

Thick Cleansing Conditioner

(Sample Recipe for Menthol Crystals)

Thick Cleansing Conditioner

Phase A	Weight %	For 100 g / 3.6 oz
Distilled Water (diluent)	82.6 %	82.6 g / 3.0 oz
Phase B		
Cetearyl Alcohol (emollient)	5.00%	5.0g / 0.2oz
Conditioner SD (conditioner)	4.00%	4.0g / 0.14oz
Squalane (emollient)	1.00%	1.0g / 0.04oz
Phase C		
Amodimethicone (emollient)	1.00%	1.0g / 0.04oz
Rosemary Leaf Extract (botanical)	1.50%	1.5g / 0.05oz
Silk Protein (conditioner/film-former)	1.00%	1.0g / 0.04oz
Lychee Extract (botanical)	1.50%	1.5g / 0.05oz
Phase D		
Peppermint Oil (optional)	0.20%	0.2g / 4 drops
Menthol Crystals	0.20%	0.2g / 0.007oz
Phenoxyethanol-SA (preservative)	1.00%	1.0g / 20 drops
Citric Acid (acidulant)	q.t.	

Method

Add phase A to a clean mixing vessel and heat to 150F/65.5C. Add phase B another clean mixing vessel and heat to the same temperature, stir occasionally. Add phase A to phase B and blend well. Remove from the heat. Use a stick blender to give it a good mix and cool to 100F/40C. Add phase C ingredients to phase A/B, blend well. Add phase D to phase A/B/C and blend again well. Test the pH, if above 7 add a small amount of citric acid to lower the pH, to ~6. Mix for a couple minutes before testing the pH again. Optional: add a little bit of D&C red 40 to add a pinkish color (image on the left).

Properties

This cleansing condition improves the health of the hair and reduces frizz. It has a silky soft lather when rinsed off. Hair becomes relaxed has a nice after-feel and can be wet combed easily. Use between shampooing.