

Aloe Vera Body Peeling Lotion (o/w)

(Sample Recipe for Grapeseed Oil)

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Phase A	Weight %	For 240 g / 8.5 oz
Grapeseed Oil (emollient)	20 %	48 g / 1.7 oz / 3 Tbsp
Cetyl Alcohol (thickener)	3 %	7.2 g / 0.2 oz / 1 Tbsp
Stearic Acid (emulsifier)	2 %	4.8 g / 0.2 oz / 3/4 Tbsp
Polysorbate 60 (emulsifier)	2 %	4.8 g / 0.2 oz / 1 tsp
GelMaker EMU (thickener, emulsifier)	1.5 %	3.6 g / 0.1 oz / little over 1/2 tsp
Phase B		
Hot Distilled Water (diluent)	55.3 %	133 g / 4.7 oz / 1/2 cup 1 Tbsp
Aloe Vera 10x concentrate	1 %	2.4 g / 0.1 oz / 1/2 tsp
Glycerin (humectant)	4 %	9.6 g / 0.3 oz / 2 tsp
Propyltrimonium (conditioner)	2 %	4.8 g / 0.2 oz / 1 tsp
Phase C		
Walnut Shell Powder (exfoliant)	8 %	19 g / 0.7 oz / 1 1/2 Tbsp
Paraben-DU (preservative)	1 %	2.4 g / 0.1 oz / 50 drops
Fragrance	0.2 %	0.5 g / 0.02 oz / 12 drops

Method

Give phase A into a disinfected, heat-resistant glass jar and heat slowly to (150oF/66oC) to melt the ingredients, stir. Give phase B into a separate jar and heat it to the same temperature. Add phase A to phase B and stir until it is a homogenous solution. Cool to 100oF/38oC add phase C and stir again. The viscosity can further be adjusted with GelMaker EMU.

Properties

Almond oil and cetyl alcohol will soften your skin while walnut powder exfoliates. Apply to dampen skin and gentle massage, then rinse off.