

The Herbarie Update - March 2003

Thinking about Spring? At Stoney Hill Farm, the birds are telling us it's not far away and the daffodils are blooming! But the cold and rainy days keep us indoors a while longer. What better way to spend our time indoors than concocting our favorite potions? We have come up with a few ideas for you that we hope will brighten up these late winter days.

As the days become longer, we think about shedding our winter coats--and our dry winter skin. Our **Bergamot Body Polish** may be just what you are looking for! This formula features our new Bergamot essential oil that is bergapten-free and ideal for skin care. <http://www.theherbarie.com/essential.html#Bergamot>

This body polish is designed for use in the shower to exfoliate dry, dead skin and leave skin satiny smooth and fresh without an oily residue. If you want to leave more oil on the skin, simply decrease or eliminate the polysorbate 20. Bergamot, like many of the citrus oils is gently relaxing, yet uplifting and has a green, fresh/citrusy scent. This formula was created by weight with percentages. I have also figured out a 500 gram batch based on these percentages. If you are not familiar with using percentages, I have measured the same quantity in fluid/dry volume measurement. Please note: fluid/dry volume measurements are not as accurate as calculating formulas by percentage and weight, but will be fairly close. I'll also give a quick lesson on figuring these percentages the easy way.

Bergamot Body Polish

Emollient oils and butters blended with salts to create a lovely texture and feel. Scented with Bergamot essential oil.

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 tbs.
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.

This is one of my favorite body polish/scrub formulas! 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.

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

--The polysorbate 20 provides 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.

OK, now for a little math ;) Here is our formula written in percentages. We have all of our ingredients that total 100%. So, if you see a formula written in percentages, what do you do with all those percentages? How does it translate into quantities?

Shea Butter 26%

Stearic Acid 18%

Fractionated Coconut Oil 40%

Jojoba Oil 12%

Bergamot eo 1%

Polysorbate 20 3%

Total 100%

First, we must convert these percentage to decimal numbers. Here is how it is done:

26% divided by 100= .26

18% divided by 100= .18

40% divided by 100= .40

12% divided by 100= .12

1% divided by 100= .01

3% divided by 100= .03

Then we multiply our decimal number by the total quantity we want to make. In this

case, I wanted to make 500g, so we must multiply this decimal number by 500g.

.26 x 500=130 grams

.18 x 500=90 grams

.40x 500=200 grams

.12x 500=60 grams

.01x 500=5 grams

.03x 500=15 grams

Now we want to add up our ingredient quantities to make sure it totals 500g. If it doesn't, then we know that we have calculated incorrectly and we must re-figure. So, once we have finished these calculations and know our numbers are correct, we are ready to begin !!

What if you have a scale that will weigh in ounces, but not grams? You can figure your batch size by ounces (weight), but it is not as accurate and I recommend using grams if possible. You can do a conversion from grams to ounces. One thing to remember is that 1 ounce is equal to approximately 28.35 grams.

If you have calculated the amount in your recipe to be 130grams, but need to weigh in ounces, you can divide 130grams by 28.35 to get 4.58 ounces. REMEMBER, ounces by weight and ounces by fluid or dry volume measurement are VERY different. One cup of jojoba oil will not weigh the same as 8 ounces/226.8 grams of jojoba oil.

Another good idea is to keep accurate records. I like to use small notebooks to write down each and every batch. A simple way to keep track of your batches is to assign a number to each one. I use the date. For example: 030403. For those who sell their products, it is helpful to use this number on your product label.

I hope this will help you to make your own Bergamot Body Polish and other handmade toiletries!

I also want to mention several exciting new products from The Herbarie!

NatraMulse--Our newest self-emulsifier for easy and conditioning lotions and creams!

EmEster-Our newest emollient ester provides light conditioning with a silky-soft afterfeel. Use in shampoos, body wash, lotion sprays, body mist, body oils, massage oils, lotions, creams. Oil soluble liquid.

VenaSilk--Naturally derived moisturizer from oat flour provides added viscosity with an excellent feel. Use in creams, lotions, body wash and more! Water soluble.

Recommended usage 0.2%-3%.

GuarSilk----Highly substantive to hair and skin, perfect for conditioning shampoos.

Water soluble. Recommended usage 0.1-1%.

Behenyl Alcohol- Gentle Fatty alcohol with a long carbon chain that is derived from rape seed oil. Behenyl Alcohol is used to thicken and stabilize formulations. It will produce elegant emulsions and impart a soft, velvety feel to the skin.

Cetearyl Alcohol NF (30/70)- Fatty alcohol derived from natural oils and fats (cetyl and

stearyl alcohol) that can be used to thicken and stabilize formulations. Cetearyl Alcohol imparts an emollient feel to the skin.

Cetyl Esters - Emollient esters in an easy to use pastille. Can be used in water-in-oil emulsions, oil-in-water emulsions, and anhydrous formulations----cream, lotion, ointment, body butter, salt scrubs. This ester will impart a soft gloss and lubricious feel to formulations; and will also increase viscosity and provide stability.

Stearic Acid--Fatty acid derived from natural sources used to thicken and stabilize formulations. Stearic Acid will impart a soft feel to lotions and creams.

Ceteareth 20 - High HLB emulsifier (15.5) used in oil-in-water emulsions. Provides exceptionally stable emulsions when used in combination with another emulsifier such as glyceryl stearate (HLB 3.6). Physical Form: White Pastilles.

Glyceryl Stearate - Excellent emulsifier and emulsion stabilizer. HLB 3.6. Good emollient, opacifier and viscosity builder in emulsions. Typically used with another high HLB emulsifier, such as polysorbate 20 or Ceteareth 20. Physical Form. White Flakes. Typical Usage Rate: 0.1-3%

These ingredients can all be found in our online catalog under **Emulsifiers, Emollients, Conditioners, and Thickeners**. You can read more about these ingredients on our site:

<http://www.theherbarie.com/emulsfy.html>

We now have the **SCI Noodles (INCI: sodium cocoyl isethionate)**!!

This is a wonderful, mild primary surfactant with a dense, luxurious foam. Our **SCI Noodles** can be combined with other surfactants to make an elegant creamy shampoo and body wash. They can be used as the only surfactant in a cream or solid bar cleanser. In both hair and skin care applications this surfactant creates an elegant feel during use and a conditioned afterfeel. Physical Form: Easy to handle white noodles. Recommended Usage: 3%-16%

This one is not yet on the site, but if you are interested in more information, just send me an email.

support@theherbarie.com

or AngiesHerbarie@aol.com

So, how about an after shower lotion that features our new **NatraMulse** and **VenaSilk**?

This formula is perfect for those who want to keep their products as natural as possible. NatraMulse is THE new, natural source self-emulsifier for oil in water emulsions! This system is based on acyl lactylates, which are conditioning to both hair and skin. Lactic acid and fatty acids are natural moisturizing factor (NMF) constituents that are found in the skin. When used in lotions and creams, NatraMulse will provide a soft, conditioned, talc-like feel to skin. VenaSilk, another of our newest products, is a modified oat flour that provides a soft and silky feel to formulations. VenaSilk is water soluble and

provides additional stability to emulsions. VenaSilk should be hydrated in very hot water (180-185F) before using it in a formulation. VenaSilk can be added to a small portion of the water from the water phase (mix well) and allowed to hydrate for 10-15 minutes, then it can be added to the rest of the water phase--proceed as usual.

NatraMulsion with VenaSilk - Conditioning, soft and smooth cream that is based on natural ingredients, such as oats, the lactylates, veggie oils and butters, glycerin.

Part A: (Water Phase)

76.7% Distilled Water

1% VenaSilk

2% Glycerin

Part B: (Oil Phase)

8% NatraMulse

10% Jojoba

2% Fractionated Coconut Oil

Part C: (preservatives, fo/eo)

0.3% Germall Plus Liquid

Heat water and glycerin in Part A to 180F. Add VenaSilk, blend well, and allow to hydrate (according to instructions). Heat Part B to 75C/170F. Add Part A to B with high shear mixing at 170F (re-heat water phase if necessary). Cool to 50C/122F (or less), add Part C and mix well.

At Stoney Hill Farm, herbs, flowers, and veggies are an important part of our lives. If we aren't gardening, we are thinking about gardening! So, in preparation for summer gardening, we are making more of our Especially For Gardeners **Clary Sage and Lavender Cream with Aloe**. Gardener's hands really take a beating, particularly if you end up tossing your gloves after the first few minutes of gardening, like I do! Our **Clary Sage and Lavender Cream with Aloe** is a thick, creamy blend of butters and oils enriched with botanicals, distillates, and extracts--such as aloe vera extract, witch hazel distillate, and hydrolyzed oats. As all herbalists know, both witch hazel and aloe vera extract will soothe rough, irritated skin. Hydrolyzed oats help the skin to retain needed moisture and the shea butter will condition and soften skin. To nurture and protect your hardworking hands, apply the cream after washing and drying hand--while hands are still damp. The relaxing, fresh scents of Clary Sage and Lavender are an extra benefit! The following formula is created in percentages by weight. I've calculated the quantities in grams for a 300 gram batch. The weights were then measured in fluid/dry volume measurement. Please note: the fluid/dry volume measurements are not as accurate as using weight.

Clary Sage and Lavender Cream with Aloe

Part A (Water Phase)

Glycerin 3%=9g=2 teaspoons
Aloe Vera Extract 17.5%=52.5g=1/4 cup
Witch Hazel Distillate 17.5%=52.5g=1/4 cup
Distilled Water 34.5%=103.5g=4 fluid ounces
Hydrolyzed Oats 2%=6g=1+ 1/2 teaspoons

Part B (Oil Phase)

Conditioning Emulsifier 6%=18g=2tblsp.
Shea Butter 14%=42g=4 tablespoons
Jojoba Oil 4%=12g=2 tablespoons

Part C (Cool-down Phase)

Lavender 0.5%=1.5g= 1/2 teaspoon
Clary Sage 0.5%=1.5g= 1/2 teaspoon
Liquid Germall Plus 0.5%=1.5g= 1/2 teaspoon

Heat Part A (water phase ingredients) to 80C/176F. Heat Part B to 80C/176F. Add Part A to B with high shear mixing at 80C/176F. I use a stick blender, pulsing on and off until blend begins to cool down. Cool to 50C/122F (or less), add Part C and mix well.

Coming Soon!!! Botanical Extracts and CO2 extracts!!! We will be introducing our new line of botanical extracts and CO2 extracts in April and you will be the first to know!! Have a great month---think Spring!

Angie Turner
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www.theherbarie.com

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