

Purifying Cucumber–Rosemary Mask

(Sample Recipe for Rosemary Leaf Extract)

Purifying Cucumber/Rosemary Mask

Phase A	Weight %	For 100 g /3.6 oz (by weight)
Distilled Water (diluent)	78.2 %	83.2 g / 2.8 oz
Triethanolamine (TEA, neutralizer)	0.2 %	0.2 g / 4 drops
Phase B		
Carbomer	0.4 %	0.4 g / ¼ – 1/2tsp
Phase C		
Cucumber Fruit Extract	10 %	10 g / 2 tsp
Rosemary Leaf Extract	10 %	10 g / 2 tsp
Phase D		
Phenoxyethanol/SA (preservative)	1 %	1 % / 24 drops
Fragrance (optional)	0.2 %	4 drops

Method

Add phase A to a disinfected glass beaker and stir well. Sprinkle phase B to phase A and mix well at the same time. Solution should thicken to a gel. When thick and smooth add phase C and stir well. Add phase D stir well and measure pH with pH indicator to be in the range of 4.5–6. If pH is below 4 add 1 drop of TEA then measure again. If above 7 add citric acid to lower pH. Ideal pH for healthy skin is between 4.5 and 6.

Properties

Cucumber and Rosemary purify, soften, soothes and nourish the skin with natural minerals readily available in these herbal extracts.