- **Actives** – in principle everything else that was added in order to have a desirable effect on

the skin, usually in small quantities – panthenol, hyaluronic acid, vitamins, hydrolyzed proteins, …

Majority of these additional ingredients are heat sensitive – which means can be either evaporated or their function changed – therefore are added in the cool down phase.

Emulsifiers are often added to the oil phase when heating, as they are often more oil than water soluble.

Your cream will carry all the effects of the ingredients used. Instead of pure water you can use **floral/herbal waters** or infusions as your water phase. You **can infuse your oils** with herbs (e.g. maringold) or vegetables (carrot).

Adding **fatty alcohols** (cetearyl, cetyl alcohol) will add the product a good slip and glide. These should be dissolved in the oil phase.

If you plan to add **powders** (e.g. zinc oxide in the natural deodorant that really – but really - works!), do not forget that they will absorb some of the water phase and **thicken** the cream. Adjust the cream consistency accordingly – by adding more water and making more liquid emulsion.

Tip: Pay attention on the **compatibility of ingredients** and possible negative effects that should be compensated for.

For example grapefruit seed extract and xanthan gum are not compatible – create bizarre white strains in the final product, like on the picture of strawberry peeling I have made below:

Other ingredients (including some emulsifiers) make the final product too basic (high Ph) and therefore a bit of citric acid should be added in order to lower the Ph.

Or, some preservatives are active under different Ph conditions – again, they have to be chosen with regard to other ingredients.

II.4. What affects cream characteristics

Cream effect on skin definitely depends on its ingredients – see section II.3.

The **cream feeling** depends on the:

- **Proportion of oil vs. water phase and type of emulsion** (more oils and W/O emulsion usually results in more greasy feeling)
- **Type of oils used** (e.g. lighter oils give less greasy creams)
- **Type and proportion of emulsifier** – each emulsifier has different properties, some of them can make cream more protective and waxy, other give more penetrating emulsions. Amount of the emulsifier can important play role.
- **Other additives** – e. g. adding isopropyl myristate in the oil phase diminishes the greasiness of each cream

Cream consistency depends on the:

- **Type and proportion of emulsifier** – some emulsifiers, like lecithin give mainly liquid emulsions, others, like Olivem 1000 mainly thicker creams.
- **Oil type** – butters will give thicker creams than liquid oils
- **Other additives** – adding beeswax or other waxes can thicken the cream
- **Oil vs. water phase proportion** – this is dependent on the type of emulsifier, too - with some emulsifiers more water means lighter and more liquid emulsion, in others this does not matter much (e.g. lecithin or Olivem 1000)

II.5. Good practices or how to extend the product shelf life (about sanitizing, preserving and rancidity)

There are basically three things that can happen to your cream over time:

- the **water and oils will separate** – choosing a good emulsifier for your formulation can postpone this for years

- it will **grow bacteria/mold**
- it will **go rancid**

PREVENTING BACTERIA/MOLD

Bacteria and mold are everywhere and the last thing you wish is them using your natural, handmade cream full of goodies as a food supporting their growth and expansion.

Both need water to grow; therefore this kind of contamination will occur in **every formulation that contains a water phase –** in other words in any emulsion and therefore cream.

There are two main ways how to keep them out for as long as possible:

- **Do not let them in:**
  a) by **sanitizing** all your working area, tools and containers that you use while making cream (see below)
  b) by minimizing the **contact between fingers and the formulation**
- **Make them not liking it**:
  c) add **preservatives**

a) Sanitizing your working area, tools and containers

It is boring, mainly when you have this super idea and you really want to start… but necessary - unless you want your super formulation to get green from mold or change its scent and color because of bacterial growth (not always traceable by these changes).

Choose one of the **three methods:**

- **Boil the tools for 15 minutes in a distilled or soft water** (if hard, calcium will deposit on your tools):
  - No need to buy chlorine or alcohol
  - Not suitable for plastics that are not heat proof

- **Use chlorine pastilles** – just dissolve a chlorine pastille in water according to instructions and soak in all your tools for 5 minutes
  - Effective

- Need to dry – use paper towels

- **Rub everything with 70% alcohol**
  - Fast and easy
  - Difficult to reach all small places – soaking is better

b) Minimize the contact between fingers and cream

- Use clean spatulas instead of fingers to take the cream
- Where possible, choose a container with a pump instead of wide opening cream container

c) Add preservatives

There are many options on the market, some considered more natural than others. For example Optiphen, Cosgard, Germall, Naticide.

Different preservatives have different spectra of activity against different bacteria and mold.

Grapefruit seed extract was longtime considered a good natural preservative, but it seems its function was due to additional preservations added [REF]. I have been using it quite successfully and I do not mind that it might contain other preservatives that do the job – mainly when I am out of stock of other preservatives.

It seems that good preservatives are not natural and natural preservatives are not good [REF]. In any case:

d) **Always check** your preservative **compatibility** with other components in your formulation and follow the **recommended percentage** of use
e) If you sanitized well your tools and avoid direct finger contact when using it, it can survive without preservatives if kept in refrigerator for a **month** (own experience)
f) While for yourself you can still try no-preservative formulations, if you **sell or give away** your products, do **ALWAYS** add a preservative. You have no control how your friends/customers will stock and use your product.

PREVENTING RANCIDITY

Rancidity means decomposition of fatty acids into shorter molecules by oxidation. The short molecules have often distinctive and unpleasant odor and so does the rancid oil. Changes in color – mainly darkening – occur simultaneously.

Rancidity is a potential problem of every **formulation containing oil phase.** This includes creams.

The oxidation shelf life of a formulation is the same as of the oil with the shortest shelf life in it, unless you added an anti-oxidant.

Unsaturated fatty acids contain one or more **double bonds** between carbon atoms (Figure 3). Double bonds are easy to break by oxidation and therefore unsaturated fatty acids **are faster to go rancid** than **saturated** (no double bonds) acids.

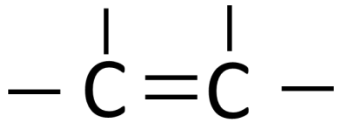

Figure 3. Double bond between two carbon atoms in fatty acids

In direct consequence **oils containing mainly unsaturated fatty** acids (these are also liquid at room temperature) have **shorter shelf life** than oils **containing mainly saturated fatty acids** (solid at room temperatures).

In order to increase the shelf life of the formulation against rancidity follows these three steps:

a) Use only **non-rancid** and **fresh oils**
b) Add **antioxidants**. A typical example is **Vitamine E (which is a mix of tocopherols).**
c) Keep your product **in dark containers and in a cool place** – warm and light accelerate oxidation (this step is optional as usually the product is used up before this happen)

III. Olivem 1000

INCI: Sorbitan olivate & Glyceryl stearate

Olivem 1000 is an emulsifying wax approved for use in natural cosmetics formulations, EcoCert France certified and considered more *natural* alternative emulsifying waxes containing ethoxylated compounds.

It is a **self-emulsifying wax**, what means it can be used on its own, without the help of other emulsifiers that would stabilize the emulsion.

It is a mix of two components:

- **sorbitan olivate** – an ester of sorbitol (a sugar) and olive oil fatty acids
- **cetearyl olivate** – an ester of olive oil and cetearyl alcohol

Although its production is industrial, it is considered an acceptable for natural cosmetics, mainly.

Its' **HLB** is **9**, although it is claimed that it does not act on the basis of HLB, but on the basis of forming crystals.

It is delivered in form of **white pellets** and has **no distinctive odor**.

Usage: As to my experience, Olivem 1000 is good mainly for creating **less-liquid creams/emulsions.**

According to the excellent data sheet from aroma-zone.fr (please, use google translate from French to English, it is really worthy) the recommended usage rate is between **3-8%,** where **3% gives light** (but still not pourable) cream and **8% gives thick**, more protective type of cream.

Of course the resulting cream is dependent on the percentage of the oil phase in the solution and type of oil used and the emulsion stability depends on Olivem 1000 and oil phase proportion in the formulation (e.g. if we have 30% of oil phase, 3% of Olivem 1000 in the formulation won't create an emulsion)

As to my experience, **working with Olivem 1000 can be tricky** – while it is without problems if a blender is used, manual stirring can result in phase separation if not stirred until the emulsion cools below 28°C. I experienced this problem mainly after adding **cetyl alcohol.** I think this is due to Olivem 1000 containing another fatty alcohol (cetearyl alcohol).

Some people find it little waxy, but this depends on the amount (more makes cream waxier).

IV. My favorite Olivem 1000 recipes

When making the recipes, feel free to change the types of oils and water phase (distilled water / mineral water / flower waters…).

However, some of the oils have important function (for example rosehip oil in pregnant belly cream), so keep in mind that creams might change their effects and consistency substantially (e.g. if adding)

If you do not have some of the active ingredients from the cool down phase, just leave them out of the recipe.

All the recipes are in **% percentages.** The easiest way to converting into grams or ounces is just to substitute g or oz for the % sign, so 10% becomes 10g or 10oz.

Of course, in ounces the recipes might become too large, so feel free to divide the amount accordingly (e.g. if a recipe counts for 100 oz, divide all quantities by 10 to get 10 oz recipe)

Simple cream with vanilla and orchid

I was asked by a friend to make a simple cream with Olivem 1000 so that she knows, **what does it feels like**.

And so I did it, trying to use only basic ingredients that would not change in a substantial way the cream feeling and show at maximum its. I had a vanilla infusion in sunflower oil and another friend brought me from Thailand orchidea essential oil, so I used these.

Recipe for ~100g of cream

Oil phase (37%)		Water phase (60%)		Cool down phase (3%)	
20%	Vanilla infusion in oil (in my case it was grapeseed oil)	**60%**	Mineral or distilled water	**1.5%**	GSE – grapefruit seed extract (or other preservative)
10%	Macadamia oil			**1%**	Vitamine E
7%	Olivem 1000			**0.5%**	Orchid EO

Tip: You can use any combination of oils, as soon as they are at 30% of the recipe formulation.

Instructions

1) Sterilize your equipment, as instructed in the section II.5.
2) In water bath heat the **water phase** to 70°C (158°F).
3) At the same time, heat your **oil phase** until Olivem 1000 melts and the phase reaches 70°C (158°F).
4) When both phases reach 70°C (158°F), take off the heat and **add slowly the oil phase** into the **water phase** while continuously stirring.
   IMPORTANT! 70°C is the temperature that ensures good emulsification. Lower temperatures can cause separation of the two phases, higher temperatures would unnecessarily prolong the stirring time.

5) When emulsion occurs, place the bowl in cold water to accelerate cooling, while still stirring.
6) When the temperature reaches 50°C (122°F), add the vitamine E, preservative and orchid EO. Higher temperature could inactivate one of the actives or the preservative.

Protective anti-wrinkle cream with hyaluronic acid and coenzyme Q10

In this recipe, I tried to make selection of oils that are **repairing** (**avocado** oil, which is full of **phytosterols**) and contain loads of anti-oxidants to protect our skin (carrot tissue oil contains **β-carotens**).
However, because avocado oil is quite greasy, I added **fractionated coconut oil** that is very light, and absorbs well.
The anti-wrinkle actives are **hyaluronic acid** and **coenzyme Q10**.

To notice – hyaluronic acid creates a gel when mixed with water, and the final cream is somewhat glidy and takes longer be absorbed by skin.

Recipe

Oil phase (29%)		**Water phase (68.2%)**		**Cool down phase (2.8%)**	
5%	Carrot tissue oil	**36%+6.8%**	Mineral water	**1%**	Preservative
8%	Avocado oil			**1%**	Coenzyme Q10
8%	Fractionated coconut oil	**25.5%**	Rose water	**0.3%**	Hyaluronic acid mixed with mineral water representing 6.8% of the recipe formulation
8%	Olivem 1000			**0.5%**	Fragrance oil of your choice

Instructions

1) Sterilize your equipment, as instructed in the section II.5.
2) Mix well the **hyaluronic acid** (a white powder) with **the amount of water** representing **6.8%** of the recipe formulation. Pay attention to obtain smooth structure – add the powder very slowly while intensly stirring. You shall obtain a **transparent gel.**

3) Add to this gel **coenzyme Q10** and **preservative**.
4) In water bath heat the rest of the water phase (36% + 25.5%) to 70°C (158°F).
5) At the same time, heat your **oil phase** until Olivem 1000 melts and the phase is at 70°C (158°F).
6) When both phases reach 70°C (158°F), take off the heat and **add slowly the oil phase** into the **water phase** while continuously stirring.
   IMPORTANT! 70°C is the temperature that ensures good emulsification. Lower temperatures can cause separation of the two phases, higher temperatures would unnecessarily prolong the stirring time.
7) When emulsion occurs, place the bowl in cold water to accelerate cooling, while still stirring.
8) When the temperature reaches 50°C (122°F) you can add the phase prepared in steps 1-2. Stir in thorougly. Higher temperature could inactivate one of the actives or the preservative
9) At the very end add your fragrance – optional.

Tip: If you do not have hyaluronic acid , add 13g of mineral water to the water phase. You can substitute oils for other, but this can affect the final greasiness.

Universal vanilla body butter with panthenol – when little goes a long way

I make this body butter regularly and am very proud of it – originally I designed it as a cream for my mother in law, who has dry skin. It was a success and fortunately – I left some for myself to discover how perfect this cream is.

It smells very gently of vanilla - thanks to **vanilla oil infusion** I have made (and do make regularly) – Let macerate 1 vanilla pod in 100 ml of oils – in this case I used macadamia oil – for a week.

What I love about this cream is that it gives the perfect feeling *and is* ***less-greasy*****,** thanks to the selection of the oils: **macadamia oil** and **jojoba oil.** At the same time I find it very **nutritioning** and **repairing** – thanks to the **macadamia oil**, **avocado oil** - that contains loads of **phytosterols -** and added **panthenol** (provitamine B5).

The **cethyl alcohol** gives the butter the **glide** and **slide** – a silky, conditioning feeling. It can be used for face, hands or all over the body and a little of cream goes a long way! The oil composition makes it suitable for **all skin types.**

In conclusion – this is the type of all purpose - all body – cream for all the family that will get used up before you know it. My darling uses it sometimes as an after shave… what can I say more?

Recipe

Oil phase (35%)		Water phase (60%)	Cool down phase	
10%	Jojoba oil	**61.5%** Distilled water	**1%**	Preservative
10%	Vanilla infusion in macadamia oil		**2%**	Panthenol
5%	Avocado oil		**0.5%**	Vanilla absolute (optional)
7%	Olivem 1000			
3%	Cethyl alcohol			

Instructions

1) Sterilize your equipment, as instructed in the section II.5.
2) In water bath heat the **water phase** to 70°C (158°F).
3) At the same time, heat your **oil phase** until Olivem 1000 melts and the phase reaches 70°C (158°F).

4) When both phases reach 70°C (158°F), take off the heat and **add slowly the oil phase** into the **water phase** while continuously stirring.

   IMPORTANT! 70°C is the temperature that ensures good emulsification. Lower temperatures can cause separation of the two phases, higher temperatures would unnecessarily prolong the stirring time.

5) When emulsion occurs, place the bowl in cold water to accelerate cooling, while still stirring

6) When the temperature reaches 50°C (122°F), add the preservative, panthenol and vanilla absolute. Higher temperature could inactivate one of the actives or the preservative.
7) If hand stirring – still until complete cool down, otherwise a separation may occur! If this happens, re-heat gently your emulsion and use a blender.
8) Pour into jars and store in cool place.

Pregnant belly cream with rosehip oil

This cream **contains rosehip (seed) oil** which contains vitamin A, omega 3 and omega 6 fatty acids, and is used for its properties as a skin repairing oil in anti-aging creams and scarf healing creams. It makes it ideal for pregnant belly to prevent stretch marks.

Recipe

<table>
<tr><th colspan="2">Oil phase (38%)</th><th colspan="2">Water phase (60.8%)</th><th colspan="2">Cool down phase</th></tr>
<tr><td>15.5%</td><td>Rosehip seed oil</td><td rowspan="3">60.8%</td><td rowspan="3">Rose water</td><td>1%</td><td>Preservative</td></tr>
<tr><td>15.5%</td><td>Jojoba oil</td><td rowspan="2">0.2%</td><td rowspan="2">EO rosewood</td></tr>
<tr><td>7%</td><td>Olivem 1000</td></tr>
</table>

Instructions: Follow the instructions for Simple cream with vanilla and orchid.

Tip: You can apply rosehip seed oil also directly on your skin

Of interest: Rosehip seed oil has a characteristic odor that some people find unpleasant. If you feel so, just change the proportions of oils to 5% rosehip and 26% jojoba oil.

After shave cream with marigold

For the after shave cream, I have selected **jojoba oil** for it is similar to human skin sebum, **castor oil** for its moisturizing properties and **marigold flower petals infusion in sunflower oil** for its excellent skin repair actions.

In water phase I choose **rose water** for its skin soothing effect and nice smell and the **aloe vera juice** for its antibacterial and antifungal, and skin repairing effects.

In this cream, I also used only 5% of Olivem 1000, as I wanted a bit lighter and more easily penetrant cream.

Recipe

<table>
<tr><th colspan="2">Oil phase (35%)</th><th colspan="2">Water phase (64%)</th><th colspan="2">Cool down phase (1%)</th></tr>
<tr><td>18%</td><td>Jojoba oil</td><td rowspan="2">44%</td><td rowspan="2">Rose water</td><td rowspan="2">0.8%</td><td rowspan="2">Preservative</td></tr>
<tr><td>7%</td><td>Castor oil</td></tr>
<tr><td>5%</td><td>Marigold oil infusion</td><td rowspan="2">20%</td><td rowspan="2">Aloe vera juice (not gel)</td><td rowspan="2">0.2%</td><td rowspan="2">Mix of EO: cedarwood, ylang-ylang, clove bud, santalwood</td></tr>
<tr><td>5%</td><td>Olivem 1000</td></tr>
</table>

Instructions: Follow the instructions for Simple cream with vanilla and orchid.