**Activity 5. Preparations for making an emulsion cream**

## In this part, you will choose, based on the Internet searches, the recipe of a favourite cream (preferrably it should be an emulsion cream), and start to develop your own product.

## Read through the Internet article „How to market your own cosmetics” (<http://www.makingcosmetics.com/How-to-Market-Your-Own-Cosmetics-149.html>) getting the necessary knowledge for the following activities.

At the end of this activity, your group has to present the list of necessary ingredients, the plan of activities and consult with your teacher.

**Sources**

* [http://www.makeyourcosmetics.com](http://www.makeyourcosmetics.com/)
* <http://lifestyle.blogtells.com/2009/03/17/home-made-skin-creams-and-ointments-recipes/>
* [http://www.makingcosmetics.com](http://www.makingcosmetics.com/)

The ingredients of cosmetics, the purpose of the ingredients and their function; you can also download the whole catalogue, where the classification of the ingredients, the most famous representatives and their effect can be found.

* <http://www.davidsuzuki.org/publications/downloads/2010/homemade-cosmetic-ingredients.pdf>

The list of most common ingredients of home-made cosmetics, their purpose, properties, where to get them, where they are used in, can be found on this web-site.

* <http://www.vitaminstuff.com/supplements-shea-butter.html>

**Materials and supplies:**

**Oils and fats:** Cocoa butter/cocoa oleum, coconut oil, olive oil, almond oil, ricinus oil (castor oil), shea butter, grape seed oil, liquid parafine, avocado oil, apricot kernel oil

**Vitamines:** E-vitamine, A-vitamine

**Emulsifiers:** stearic acid, bees wax

**Other:** essential oils, rose water

Some essential ingredients can also be found from home, eg. honey, vitamins, essential oils to add the odour, herbs that can be used to make water-based extracts and be used in the recipes instead of (rose) water etc.

**Equipment:** Electronic weights, (wand) mixer or hand whisk, cooker, waterbath to melt the ingredients, small stainless/enamel-coated bowls, empty jars for the cream (already used jars may be used, in this case, a jar must be washed very carefully with hot water and dish soap and rinsed afterwards with water.