

MAKE YOUR OWN ACADEMY

- Oils: coconut oil and other oils of your choice (examples: jojoba, argan oil)
- Thickening agents: arrowroot powder or corn starch, xanthan gum*
- Waxes: beeswax or candelilla wax
- Emulsifiers: emulsifying waxes and co-emulsifiers: olivem 1000* and cetyl alcohol
- Emulsifiers (conditioning): BTMS-25* or BTMS-50* or Varisoft EQ65*
- Clays: kaolin clay
- Butters: shea butter or mango butter, cocoa butter or kokum butter
- Actives: essential oils of your choice, vitamin E, colloidal oatmeal, hydrolyzed proteins*
- Actives (humectants): glycerin, hydrosols*, hydrolyzed proteins*, aloe vera juice*
- Surfactants: sodium cocoyl isethionate, cocamidopropyl betaine, sodium cocoyl glutamate*
- Eco-preservative: such as Cosgard/Geogard 221 or Geogard ECT
- Miscellaneous: baking soda or magnesium hydroxide powder, distilled water*, citric acid*

*Ingredients used only in session 2 (chapters 6-11)

Inside the Make Your Own Academy you will also get access to the Simple Making Method booklet to always refer to the ingredients categories and functions at all times. Every recipe inside the Academy is formulated with any of the above ingredients, and I provide you with suggestions on how to substitute ingredients you might not have access to.

The image displays a collage of materials related to the 'Make Your Own Academy'. On the left, there is a booklet titled 'BOTTEGA zero waste' with a navigation menu: 'Introduction', 'The 10 key categories', 'The 5 core functions', and 'How to make substitutions'. Below this is a photograph of hands holding small jars, with the text 'SIMPLE MAKING METHOD' and 'Make your own zero waste cosmetics with fewer ingredients'. In the center, the 'INTRODUCTION' page of the booklet is shown, explaining the 'Simple Making Method' based on 10 key categories and 5 core functions. Below the text are two columns of categories and functions, and a grid of small images showing various cosmetic products. On the right, the 'HOW TO MAKE SUBSTITUTIONS' section is visible, featuring an exercise for 'DEODORANT STICK' with two tables for identifying and matching ingredients to functions. At the bottom right, a page for 'Chapter 10 Leave On Conditioner' is shown, featuring three photographs of hair care products and the Bottega Zero Waste logo. The text 'Make Your Own Journal' is visible vertically on the far right edge.