




cooleeme
SHOWER BALLS

NATURAL
EMULSION
RECIPE

SKIN MOISTURIZER

Recipe

INGREDIENTS

Step 1

Xanthan Gum	1g
Glycerin	8g
Water	66g

Step 2

Polyglyceryl-3	4g
Rosehip Oil	6g
Macadamia Nut Oil	6g

Step 3

Green Tea Leaf Extract	2g
Your Favorite Extract	2g

Step 4

Preservative	1 - 2g
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METHOD

Step 1

Mix Xanthan Gum and Glycerin to make a slurry
Prepare water in a cup, and a small amount of the slurry at a time into water and mix well. When all mixed together, you should have a loose jelly mix.

Step 2

Mix Polyglyceryl-3 and oils together
Add a small amount of Polyglyceryl-3 + oils into the jelly water and stir until it is fully mixed. Continue adding and stirring until all mixed.

Step 3

Add Green Tea Leaf extract (and your selected extract if you want) and mix well.

Step 4

Add broad spectrum preservative. Please follow usage instruction on the product.

Notes

About adding extracts

There are so many botanical extracts available on the market. We suggest choosing products "extract" rather than "essential oil".

We discussed safeness in natural ingredients and the difference between "extract" and "essential oil" in <https://cooleeme.com/blogs/body-care/benefits-of-34-botanical-extracts>

About preservatives

We strongly recommend not to skip preservatives in your DIY cosmetics. If you would like to learn more about preservatives in cosmetics, please have a look at <https://cooleeme.com/blogs/body-care/preservatives-in-cosmetics>

There are some natural broad-spectrum preservatives available on the market:

- Preservative Eco
- Geogard 221
- Naticide

Benefits of This Emulsion

This is a very light moisturizer with no greasy and no tacky feeling on your skin. Yet, Macadamia Nut and Rosehip oils provide smooth and soft skin result in a short period of time. Rosehip oil is known for healing and regenerating properties and beneficial for dry skin, wrinkles, and irritated skin conditions.

Unlike other oils such as coconut oil, those oils are non-pore-clogging. Green Tea Leaf extract is good for anti-aging, protecting from UV, and balancing sebum.

Enjoy making your own emulsion!