

# Recipes for Moisturizers, Body & Hand Creams

Based on a recent survey hand and face creams are the most frequent personal care products made by private formulators. We have therefore decided to provide you some great, professional cream recipes that have been created by large, renowned cosmetic manufacturers for commercialization. Since many of these formulas contain a relatively large number of different ingredients, we have slightly modified the formulas to simplify a bit the procedure and to reduce costs.

## No. 1: W/O Cream with Urea

Phase A	Wt. %	1cup/240ml
Polyglyceryl oleate	5%	2 1/2tsp/12ml
Grapeseed oil	17%	2 1/2tbsp/41ml
Polyglucose	0.4%	1/4tsp./1ml
Beeswax	0.6%	1/3tsp./1.4g
<b>Phase B</b>		
Table salt	0.5%	1/2tsp./1.2g
Water	55.5%	9tbsp./133ml
<b>Phase C</b>		
Urea	10%	8tsp./24g
Water	10%	5tsp./24ml
<b>Phase D</b>		
Paraben-DU	1%	1/2tsp./2.4ml
Fragrance		

### Method

- Heat phase A to approx. 80°C (176°F).
- Add phase B (80°C or room temperature) slowly while stirring.
- Homogenise for a short time.
- Cool with gentle stirring and add phase C below 40°C (104°F).
- Homogenise again below 30°C (86°F)

## No. 2: Moisturizing Body Care Cream

Phase A	Wt. %	1cup/240ml
Glyceryl cocoate	8%	4tsp/19ml
Ceteareth-25	22%	3 1/2tbsp/53ml
Castor oil	1%	1/2tsp./2.4ml
Propylene glycol	3%	1 1/2tsp./7ml
Dimethicone	1%	1/2tsp./2.4ml
<b>Phase B</b>		
Water	64%	10tbsp./154ml
<b>Phase C</b>		
Paraben-DU	1%	1/2tsp./2.4ml
Fragrance		

### Method

- Add ingredients of phase A in above order at 80°C (176°F) and mix until uniform.
- Assure each is dissolved prior to next step.
- Heat phase B to 80°C and combine with phase A. Cool to 50°C (122°F). Add phase C. Pour into containers while liquid.

## No. 3: O/W/O Soft Cream

Phase A	Wt. %	1cup/240ml
Polysorbate 80	0.4%	1/4tsp/1ml
Water	1%	1/2tsp./2.4ml
<b>Phase B</b>		
Vitamin E acetate	2%	1tsp./4.8ml
Vitamin A	0.5%	1/4tsp./1.2ml
Triglyceride	2.5%	1 1/8tsp./6ml
<b>Phase C</b>		
Table salt	0.4%	1/3tsp./1g
Water	64%	10tbsp./154ml
<b>Phase D</b>		
Polyglyceryl oleate	4%	2tsp./10ml
Beeswax	1%	1tsp./2.4g
Polysorbate 80	0.7%	2/3tsp/1.7ml
Decyl oleate	10.5%	5tsp/25ml
Triglyceride	10%	5tsp/25ml
Jjoba wax	2%	1tsp./4.8ml
Paraben-DU	1%	1/2tsp./2.4ml
Fragrance		

### Method

As recipe no. 1

## No. 4: Luxurious Face Cream

Phase A	Wt. %	1cup/240ml
Water	63%	10tbsp./151ml
EDTA	0.1%	1/32tbsp/0.2g
Glycerin	6%	3tsp./14.4ml
<b>Phase B</b>		
Xanthan gum	0.5%	1/2tsp./1.2g
<b>Phase C</b>		
Wheat protein	5%	4tsp./12g
Sweet almond oil	3%	1 1/2tsp./7ml
Triglyceride	3%	1 1/2tsp./7ml
Sheabutter	3.5%	2 3/4tsp./8.4g
Dimethicone	0.5%	1/4tsp./1.2ml
Jjoba wax	2%	1tsp./4.8ml
Polysorbate 60	3%	1 1/2tsp./7ml
Glyceryl stearate	1%	1/2tsp./2.4ml
Sorbitan stearate	1%	1/2tsp./2.4ml
Allantoin	0.3%	1/8tsp./0.7ml
Stearic acid	1.5%	1 1/4tsp./3.6g
<b>Phase D</b>		
Aloe vera	5%	2 1/2tsp/12ml
Vitamin E tocopherol	0.5%	1/4tsp./1.2ml
<b>Phase E</b>		
Citric acid	adjust	A few drops
<b>Phase F</b>		
Paraben-DU	1%	1/2tsp./2.4ml
Fragrance		

### Method

- Combine phase A. Disperse phase B into phase A and heat to 80°C (176°F).
- Add phase C to phase A/B while stirring. Homogenize until mixture cools to 60°C (140°F). At about 35°C (95°F) add phase D. Adjust pH with citric acid (concentrated lemon juice) to 5.5-6.0; then add phase F.

## No. 5: Sunscreen Cream

Phase A	Wt. %	1cup/240ml
Water	51%	8 1/4tbsp/122ml
Guar gum	1.5%	1 1/8tbsp/3.6g
Xanthan gum	1%	1tsp./2.4g
EDTA	0.1%	1/32tbsp/0.2g
<b>Phase B</b>		
Dimethicone	6%	3tsp./14.4ml
Cetyl alcohol	2.5%	2tsp./6g
Jjoba wax	5%	2 1/2tsp/12ml
Triglyceride	12.5%	2tbsp./30ml
OM-Cinnamate	7%	3 1/3 tsp./17ml
Vitamin E acetate	0.5%	1/4tsp./1.2ml
<b>Phase C</b>		
Titanium dioxide	4%	3tsp./9.6g
<b>Phase D</b>		
Polysorbate 60	3%	1 1/2tsp./7ml
Sorbitan stearate	5%	4tsp./12g
<b>Phase E</b>		
Paraben-DU	1%	1/2tsp./2.4ml
Fragrance		

### Method

- Disperse guar gum & xanthan gum into water heated to 55°C (131°F).
- Heat phase B to 75°C (167°F). Disperse phase C into phase B and mix well until homogeneous, then add phase D. Continue rapid stirring for 10 minutes. Cool while stirring. At about 35°C (95°F) add phase E.

## No. 6: Hand & Body Cream

	Wt. %	1cup/240ml
Water	75%	12tbsp/180ml
Guar gum	1.5%	1 1/4tsp./3.6g
EDTA	0.1%	1/32tbsp/0.2g
Propylene glycol	5%	2 1/2tsp/12ml
Sheabutter	2%	1 1/2tsp./4.8g
Sorbitan stearate	4%	3tsp./9.6g
Glycerine	1.5%	3/4tsp./3.6ml
PEG-40 stearate	0.5%	1/4tsp./1.2ml
Glycol stearate	2%	1tsp./4.8ml
Dimethicone	4%	2tsp./9.6ml
Almond oil	3%	1 1/2tsp./7ml
Vitamin A	0.5%	1/4tsp./1.2ml
Aloe vera gel	1%	1/2tsp./2.4ml
Cucumber extract	0.5%	1/4tsp./1.2ml
Ginkgo extract	0.5%	1/4tsp./1.2ml
Red clover extract	0.5%	1/4tsp./1.2ml

### Method

- Disperse guar gum into water with mixing. Add EDTA and propylene glycol with mixing and heat to 80°C (176°F).
- Add the next eight items and continue mixing until uniform. Remove heat and allow to cool. At 30°C (86°F), add aloe vera gel and the 3 plant extracts and mix.

**Note:** US measuring units (tsp./tbsp) are not very accurate. For best results use digital scales weighing in grams. For your convenience we transferred the wt% into volumes. It is, however, much more accurate to transfer wt.% of liquids into weights.