
5. INGREDIENT SHOPPING LIST

CARRIER OILS

- ☐ Two to three 'base oils', eg sweet almond oil, sunflower oil or apricot kernel oil.
- ☐ Two to three more specialist oils, eg avocado oil, evening primrose oil, pomegranate oil, raspberry seed oil, moringa oil, camellia seed oil.

ESTERS

- ☐ Coco caprylate.

BUTTERS

- ☐ Two to three, including either shea butter or mango butter.

WAXES

- ☐ Beeswax, candelilla wax or carnauba wax.

HUMECTANTS

- ☐ Glycerin.
- ☐ If you intend to make toners, hydrating spritzers or gels then you could order others such as hyaluronic acid, hydrolyzed proteins and allantoin.

CLAYS, POWDERS, SALT AND EXFOLIANTS

- ☐ One starch (eg arrowroot powder, cornstarch or tapioca starch).
- ☐ One physical exfoliant (eg poppy seeds or ground apricot shell).
- ☐ Sugar.
- ☐ Salt.

ANTIOXIDANTS

- ☐ Coenzyme Q10 (powder or liquid).
- ☐ Tocopherol (Vitamin E).

VITAMINS

- ☐ Pro-vitamin B5 (Panthenol).
- ☐ If you want to formulate a product to address hyperpigmentation, for acne-prone, oily, or mature skin then you can also start with Vitamin B3 (Niacinamide).

BOTANICAL EXTRACTS

- ☐ Aloe vera extract (the concentrated, powder version such as aloe vera 200x).
- ☐ One oil soluble extract, eg a CO² extract of your choice.
- ☐ One water soluble extract, eg a glycerite of your choice.

ESSENTIAL OILS

- ☐ Three to five essential oils.

NATURAL EMULSIFIERS FOR CREAMS AND LOTIONS

You can start with one to two emulsifiers of your choice, eg:

- ☐ Olivem 1000 (INCI: Cetearyl Olivatate, Sorbitan Olivatate).
- ☐ ECOMulse/NatraMulse/Ritamulse SCG (INCI: Glyceryl Stearate (and) Cetearyl Alcohol (and) Sodium Stearoyl Lactylate).
- ☐ Xylance (INCI: Cetearyl Wheat Straw Glucosides (and) Cetearyl Alcohol).

EMULSIFIERS FOR SELF-EMULSIFYING OILS AND OLEOGELS

- ☐ Sucragel (eg Sucragel AP V2, Sucragel CF or Sucragel AOF).

THICKENERS

- ☐ Xanthan gum.
- ☐ Cetyl alcohol.

SOLUBILIZERS

Any natural solubilizer, eg:

- ☐ Plantasol CCG (INCI: Caprylyl Capryl Glucoside).
- ☐ Dermofeel G10 LW (INCI: Polyglyceryl-10 Laurate, Aqua, Citric Acid).
- ☐ Symbio®solv Clear Plus (INCI: Caprylyl/Capryl Glucoside (and) Water (and) Sodium Cocoyl Glutamate (and) Glyceryl Caprylate (and) Citric Acid (and) Polyglyceryl-6 Oleate (and) Sodium Surfactin).

PH ADJUSTERS

- ☐ Citric acid.
- ☐ Sodium hydroxide.

PRESERVATIVES

We suggest you start with a broad-spectrum preservative blends, eg:

- ☐ Preservative Eco/Geogard ECT (INCI: Benzyl Alcohol, Salicylic Acid, Glycerin, Sorbic Acid).
- ☐ Geogard Ultra/Neodefend (INCI: Gluconolactone (and) Sodium Benzoate).
- ☐ Geogard 221 (INCI: Dehydroacetic acid, Benzyl alcohol).

Geogard Ultra is a good choice for both emulsions and aqueous products.

PRESERVATIVE BOOSTER AND CHELATING AGENTS

These are slightly more advanced ingredients and not necessarily required at first. We suggest:

- ☐ Potassium sorbate.
- ☐ Phytic acid/sodium phytate.

PURIFIED WATER

- ☐ Deionized or distilled water.
- ☐ Hydrosols (optional).

