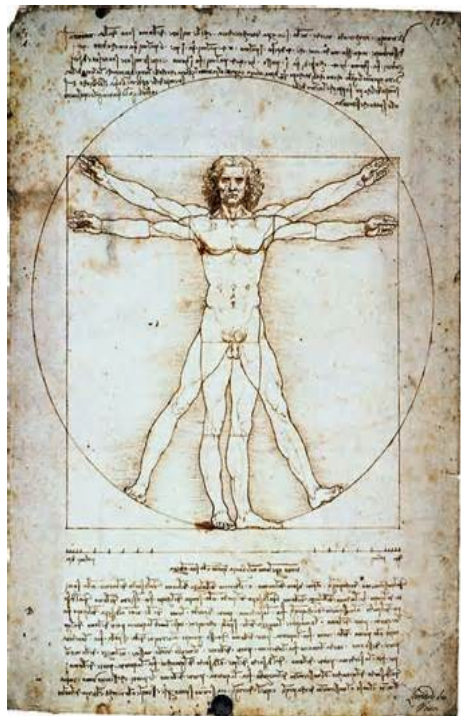


CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 14 – BODY & FACIAL SCRUBS, LIP BALMS, LOTIONS, CREAMS, SALVES AND OINTMENTS

A Return To The Old Way:



Herbalist, Alchemists, Aromatherapist, Folk Medicine and Doctors from past generations relied on their knowledge and foundation of creating their own concoctions. Herbal remedies and aromatherapy blends have been used for centuries. Jean Valnet a French Doctor treated war victims and their wounds using herbs and essential oils. Madam Marguerite Maury relied on her knowledge of essential oils to help her clients heal. Hippocrates known as the “Father of Herbal Medicine” relied on herbs and herbal blends in the healing process. These and others, knew the importance of being able to prepare for their patients and clients customized blends. Specific to the needs of each, prepared fresh with instructions on use.

When working with clients, be it human or animal, it is important to be able to have the knowledge to create such products. Helping the whole person rather than just treating the symptom. Creating products without the use of synthetic chemicals will produce a true therapeutic product. It would defeat the healing process if we suggested the purchase of synthetic laden products. With practice you will be able to create for your clients, customized therapeutic products. Offering a complete program, including the use of creams, lotions, ointments, salves, scrubs and herbal tinctures.

Most people do not want or have the time to create their own. This is where your knowledge will be able to offer a complete therapeutic program. Although many people see scrubs, lotions, and ointments as a beauty luxury. Each has their place in the healing process. With the addition of herbs and essential oils, these become a therapeutic application. Careful consideration is applied to each formula you make. Taking into consideration the issue you are dealing with, the individual and any sensitivities, and which therapy is best used. Most on the market today are made with synthetic fragrances, dyes and artificial ingredients. They provide no added healing benefits.

The value in a good health counselor, practitioner, herbalist or aromatherapist will be the ability to create customized blends. We have moved away from the art of natural handcrafted healing products. It is time we revisit this ancient healing art. As time passes and you learn the basics of each, you can then experiment with adding many different ingredients. It is also an important factor that you yourself use products you make. If you decided to market or sell your products beyond clients, you will need to check with your state on rules and regulations. Many states require you to have a tax ID# and business license.

Exfoliation Scrubs:

Body Scrubs:



There are some who can not use dry brushing, a body scrub several times a week is an alternative. Body scrubs offer many benefits including: stimulate circulation, aid in cellulite reduction, slough off dead skin and soften and soothe. They help with the detoxification process our body naturally performs. When applying body scrubs, just like massage, start at the feet and move towards the shoulders. Using small circular motions as you move upwards. We always want to move towards the heart and never away. It is important to never use a body scrub on the delicate facial skin. Body scrubs are more abrasive and too harsh for our face. You can substitute the sea salts with brown sugar if you wish. When we are young, our skin cells turn over every 7 days. As we age the process slows. By the time we are in our 30's and beyond it can take longer, sometimes up to a month. These dead skin cells accumulate, become hard and trap bacteria and dirt. This can lead to uneven skin tone, adult acne, dry patches or blotchiness. Our skin can begin to look dull.



Dead sea salts add minerals which help combat fluid retention, prevent water retention, energize the body and help balance the skins moisture level. Dead sea salts have been shown to help with psoriasis and skin disorders. One of the best places to order salts for you therapeutic bath salt scrubs is Salt Works online.

When creating your body scrubs, it is best to stay with finely ground sea salts. Leave the larger salts for bath salts. One mistake I see too often is the addition of too much oil in the product. You need very little, just enough for the salts to remain on the skin while scrubbing. When creating your scrub, add your essential oils to the carrier oil before you add it to your salts.

Bath Scrub:

- 1 cup Sea Salt or Brown Sugar (there are many to choose from – your option here)
- 1 to 1 ½ Tablespoon Infused Carrier oil or Organic Olive Oil
- 1 Tablespoon Liquid Castile Soap (helps the scrubbing action)
- 10-15 drops Essential oil or blend

Add sea salts to a stainless steel bowl. Combine in a separate bowl your carrier oil and Castile soap, mix well. Add your essential oils and blend. Once completely blended add to your body scrub. This is enough for 3-4 applications. You only need to use this scrub several times a week. Some salts will melt down in the oil, hence less oil is needed.

Exfoliation Scrubs:

Facial Scrubs:



Facial scrubs are an excellent way to help brighten the complexion, reduce bacteria, eliminate dead skin cells, aid in hyper-pigmentation and prepare the skin for steams or masks. Brown sugar has natural glycolic acid, it is high in vitamin B. Brown sugar is free of chemical additives, it is manufactured from natural sugar cane. Only small amounts of molasses are added, it is more moist and nutritious.

You can use Apricot kernels, however due to the fact that they are rough in texture, they can leave microscopic tears on the skin. It is best to stay with either a brown sugar scrub or jojoba beads. Brown sugar scrubs have a fine texture, they gently help unclog pores that can cause breakouts and blemishes. It also helps to promote collagen production, helps to tighten the skin, and add much needed moisture naturally.

There are many additives to choose from when creating a therapeutic facial scrub. You can add pineapple juice, orange juice or honey. Adding Castile soap helps give your product a foaming action. You can add a carrier oil, however there is no need since brown sugar provides moisturizing properties on it's own. You can also add ground oatmeal with the sugar. Choose essential oils that are recommended for facial skin types. Oily skin responds very well to essential oils such as sage, cedarwood, manuka or cypress. Essential oils for dry skin are geranium, rose, sandalwood. When working with acne or problems skin, remember the carrier oil added if any, is just as important.

Facial Scrub:

3 Tablespoons Brown Sugar
1 Tablespoon Castile Soap
¼ tsp. Honey
8-10 drops essential oil or blend of oils

Combine Castile soap and honey. Blend well. Add essential oils and blend. Add to brown sugar scrub and blend. This is enough for 2 applications. Use several times a week. Follow with a healing mask or facial steam. Use 2-3 times a week. Rinse well. Follow with toner and moisturizer if necessary.

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Moisturizing:

Lotions and Creams:



Lotions and creams are not just created to moisturize the skin. They can be made using ingredients such as menthol crystals to aid in pain reduction. Provide UV protections when out in the sun. Aid in circulation, relieve itching, and absorption of essential oils. You can add Vitamin C to aid in skin pigmentation, Vitamin E to assist with stretch marks etc. Lotions are used in many therapeutic applications besides just to moisturize the skin. Depending on the carrier oils used,

your lotion can be either light or heavy. It is best to stay with light lotions with an airy feel.

You can use herbal infusions and aloe vera, or flax seed gel. I like to add a little dead sea salt to the water phase for the added minerals they provide. Preservatives are added due to the water content in your product. You will need to choose the preservative based on the shelf life and climate. When using herbal infusions keep in mind that many herbs will lend their own color to the final product.

Lotions and creams are created in phases. The goal is to always have 100%, meaning if you use distilled water or infusion at a percentage of 70% then the remaining ingredients need to amount to 30%. The total of all ingredients must combine to make 100%, this includes any additives. There are generally 4 phases in the making of a lotion or cream. Once you have the phases down, you can experiment with different additives and amounts of water, aloe vera or flax seed gel. You can follow a basic recipe in percentages, however you can add more of one or less of one. You may want to make an aloe vera lotion, you would use more aloe vera than water. Example: we want 70% phase 1 water phase, you would use 40% aloe vera and 30% water or infusion. The remaining 30% is your other ingredients.

Natural preservatives are usually added at a rate of 0.05% to 10%. Green Tea Extract since it is 100% natural is usually added at 5%-10% in an 8oz lotion or cream. If the green tea extract is alcohol based you would use a 3% dilution or 3% of the total 100% ingredients. It is best to use a combination of natural preservatives such as green tea extract and vitamin E. Grapefruit seed extract and Rosemary oil extract. When using any of the preservatives already mentioned in an earlier session, such as NatraPres™ you do not need to use any others. NatraPres is used at a rate of 3% of the total 100% and has a shelf life of 2 years. Green Tea extract only has a shelf life of about 6-8 months is stored and cared for properly. Let's go over the different phases of making lotions and creams. Do invest in a good book on creams and lotion such as "Making Creams and Lotions" or "Organic Beauty with Essential oils" by Rebecca Park Totilo. Combinations are endless, so do experiment.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 14 – BODY & FACIAL SCRUBS, LIP BALMS, LOTIONS, CREAMS, SALVES AND OINTMENTS

Lotions and Creams:

Different phases in crafting lotions and creams:

Phase 1:

In this phase you use your distilled water, aloe vera or flax seed gel, herbal or floral infusions such as: lavender, rose, jasmine, calendula, green tea, rosehip tea etc. Your water/liquid phase should be between 70% of the total amount. You can combine any of the above such as infusion and aloe. You will need to keep any combination at the % rate given. You can also use ounces. For this you would use 6 oz water or combination. It is this phase you would also add your dead sea salts until melted, and vegetable glycerin for extra moisturizing properties. In this phase you would also add citric acid to maintain the pH if desired.

Phase 2:

This is your oil phase. In this phase you decide which carrier oils you want to use. This also includes any nut butters you want to add. This phase also includes stearic acid or borax powder which helps thicken and stabilize the product. These should be kept to 1-2% in the oil phase. This phase would be the phase you would also add your menthol crystals and melt them along with the oil. In this phase is also where you would add honey. 1 ½ to 2 oz oil.

Phase 3:

This phase is the emulsifiers. You can either use beeswax or a vegetable base emulsifying wax. If you are making a vegetarian product do not use beeswax, it is considered non vegetarian. This would be at least ½ oz of emulsifier. This will be added to the oil phase to be melted and combined.

Phase 4:

This is the stage you would add your preservative. They are usually kept around 0.5% to up to 10% depending on the preservative used. I usually do not include this in the 100% total ingredients since most are added in very minute amounts. They are added second to last to your product after you combine the phase 1 and phase 2.

Phase 5:

In this phase we would add our essential oils or liquid natural colors. These are added during the cool down phase so the properties of the essential oil are not destroyed.

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Different phases in crafting lotions and creams:

Lotions and Creams:

When creating creams you will use less water. In other words you want a thicker product. In this case you would use between 40%-50% phase 1 and 40%-50% phases 2 and 3. The preservatives and essential oils will be less. Since most creams are made in batches of 2 or 4 oz, you do not need to use as much preservative. You are also using less water which requires less preservatives. In ounces you would use 4 oz phase 1 and 4 oz combined phases 2 and 3. The method is still the same, the amounts are different.

Remember that all recipes are just guidelines only. Feel free to experiment with your own customized and unique method. I generally do not work in percentages, rather in ounces. The recipes I provide will be in ounces. I try to always incorporate an herbal infusion in my products. I have always added aloe vera gel and/or flax seed gel. This gives the product a very light and airy feel when applied.

Basic Lotion Recipe for 8oz:

5 ½ – 6oz Distilled water, infusion, flax seed gel, aloe vera gel, glycerin, citric acid 1/8th tsp.
2 oz Carrier oil, nut butters, combined oil, stearic acid, honey
½ oz Beeswax or Vegetable emulsifying wax
20-30 drops green tea extract, grapefruit seed extract and vitamin E
15-25 drops essential oil

In a double boiler heat your carrier oils, beeswax, stearic acid, menthol crystals etc. Stir until all is melted. Warm the water, if using citric acid stir until dissolved. Once the water is luke warm add your vegetable glycerin and aloe or flax. With a hand-held mixer and the whisk attachment, slowly pour the oil mixture or phase 2 into the water mixture phase 1. Whisk until all are combined. Add 10 drops of vitamin E and 20 drops Green tea extract or grapefruit seed extract. If you are using natrapres use as directed. Once combined add your essential oils and whisk. Using your funnel transfer to an 8 oz container.

Basic Cream 4oz:



2oz Distilled water, infusion, aloe vera, flax seed
2oz Carrier oil, nut butter, honey
¼ oz beeswax or vegetable emulsifying wax

Follow the method above. Here you will use ½ the amount of preservatives and essential oil.

When using nut butters you can cut down on the amount of wax used. Nut butters return to a more solid form once cooled. You will need to experiment with the amounts until you create a product you are happy with.

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Lip Balms:

Balms are stiff and firm, they have much more beeswax or vegetable emulsifying wax than creams or lotions. You will have to be careful in warmer climates, these can melt very easy. They are a combination of simply oil and wax. Honey can be added for extra moisturization. I have made balms for children and have added cocoa powder to give them a chocolate flavor. You can add nut butters, however they do have a tendency to melt faster in warmer climates. If you choose to use nut butters, you will need to increase the amount of wax. Since balms do not have water added, there is no need for a preservative. If you feel better however, you can add 5-10 drops vitamin E oil or other glycerin extract.

These are not just for the lips. You can purchase online large lotion bar tubes. If you are making a product such as a fly stick, these are the containers you would use. Each lip balm tube is ½ oz and each lotion stick tube is 1 ½ to 2oz.

Basic Lip Balm 4oz:



- 2 ½ oz carrier oil
- ½ oz honey
- 1 oz beeswax or vegetable emulsifying wax.
- 1/8th tsp. Cocoa powder, mica for color or other additive (optional)
- 5-6 drops essential oil

Melt the carrier oil, honey, wax or additives in a double boiler. Once melted and combined, remove from heat. Stir slightly until warm but not solid. As the mixture cools add your essential oils or natural food flavorings. Pour into lip balm tubes. To speed the cooling process you can put the tubes in the refrigerator.

Fly Balm for Horses:



- 2 oz Sweet almond oil
- 2oz oz Neem oil
- 2 oz oz beeswax or vegetable emulsifying wax
- 30-40 drops essential oil

Follow the same method as above. Once you remove this from the heat and it begins to cool, add 20 drops cedarwood essential oil, 10 drops patchouli essential oil, 10 drops lemongrass essential oil. Transfer to lotion tubes and store in the refrigerator. This needs to be stiff, it is to be used around the eye area to prevent flies from eating the flesh of the horse. Some may want a stick that resembles a lip balm, if so decrease the amount of beeswax and increase the amount of Neem oil. Neem oil has many patents on it and is excellent to use in pest control. Catnip essential oil is another excellent deterrent.

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Salves and Ointments:



Salves and ointments differ in the amount of beeswax used in the product. Also ointments can have nut butters added, salves generally do not. Some call them the same, however I have found each to be a bit different. Ointments are more spreadable and melt more rapidly when touched. Salves have a harder consistency and need friction to melt them, such as warming them in the palm of the hand first.

Both have healing properties when using herbal infused oils and essential oils. Nature's Sunshine makes a Black Ointment used for drawing out stings, boils, acne and insect bites. Both can benefit from the use of herbal infused oils such as cayenne, arnica, calendula, mullein, comfrey, goldenseal. Salves are useful in the application of chest rubs to assist with breathing. Ointments are useful for the above mentioned, but also for dry patches, tattoos etc. Both can be used with animals to cover a wound, aid in itch spots, or applied to the hooves of horses. You can add menthol crystals when applying to back pain or to open the sinus area, do not use on open wounds. Due to the absence of water in ointments and salves you do not need a preservative, again if you feel you would like to add one then use about 10 drops vitamin E oil per 2 oz ointment or salve.



Basic Ointment 2oz:



1 ½ oz Extra Virgin Olive Oil Organic or infused oil
½ oz Nut Butter (your choice)
½ oz Beeswax or Vegetable emulsifying wax
12-16 drops Essential oil or blend of oils

Melt all the above in a bain maire. Once completely melted remove from heat. Let cool slightly. Pour ½ the mixture into your container. Add Essential oils and stir. Slowly pour the remaining oil mixture into container. Stir. As your ointment begins to cool more, gently stir to incorporate all the essential oil into the complete product. Place on a shelf in the refrigerator and let cool completely.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 14 – BODY & FACIAL SCRUBS, LIP BALMS, LOTIONS, CREAMS, SALVES AND OINTMENTS

Salves and Ointments:

Basic Salve 2 oz:



2 oz Extra Virgin Olive Oil Organic or Infused Oil
1 oz Beeswax or vegetable emulsifying wax
12-16 drops essential oil or oil blend

Using the same method as above. If you want to make a salve for colds and flu by adding menthol crystal, cut your essential oils to 6-8 drops essential oils. Use essential oils with a therapeutic action on the lungs and congestion. To your oil and beeswax you would add 1/8th tsp. Menthol crystals and let them melt with the oil and wax. Follow the same procedure as above when transferring to your containers.

You can add to either of the above methods additives such as: Cayenne powder for circulation but only use a pinch since it is very strong. Cayenne is also excellent in a salve or ointment to help diabetics that have cold feet or hands. Activated charcoal using ½ tsp to your oil mixture, activated charcoal has excellent drawing power. Turmeric powder for arthritis and inflammation using 1/8th -1/4th tsp. Research your spices, they are an excellent additive to any ointment or salve. Honey is also an excellent additive to your salves, you would add the honey after the wax and oil have melted and removed from the heat. You can also stir the honey into the container while the ointments or salves are still warm. Manuka honey is an excellent healer of wounds, bites, sores etc.

Feel free to experiment with nut butters, infused oils and different additives. Most online suppliers offer vitamin e, vitamin c in powder form. There are a variety of ingredients to enhance your salve or ointment. The most important thing is to make a salve or ointment and use it yourself. Learn to customize your products for different individuals. Ointments and salves work very well for animals. You can add either to a cloth to be used in much the same way as a poultice or fomentation as a drawing medium. If you feel the need to add a preservative, which you do not need to do, you can simply add 1-2 capsules of vitamin e. A word of caution, do not apply salves or ointments to burns, you do not want to hold the heat in. Do not hesitate to create an eye ointment to help with wrinkles etc. you can add carrot essential oil, helichrysum, or frankincense.

Most of all Experiment and try different combinations. No salve or ointment is a waste, you can always use them to soften the skin on your feet.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 14 – QUESTION AND ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail it back to us at sacredeartharomatics@hotmail.com. We will grade your question & answer session and will let you know if we have any questions or concerns.

1.) Make a Therapeutic Body/Facial Scrub and use it, what were the results? Which oils did you use?

2.) Make a lotion or cream using essential oils of choice, what were your results? Which oils did you use?

3.) Make a salve or ointment. Which did you make and why? What oils did you use?