



THE HERBARIE FORMULARY

The Spa - Body Polish, Scrubs & Smoothers for the Shower

Bergamot Body Polish

This is one of my favorite body polish/scrub formulas—full of emollient oils and butters and scented with Bergamot Essential Oil! There are a lot of variations and possibilities and it is a good idea to tweak the formula to make it just the way you like it. The texture and consistency of this finished body polish/scrub reminds me of homemade vanilla ice cream. To maintain that consistency, you should keep about the same ratios for solid-to-liquid fats/oils/butters, when substitutions are made. Some substitution possibilities are: cocoa butter for shea butter; cetyl Alcohol for stearic acid; extra butter for stearic acid; and other veggie oils for the jojoba and fractionated coconut oil. If unstable/more fragile oils are used---like sweet almond/grapeseed, etc., I recommend adding 1% tocopherol to the formula.

| Ingredient | Amount | | |
|--------------------------|------------|-------------|---------------------|
| Shea Butter | 26% | = 130g | = 2/3 cup (melted) |
| Stearic Acid | 18% | = 90g | = 1 cup |
| Fractionated Coconut Oil | 40% | = 200g | = 1 cup |
| Jojoba Oil | 12% | = 60g | = 1/3 cup + 3 tbps. |
| Bergamot eo | 1% | = 5g | = 1 tsp. |
| Polysorbate 20 | 3% | = 15g | = 2 tbs. + 1 tsp. |
| | Total 100% | = 500 grams | = about 3 1/3 cups |

*Salts 500 grams = about 1 cup salt

Procedure: Heat shea butter, stearic acid, jojoba oil and fractionated coconut oil until melted. Remove from heat. Stir continuously until mixture begins to solidify-I use a mixer (the type for mixing cake batter). Add salts and continue to mix. I sometimes place the pot into a container of cold water to speed up the cool-down process, but continue to stir/mix as it is cooling. When mixture is cool (less than 50C/122F), add Bergamot essential oil and polysorbate 20. *Please note: The salts are not calculated as part of the formulation. They are added at a 1/1 ratio (by weight) to the formulation, which in this case would be 500grams or approximately 1 cup.

A few notes:

- Please remember to use caution when using scrubs or body polish in the shower as the oils can make the bathtub very slippery.
- No preservative is needed in this formulation if it is followed precisely because of the high salt content.
- Since oils/butters/fats will melt together, no emulsifier is needed to make the scrub
- Polysorbate 20 enhances the feel of the scrub by providing a "linkage" with the oils and the water from the shower to rinse off/leave on just enough oils so that it will not be too greasy. AquaEm, PEG 7 Oliviate or Cromollient SCE can be substituted for the Polysorbate 20.

*This information is to demonstrate how **The Herbarie** products can be utilized. Our information is based on our own research and is believed to be accurate. We assume no liability for misuse of our products or data and we urge our purchasers to do their own testing to ensure the products meet their own specifications.*

The Herbarie at Stoney Hill Farm, Inc., Prosperity, SC 29127
www.theherbarie.com