

Arnica Gel-Cream

(Sample Recipe for Camelina Oil)

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Phase A	Weight %	For 100 g / 3.6 oz (by weight)
Distilled Water (diluent)	83.6 %	83.6 g / 3 oz
Arnica Extract (botanical)	10 %	10 g / 0.4 oz
ICE Sunflower (natural thickener blend)	5 %	5 g / 0.2 oz
Phase B		
Camelina Oil (emollient)	7 %	7 g / 0.25 oz
Phase C		
Benzyl Alcohol/DHA (preservative)	0.5 %	11 drops
Fragrance (Mangosteen)	0.2 %	5 drops

Method

Add Arnica to the distilled water and stir.

Add ICE Alginate and mix thoroughly with a stick blender, sheer mixer or homogenizer until uniform and free of lumps.

Dissolve the Arnica Extract in the distilled Water.

Add phase B to phase A and mix again well.

Add phase C to phase A/B and stir well. Stir after each ingredient added before you add the next.

Viscosity can be adjusted further, if needed by adding more ICE Alginate

Properties

Protective, water based gel that contains Arnica Extract to protect tissue health and sooth and cool bruises. Camelina oil is high in unsaturated fatty acids and natural vitamin E, ideal to nourish the skin.