



# The Natural Beauty Workshop

## Natural Beauty Formulation Cheat Sheet

Product	Basic Ratio for Custom Formula
Bath Bomb/Fizzie	1 part Citric Acid 2 parts Baking Soda 1 part Powdered Ingredients 10 - 20% Binding Agent 5% Aromatics Color as desired
Bath Salt	1 cup salt 0-12 drops Essential Oil
Body Balm	1 part Vegetable Butter 2 parts Carrier Oil 1 part Wax 0.5-2.5% Essential Oil (optional)
Body Butter (Whipped)	2 parts Vegetable Butter 1 part Carrier Oil (optional) 5 - 10% Wax (optional) 0.5-2.5% Essential Oil (optional)
Lip Balm	1 part Wax 1 part Solid Oil or Vegetable Butter 1 part Liquid Oil 5% Liquid Lecithin (optional) 0.5-2.5% Essential Oil (optional)
Lotion	1 part Emulsifier 3 parts Oil / Vegetable Butter 6 parts Water or Hydrosol
Milk Bath	2 cups Milk Powder 1 cup Oat Flour or 1/4 cup Rice Powder, Fine Up to 1/2 cup Honey Powder, Kaolin Clay, Salt, or Corn Starch Up to 2 tablespoons Aloe Vera Spray Dried Powder, Coral Calcium, or Herbs 1/4 cup Dendritic Salt or Baking Soda with up to 2 teaspoons Essential Oil or Fragrance Oil mixed in
Perfume Oil	1 ounce Jojoba, Clear (or another stable Carrier Oil) 21 drops Aromatics (Essential Oils, Absolutes, CO2 Extracts, Attars, or Fragrance Oils)
Salt Scrub	2 parts Fine Grain Salt 1 part Carrier Oil 0.5-2.5% Essential Oil (optional)
Sugar Scrub	2 parts Sugar 1 part Carrier Oil 0.5-2.5% Essential Oil (optional)

Diluting Essential Oils	
0.5-1% Dilution	3-6 drops Aromatics to 1 ounce Carrier Oil
2.5% Dilution	15 drops Aromatics to 1 ounce Carrier Oil
3% Dilution	20 drops Aromatics to 1 ounce Carrier Oil
5% Dilution	30 drops Aromatics to 1 ounce Carrier Oil
Per Bath	2-12 drops Essential Oil diluted in product or at least 1 teaspoon Carrier Oil
In Bath & Body Products	0.5-2.5% Dilution (3-15 drops per ounce of product)