FORMULA BOTANICA

FREE FORMULATION:

AVOCADO CLEANSING MILK & MASK

Phase	Ingredients	Weight (g)
A	Avocado Oil Unrefined	20.00
A	Montanov 68	2.00
A	Olivem 1000	2.00
A	Cetyl Alcohol	1.00
B	Green Tea Hydrosol	65.00
B	Gluconolactone	0.15
B	Trehalose	1.00
B	Coco Glucoside	2.00
C	Tamanu Oil Unrefined	3.00
C	Panthenol	1.00
C	Tocopherol	0.50
C	CO2 Rosemary Extract	0.20
C	CO2 Aloe Vera Extract	0.50
C	CO2 Cucumber Extract	0.50
C	Lemongrass Essential Oil	0.05
C	Dermofeel PA-3	0.10
C	Nipaguard SCE	1.00
	Total	100.00



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FORMULATION METHOD:

1. Sanitise all your utensils and work area. Put on gloves and an apron.
2. Weigh Phase A ingredients into a beaker.
3. In a separate beaker, weigh Phase B ingredients. Stir gently to avoid foaming
4. Heat both phases to 75°C, add the oil phase to the water phase and homogenise.
5. Once the emulsion is homogenised, stop using a high shear and continue to mix manually.
6. Once the emulsion is below 40 degrees Celsius, add Phase C ingredients (except for the preservative system Nipaguard SCE) one by one and mix well after each addition.
7. Check the pH of the emulsion and adjust if needed. Add the preservative and check the pH again. The working pH for Nipaguard SCE is 4-8, but it would be best to adjust your pH until 5-5.5.
8. Finally, package your formulation, label it accordingly, and enjoy!



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WELCOME TO
FORMULA BOTANICA

We are the leading online teaching institution for organic formulation and indie beauty entrepreneurship, and we are on a mission to teach the world to formulate. We empower our students with the skills to change their lives through organic skincare and haircare. Formulating organic cosmetics with plants, flowers and herbs is an amazing, empowering skill that everyone can learn. Let us teach you how to become a formulator

KEY FACTS

We have over **20,000** students and graduates in over **190+** countries

Our courses are **accredited** by CPD UK



We teach **the most popular formulation course** in the world.

YOUR NEXT STEP



Register now for Formula Botanica's free online foundation course to learn how to make your own organic skincare and discover how fun and easy it is to become a formulator. Our free foundation course has been taken by tens of thousands of formulators around the world and can change your life.

JOIN OUR FREE FOUNDATION COURSE