

## Hemp Hand Cream

(Sample Recipe for Hemp Seed Oil)

### Hemp Hand Cream

Phase A	Weight %	For 100 g / 3.6 oz (by weight)
Distilled Water (diluent)	78.3 %	78.3 g / 2.8 oz
Algae Extract	5 %	5 g / 1 tsp
Sodium PCA	2 %	2 g / 1/2 tsp
<b>Phase B</b>		
ICE Sunflower	5 %	5 g / 1 Tbsp.
<b>Phase C</b>		
Coconut Oil	2 %	2 g / ½ tsp
Provitamin B5	0.5 %	0.5 g / 10 drops
Hemp Seed Oil	6 %	6 g / 1 1/4 tsp
Phenoxyethanol/SA (preservative)	1 %	1 g / 24 drops
Fragrance Lemon-Verbena (optional)	0.2 %	4 drops

#### Method

Add phase A to a disinfected glass beaker and stir well.

Add phase B to phase A and stir well with a stick blender until smooth. Add phase C one by one and stir again well with the stick blender. If a thicker consistency is desired, increase the ICE Sunflower. Package into small containers so you have a supply for a few months, for purse, travel, and to give to your friends.

#### Properties

Soothing actives and nourishing oils will soften and moisturize hands, every day.