

## Aloe Vera Body Peeling Lotion (o/w)

(Sample Recipe for Walnut Shell Powder)

Aloe Vera Body Peeling Lotion (o/w)		
Phase A	Weight %	For 240 g / 8.5 oz
Grapeseed Oil (emollient)	20 %	48 g / 1.7 oz / 3 Tbsp
Cetyl Alcohol (thickener)	3 %	7.2 g / 0.2 oz / 1 Tbsp
Stearic Acid (emulsifier)	2 %	4.8 g / 0.2 oz / 3/4 Tbsp
Polysorbate 60 (emulsifier)	2 %	4.8 g / 0.2 oz / 1 tsp
GelMaker EMU (thickener, emulsifier)	1.5 %	3.6 g / 0.1 oz / little over 1/2 tsp
Phase B		
Hot Distilled Water (diluent)	55.3 %	133 g / 4.7 oz / 1/2 cup 1 Tbsp
Aloe Vera 10x concentrate	1 %	2.4 g / 0.1 oz / 1/2 tsp
Glycerin (humectant)	4 %	9.6 g / 0.3 oz / 2 tsp
Propyltrimonium (conditioner)	2 %	4.8 g / 0.2 oz / 1 tsp
Phase C		
Walnut Shell Powder (exfoliant)	8 %	19 g / 0.7 oz / 1 1/2 Tbsp
Paraben-DU (preservative)	1 %	2.4 g / 0.1 oz / 50 drops
Fragrance	0.2 %	0.5 g / 0.02 oz / 12 drops
<b>Method</b>		
Give phase A into a disinfected, heat-resistant glass jar and heat slowly to (150oF/66oC) to melt the ingredients, stir. Give phase B into a separate jar and heat it to the same temperature. Add phase A to phase B and stir until it is a homogenous solution. Cool to 100oF/38oC add phase C and stir again. The viscosity can further be adjusted with GelMaker EMU.		
<b>Properties</b>		
Almond oil and cetyl alcohol will soften your skin while walnut powder exfoliates. Apply to dampen skin and gentle massage, then rinse off.		