



LESSON 2

MAKING PROFESSIONAL ORGANIC FORMULATIONS





LESSON 2

HOW TO MAKE PROFESSIONAL ORGANIC SKINCARE FORMULATIONS

It's time to formulate! Now that you understand our secret formula for working with organic cosmetic ingredients, in this lesson you're going to learn how to make a natural body butter in a matter of minutes. Remember that formulation is so fun, easy and empowering, everyone can formulate.

! *Your task is to write down the weight you need for each ingredient as you follow along with the lesson and then have a go at making the body butter.*

Remember that we weigh our ingredients, rather than use drops, because this method is more precise. Once you've formulated your body butter, tag us on Instagram **@formulabotanica**, tell us about your experiences and use the **#formulabotanica** hashtag!

Ingredient	Weight
Shea butter	
Cocoa butter	
Almond oil	
Vitamin E	

LESSON 2 QUIZ SCORE

My Lesson 2 Quiz Score: I scored out of 5.

YOUR SHOPPING LIST

Formula Botanica's mission is to teach the world to formulate, and we're thrilled that you've joined us by signing up for our free foundation course. We want to get you formulating, which is why we've started with a simple yet fun formulation that we know you're going to love.

We've purposefully used botanical ingredients and tools that everyone can easily find or already has in their kitchen. To help get you started, we've listed everything you need below in this handy checklist. Please note, we've recommended enough to make at least 300g of your body butter, that means you'll be able to make the body butter 3 times.

- ☐ 100g of shea butter
- ☐ 100g of cocoa butter
- ☐ 250ml of sweet almond oil
- ☐ 5ml of Vitamin E (tocopherol)
- ☐ Glass bowl
- ☐ Pan
- ☐ Simple set of scales
- ☐ Spoons
- ☐ Spatula
- ☐ Electric whisk
- ☐ Gloves
- ☐ 70% isopropyl alcohol
- ☐ Apron
- ☐ 3-5 jars for 100g of body butter each

We've even listed all your ingredients and equipment in our Amazon US and UK storefronts, to save you the hassle of needing to search for everything.

 [Amazon UK
amazon.co.uk/shop/formulabotanica](https://amazon.co.uk/shop/formulabotanica)

 [Amazon US
amazon.com/shop/formulabotanica](https://amazon.com/shop/formulabotanica)



! Top tip: staple your 4 Lesson worksheets together as you complete them, so that you create your own workbook and get a flavour of what it's like to study with Formula Botanica!



**FORMULATION
IS EASY**