

***HELPFUL TIPS
FOR SOAPMAKERS AND
COSMETIC
CRAFTERS***



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CRAFTERS

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Introduction

Dear Reader -

When it comes to making bath and body care products, a little tip can make a huge difference. This ebook is a collection of tips that have been distributed on the Making Good Scents (TM) Bath and Body Care Tip Of The Month List. I hope that you enjoy these tips, and that they help you make outstanding bath and body care products!

Sincerely,

Ololade Franklin

Publisher

Making Good Scents (TM)

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Tip #1 - Adding Herbs And Grains To Soap

Dried herbs and grains can make wonderful additions to soap. They are beneficial as tonics, exfoliants, antiseptics and moisturizers. Many herbs and grains also add color to soap. However, some herbs and grains will make your soaps uncomfortable to use. To prevent this from happening always use the powdered form of the herb or grain in your soap. If no powdered form is available, use a blender to make your own powder and use a sifter to remove large chunks. Then use the remaining powder in your soap.



Tip #2 - Storing Your Fragrance Oils and Essential Oils

Fragrance oils and essential oils can be quite costly. They are often the most expensive part of any cosmetic creation. Therefore, it makes good sense to take care of them wisely. Here are three tips for protecting your essential oils and fragrance oils.

- 1) Keep them packaged in dark glass at all times. Some of the larger manufacturers and vendors ship their fragrances in metal cans. If you receive yours packaged this way, repackage them in glass bottles. And never package your scents in plastic. Pure essential oils and fragrance oils (ones that have not been diluted in a cosmetic base like lotion, shower gel or body oil) can cause plastic to warp.
- 2) Store them in a cool, dark place. Heat and light can cause essential oils and fragrance oils to deteriorate rapidly. Always store them away from heat, and away from light.
- 3) If possible, store your droppers separately from your essential oils and fragrance oils. If a dropper is left in a bottle containing a strong essential oil or fragrance oil, the rubber on the dropper will react with the oil and break down, leaving a sticky residue on the opening of the bottle. The best way to avoid this is to store your droppers in their own bottles, separate from the bottles that are holding your scents. Only insert the dropper into the fragrance oil or essential oil when you need to remove some to use.

Tip #3 - Perfume oils and soap

Q. Is perfume oil bad for a soap mixture?

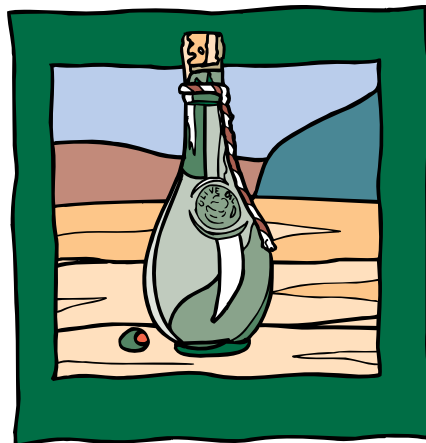
A. It depends on what ingredients are in your perfume oil. Fragrance oils which are sold for manufacturing purposes are sometimes called perfume oils. If this is what you have then it should be fine in your soap. Perfume oils which are blends of fragrance oils and vegetable oils can also be used in soap recipes. However, you should be aware that some perfume oils contain chemical additives (like diethylene glycol) to extend the fragrance. These perfume oils may cause separation in cold-processed soaps. These kinds of perfume oils are often sold at bath and body care retailers and are not created for manufacturing purposes, they are designed to be worn directly on the skin. If you are not sure about what you have, ask your supplier, or test the perfume oil in a small batch of soap before using it in a large batch.



Tip #4 - Keeping Your Vegetable Oils Fresh

Liquid vegetable oils which contain a large percent of polyunsaturated fatty acids can turn rancid quickly. Examples of these oils are sweet almond oil, apricot kernel oil, grapeseed oil and sunflower seed oil. To keep your oils fresher longer on the shelf and in your products add a small amount of vitamin E oil to them.

Vitamin E is an antioxidant and helps to keep oils from turning rancid.



Tip #5 - Water

Have you ever wondered why cosmetic recipes always call for distilled water?

Steam distilled water is made by boiling water, collecting the steam that rises, and condensing the steam into water. As the steam rises, it separates from the impurities that were in the water. The resulting water, condensed from the steam, is of extremely high purity. Its purity makes steam distilled water the best type of water to use in handmade soaps and cosmetics. Floral waters, also called distillates, or hydrosols, are collected during the process of distilling essential oils. Floral waters are also of extremely high quality and should give good results when used as an ingredient in cosmetic products. Other types of water, including tap water, mineral water, spring water, rain water and sparkling water are prone to impurities which could affect your cosmetic products.



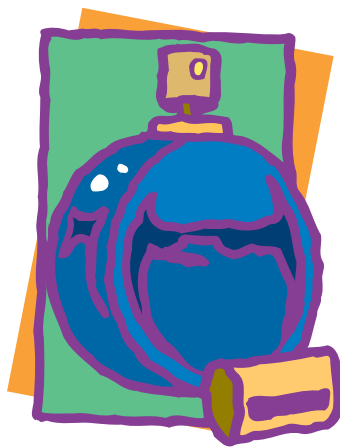
Tip #6 - Helping Your Scents Last Longer

Have you ever made a scented product only to discover a few months later that it has lost its aroma? If so, here are some tips to help your scents last longer.

1. When possible, package your scented products in glass. Glass is more expensive than plastic, and sometimes it is not advantageous to use glass. But when you can package your products in glass, do so. Glass has a distinct advantage over plastic. Glass is not porous, while certain types of plastic are.

2. Add a small amount of a fixative to your scented products. Fixatives, like sandalwood essential oil, help other scents to last longer.

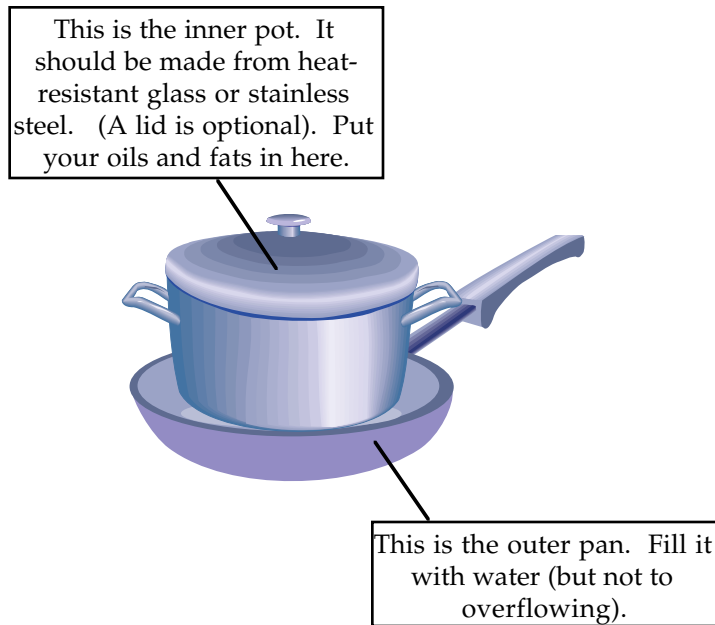
3. Add your scents at the right time. For lotions and creams, the right time is when the product is at room temperature. For soaps, the right time is at the end of the soapmaking process just before you pour the soap into molds. Adding fragrance oils and essential oils to your products too soon can cause the scents to deteriorate quickly.



Tip #7 - Using A Double Boiler

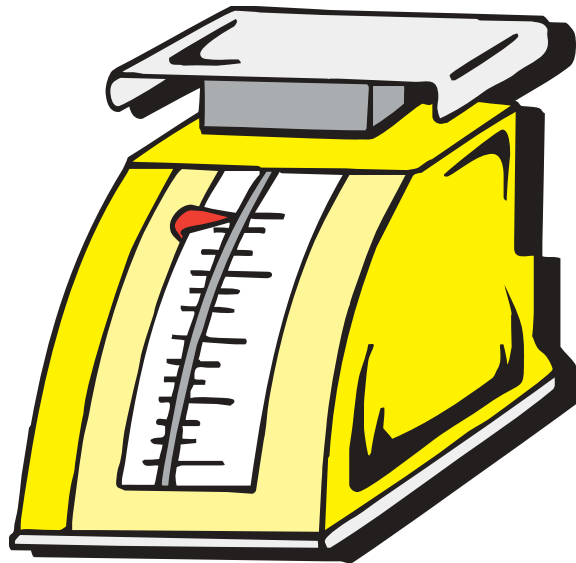
When melting fats and oils for use in your cosmetic recipes, always use a double boiler. This will prevent your oils and fats from scorching and will help to preserve their nutrients.

A double boiler consists of two pots (or a pot and pan). One pot contains your oils and fats. The other pot (or pan) contains water. The pot with the fats and oils sits on top of the pot containing water. The water acts as a cushion between the heat of your stove and your fats and oils.



Tip #8 - Using A Scale

If you are having problems getting consistent results from one batch of cosmetics to another, it may be that you need to calibrate your scale. When you calibrate your scale, you are setting it to read zero before you measure the weight of any cosmetic ingredient. You must put the container that will hold the ingredient on the scale, and then set the scale to read zero. This way, when you measure the ingredient, you are not including the weight of the container in your measurements.



Tip #9 -Working Safely

Most of the ingredients you use to make handcrafted soaps and cosmetics are relatively harmless. Even so, there are some safety issues to be aware of when creating your own bath and body care products. Here are some tips for working safely :

Protect your hands: Wear rubber gloves when working with caustic chemicals such as sodium or potassium hydroxide or essential oils that can cause burns (cinnamon and cloves).

Protect your skin and clothing: When you are working with ingredients that can cause burns (sodium or potassium hydroxide) or ingredients that can discolor your clothing (colorants) wear an old long sleeved shirt, pants, shoes and socks to protect your skin and good clothes from accidental spills.

Protect your eyes from accidental splashes: wear safety goggles when working with liquid mixtures such as soap in the raw state.

Protect your nasal passages and your lungs: Wear a face mask with a filter to protect your nasal passages when you are

a) Working with soap. When sodium hydroxide is combined with water the reaction emits fumes that will cause coughing. If you don t have a face mask with a filter you will have to hold your breath or walk out of the room for a few minutes.

b) Working with large amounts of finely powdered ingredients: If you use large amounts of powdered ingredients in any of your products (corn starch, powdered pigments, clays, etc.) you have probably noticed clouds of dust as you mix the ingredients. Protect your lungs and nasal passages by wearing a face mask with a filter.



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