

## Beautiful Body Cream

wonderfully rich and fragrant  
rosemary and lemon,  
rose, or lavender

For making creams, oil ingredients have to be mixed with water ingredients, using an emulsifier. It's useful to think in three phases: **oleaginous** (oily), **aqueous** and **cooling**. Get all the ingredients out first, weigh them (except for the drops) and line them up in three distinct areas. Weigh out and combine the oleaginous components in one glass jug, the aqueous ingredients in another glass jug, then put each one in its own double boiler or bain marie (the glass jar placed in a saucepan of boiling water) and heat until both are 75 – 80 C. The oils take longer to heat, so put them on first. I use two thermometers, one in each jug. The two mixtures need to end up the same temperature give or take 5 degrees. They are then combined and mixed like mad until cool, which is when you add the cooling phase ingredients. **USE OVEN GLOVES AS JARS GET HOT!**

### Ingredients: makes 200g/mL

**Oleaginous phase** (weigh out and put in a glass jug, and place that in a saucepan of water on the hob to heat up):

30g Shea butter

11g emulsifying wax

10ml Rosehip oil

10ml Evening Primrose oil

**Aqueous phase:** (weigh out and put in another jug in another saucepan on hob)

120ml rosemary, rose or lavender infusion made with spring water

10ml glycerin

### Cooling phase:

40 drops vitamin E oil (as an antioxidant)

40 drops preservative if you are using one (e.g. Optiphen)

40 drops Essential Oil (20 rosemary with 20 lemon, or 40 rose EO with rose water or 40 lavender EO with lavender water)

### You will need:

Two glass (heat proof pyrex) jugs or beakers or bowls.

Two saucepans the jugs can easily fit in.

Two thermometers.

A hob.

A coffee frother, or a small electric whisk, or a small hand whisk and a lot of strength and perseverance.

Sterilised jars and lids – cooled.

Labels for the jars.

Ingredients

### Prepare aqueous infusion:

Take 30g fresh rosemary, or 5 - 10g dried lavender or dried rose petals, and place in a tea pot. Pour about 300ml boiling spring water over it, cover, and let it steep for 20 minutes. This makes a really strong infusion. Match the essential oils to the infusion.

When the two mixtures are at the same heat 75 - 80C, pour the water evenly and slowly into the oil whilst mixing with a spoon (metal) or whisk, still in the pan but with the heat turned off. After 2 minutes, take the glass jar out of the saucepan and off the hob and start frothing or mixing, and continue until the mixture thickens. Most emulsifiers may be cooled by placing the glass jar in a tray of cold water as you whisk. When cool, add the cooling phase ingredients, mix in, then fill the sterilised jars, label, and write down in your notebook exactly how you made the cream, so you can repeat it or adapt it. Try rose or lavender water instead of Rosemary infusion, with Rose or lavender EO.

**WEAR OVEN GLOVES AS THE JARS, JUGS AND SAUCEPANS GET VERY HOT!**