

Body Lotion with Watermelon Extract

Phase A	Weight %	For 200 g / 7.1 oz
Macadamia Nut Oil (emollient)	10 %	20 g / 0.7 oz / 4 tsp
CreamMaker Mix (emulsifier)	5 %	10 g / 0.4 oz / 1 Tbsp plus 1/2 tsp
Avocado Butter (emollient)	2 %	4 g / 0.2 oz / 1 tsp
Stearic Acid (emulsifier)	2 %	4 g / 0.2 oz / 1/2 Tbsp
Phase B		
Distilled Water (diluent)	71.9 %	144 g / 5.1 oz
HE-Cellulose Gum (thickener)	1 %	2 g / 0.07 oz / 1/2 tsp
Sodium PCA (humectant)	3 %	6 g / 0.2 oz / 1 1/4 tsp
Vitamin E Tocopherol (anti-oxidant)	0.2%	0.4 g / 10 drops
EDTA (stabilizer)	0.2 %	0.4 g / 1/8 tsp
Phase C		
Watermelon Extract (skin cell protectant)	3 %	6 g / 0.2 oz / 1 1/4 tsp
Phenoxyethanol-SA (preservative)	1.5 %	3 g / 70 drops
Fragrance Blend Dewy Morning (fragrance)	0.2 %	0.4 g / 10 drops

Method

Add phase A into a heat resistant glass beaker. Add phase B to another heat resistant glass beaker by sprinkling the the he-cellulose gum into the distilled water and mixing well, add remaining ingredients of phase B and stir well. Heat both beakers to 160F/70C (using a hot water bath) when hot and ingredients are melted add phase A to phase B and stir well. Remove from the heat and continue to stir. At below 100F/40C add phase C stir again well.

Properties

This lotion is hydrating and protecting. Macadamia nut oil is a light natural emollient with excellent spreading, avocado butter has nourishing properties and sodium pca is a powerful humectant. Watermelons have their own defense system by producing solutes that protect the cells against drought, heat & UV-rays by a DNA-protecting mechanism. Water melon extracts protects skin cells (keratinocytes & fibroblasts) against daily stress induced by UV light & free radicals and reduces the break-down of DNA in human skin cells.