



# Honey Cucumber Facial Cream

a cool and soothing facial moisturizer

## Ingredients

- 30 grams Rose Hip Hydrosol
- 15 grams Organic Virgin Coconut Oil
- 10 grams Cucumber Seed Oil
- 5 grams Emulsifying Wax
- 5 grams Honey
- 2.5 ml Lactobacillus Ferment
- 1.25 ml Elderberry Extract
- 1.25 ml Superfine Silk Powder
- 15-20 drops Andean Mint Essential Oil
- 5 drops Melissa (Lemon Balm) Essential Oil

Makes about 70 grams

## Directions:

1. Combine the emulsifying wax and coconut oil in a double boiler and heat just until fully melted. Remove from heat, and add cucumber seed oil.
2. Sift superfine silk powder into the oil mixture and whisk until smooth.
3. In a second vessel, gently heat rose hip Hydrosol and honey until it is roughly the same temperature as the oil mixture. Both mixtures should be hot but nowhere near boiling.
4. Add the Lactobacillus ferment to the hydrosol and honey mixture and stir well to make sure honey is fully dissolved.
5. Add the elderberry extract and essential oils to the oils mixture and blend well.
6. While whisking vigorously, slowly drizzle the oil mixture into the water portion. Whisk continuously for at least five minutes before stopping. As you whisk, the cream will become cool and thick.
7. If the cream has not cooled and thickened to the consistency of yogurt after five minutes, transfer the vessel you are mixing in to an ice water bath. This will speed up the cooling considerably, so be sure to keep whisking at this point to avoid separation.

## Usage & Packaging:

- We packaged our Cucumber Honey Facial Cream in some fancy lotion pump bottles for this project. They also do quite well in cream jars.
- While we have added two preservatives to this formulation for educational purposes, this formulation has NOT been tested for stability. Any formulations containing water based ingredients should be professionally tested before being used in commercial products. As with any untested handmade emulsion, this cream should be used within 2-3 weeks and refrigerated to ensure maximum shelf life.

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