



HOME APOTHECARY- LOW-TOX LIFE - ENVIRONMENTALLY FRIENDLY

# Moisturiser

🕒 **READY IN:** 90 min

**MAKES:** 1kg (10 x 100ml pots)

**This moisturiser is velvety smooth and can be used on the face or body. The smell is amazing and it's hugely rewarding to have skincare products you have made yourself, and you know exactly what is in them.**

Moisturiser is a semi-solid emulsion – that is, a mixture of oil (the 'Fat Phase') and water (the 'Water Phase') held together by an emulsifying agent. The two are combined individually and then combined together. Always be sure to use the best quality ingredients and invest in a good set of scales for weighing.

## **INGREDIENTS**

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### **Fat Phase**

80g emulsifying wax  
50g macadamia oil  
50g sweet almond oil  
20g cocoa butter

### **Water Phase**

772ml spring water  
24g glycerine  
4g (160 drops) citricidal (grapefruit seed extract)  
5g/ml lemon myrtle essential oil



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## METHOD

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### Stove Top

Combine the Fat Phase ingredients in one saucepan, and the Water Phase ingredients in another saucepan.

Heat separately to 65–70°C (use a confectionery thermometer to measure the temperature).

Add Water Phase to Fat Phase and blend for 1 minute using a food processor or stick blender.

Blend again every few minutes until cool. This will take about 1 hour.

### Variations:

For a thicker cream (such as a night cream), use 160g emulsifying wax, 50ml almond oil, 20ml hemp oil, 30ml macadamia oil and 30g cocoa butter for the Fat Phase.

Substitute lemon myrtle essential oil for other oils such as lemongrass or lavender.

### Thermomix

Heat the Water Phase in a saucepan as per Stove Top instructions.

Place the Fat Phase ingredients in the Thermomix bowl and heat to 70 degrees on speed 3 until all ingredients are dissolved.

Turn heat off and set blades to speed 3-4 (avoid splashing), then gently pour the Water Phase in through the hole in the lid until fully combined. Leave blades turning, allow the mixture to cool to room temperature.

Add lavender essential oil as the moisturiser is cooling.

Transfer to airtight, dark glass jars (dark glass jars are needed because the oils will oxidise faster with exposure to light or air).

The moisturiser will keep for 12 months if stored in a dark place away from sunlight.