

SUN CARE & AFTER SUN CARE

RESOURCE GUIDE



WELCOME



Hey there formulator! Firstly, congratulations on your commitment to a healthier lifestyle! By using this free resource guide, we hope that you can rest easy this summer knowing that the products you are using on your skin are nourishing your skin.

There are many ways to create your own formulations. This is our way, which works well for us, and we hope that you will learn a thing or two. Take what you need from this guide, but we always encourage you to explore, experiment, and find the ways that work best for you!



WHAT'S INCLUDED:

We want to ensure that you have all your bases covered. In this guide you will find:



Resources

Find out where you can purchase tools & ingredients, download formulation sheets, and watch a step by step video.



Glossary of Ingredients

Learn about natural ingredients & their benefits.



Herbal Infusion Steps

Blend herbs and oil to create your own infusions for a variety of uses.



Formulation Process

Follow the written formulation steps including heating and blending your ingredients.



RESOURCES



TOOLS

Check out this list of recommended tools before you get started!

[CLICK HERE FOR TOOLS](#)

FORMULATION SHEETS

Make sure to print your Sun Care & After Sun Care formulation sheets!

[CLICK HERE FOR FORMULATION SHEETS](#)



STEP BY STEP VIDEO

Watch a step by step video where Erin & Marissa walk you through the entire formulation process.

[CLICK HERE TO WATCH VIDEO](#)



INGREDIENTS LIST

Let's start by going over the list of ingredients we'll be using. We've tried to simplify the list of ingredients the best we could for ease of access, but all ingredients we've included play an important role in your formulation. If you are ever unsure about potential swaps, we'd be happy to help you!

SUN CARE

- Coconut Oil
- Tallow
- Non-Nano Zinc Oxide
- Jojoba Oil
- Shea Butter
- Beeswax
- Vitamin E

AFTER SUN CARE

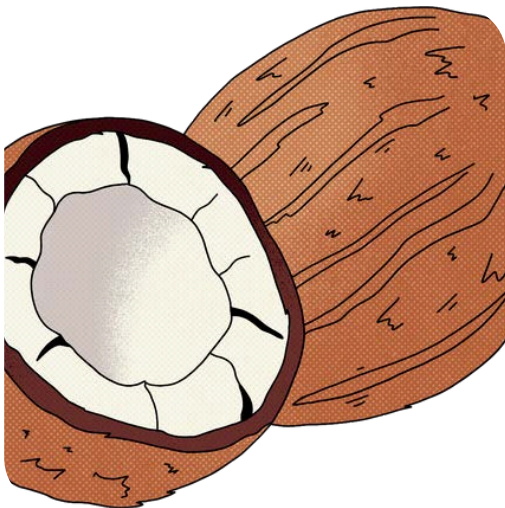
- Shea Butter
- Aloe Butter
- Beeswax
- Herbal Infusion (Jojoba Oil, Nettle, St. John's Wort)
- Coconut Oil
- Vitamin E

JOJOBA OIL

- INCI: Simmondsia Chinensis Seed Oil
- Consistency - Liquid wax
- Northern Mexico and South US, comes from the seed of a shrub
- Absorbency- medium
- Colour- pale yellow
- Therapeutic Benefits- anti inflammatory, anti oxidant



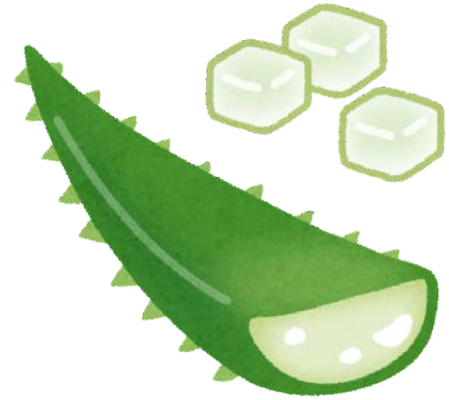
COCONUT OIL



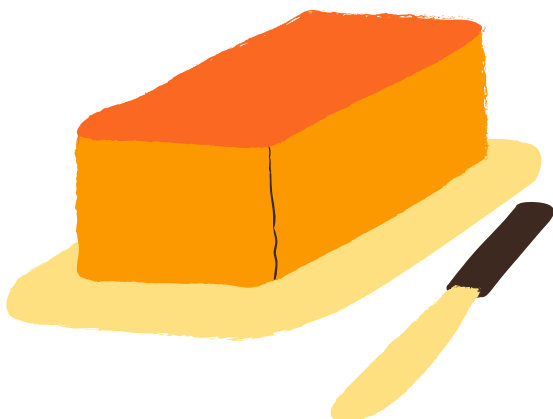
- INCI- Cocos Nucifera
 - Comes from the tropics (a palm tree) cold press the coconut
 - Absorbency - fast
 - Consistency/Colour- Clear when liquid, white when solid
 - It is a fruit not a nut
 - Therapeutic Benefits- protective barrier
-

ALOE BUTTER

- INCI: Aloe barbadensis miller
- Comes from the Aloe plant originated in Africa
- Consistency: light (very similar to coconut oil consistency)
- Absorbency: medium
- Colour: pale yellow
- Therapeutic benefits: anti inflammatory, antibacterial, soothing, calming



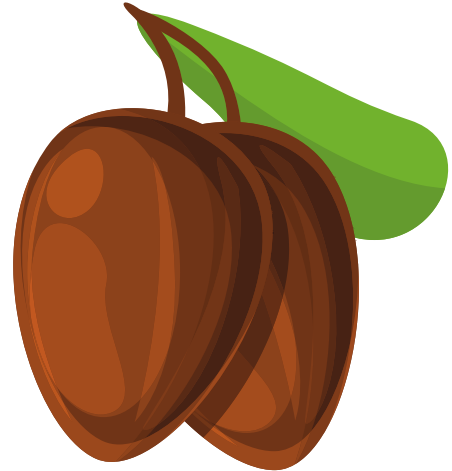
TALLOW



- Rendered Beef Fat
 - Beef suet- the fat around the organs (kidney specifically as it is the most nutrient dense)
 - Consistency/Colour: clear when liquid, white when solid
 - Absorbency - Medium
 - Therapeutic benefits: Vitamins A, D, E, K
-

SHEA BUTTER

- INCI: Butyrospermum parkii
- Comes from the Shea tree in Africa
- Absorbency: medium
- Consistency/Colour: solid and grainy, off-white
- Therapeutic benefits: reduces inflammation, good for sensitive skin, rough SPF of 6



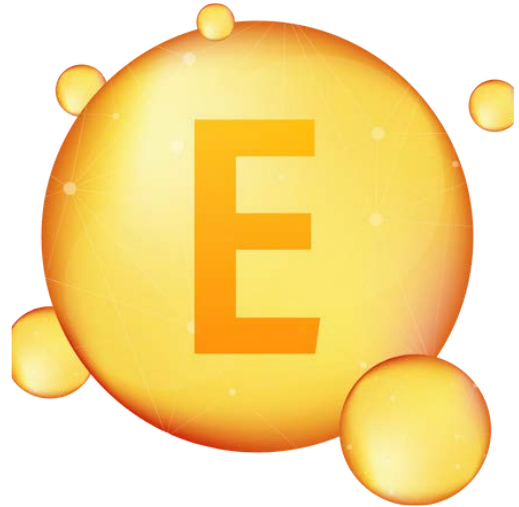
BEESWAX



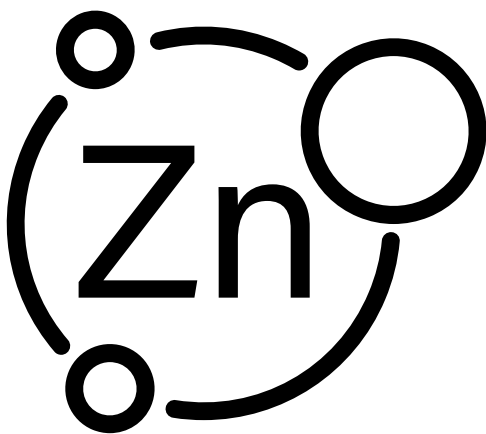
- INCI: Cera Alba
 - Produced by a gland in the honey bees and excreted
 - Absorbency- slow
 - Consistency- Solid wax
 - Colour- golden yellow
 - Therapeutic Benefits- skin barrier/protector, natural thickener
-

VITAMIN E

- INCI: Tocopherol
- Consistency- viscous
- Absorbency- slow
- Color- golden yellow to reddish
- Therapeutic Benefits- antioxidant, supports in the ingredients in the jar



NON-NANO ZINC OXIDE



- Naturally occurring mineral ingredient that is processed
 - Non-nano= zinc oxide particles are not readily absorbed into the skin or bloodstream
 - Protects against damage caused by overexposure to broad spectrum ultraviolet rays (UVA/UVB)
 - Benefits: astringent, antiseptic and protectant
-

ST. JOHN'S WORT

- Botanical Name: *Hypericum perforatum*
- Native to Europe & Asia, commonly found in North America
- Harvest the flowers and the leaves
- Scent: earthy
- Benefits: antioxidant, astringent, relieves burns and wounds



NETTLE



- Botanical Name: *Urtica dioica*
 - Native to Europe & Asia, commonly found in North America
 - Harvest the leaves
 - Scent: earthy
 - Benefits: anti inflammatory, astringent, stimulating
-



BEST PRACTICES

Here are a couple tips before getting started:

- Make sure you write things down. That way you can replicate your formulation again or make changes next time.
- Make sure your tools and work area clean and disinfected. It's a waste of ingredients and time if you are not working in a clean environment.

Station Preparation:

- Start with cleaning and disinfecting your tools and work area, we like to use 70% isopropyl alcohol.
- Organize all of the ingredients you will need.
- Lay out all the tools and protective wear you will be using.
- Have your formulation sheet and a pen to note the process.
- Set up the double broiler (bain marie).



HERBAL INFUSION

01

Grab a clean and disinfected glass jar & lid.

02

Place dried herbs and flowers in your glass jar. Fill the jar to about 70%.

03

Pour a carrier oil over the herbs, making sure that all the herbs are covered (and you leave about an inch at the top.)

04

Cover, label, date, and let your infusion sit in a cool dark place. Shake daily.

05

In 4- 6 week strain using a cheesecloth. You may discard the herbs.

06

Use as desired and continue to store your infusion in a cool dark place.



SUN CARE

01

Measure and pour ingredients from Phase A: Beeswax, Castor Oil, strained Herbal Infusion.

(You can also preheat the double broiler to a medium- we want a simmer not a boil!)

02

Melt Phase A on double broiler until it is a liquid form. Make sure to continuously stir (note the time it took to melt).

03

Once melted, remove formulation from heat & keep stirring as it is cooling down a little.

(You can turn off the broiler.)

04

Put formulation back on the scale and add Phase B. Keep stirring.

05

Once cooled and coming to a trace, you can pour your formulation into your jar. Continue to stir even as you pour for best consistency.

(Note the time it took to cool to a trace.)

06

Let sit uncovered until room temperature. Label, cover, and store in a cool dark place if possible.



AFTER SUN CARE

01

Measure and pour ingredients from Phase A: Beeswax, Castor Oil, strained Herbal Infusion.

(You can also preheat the double broiler to a medium- we want a simmer not a boil!)

02

Melt Phase A on double broiler until it is a liquid form. Make sure to continuously stir (note the time it took to melt).

03

Once melted, remove formulation from heat & keep stirring as it is cooling down a little.

(You can turn off the broiler.)

04

Put formulation back on the scale and add Phase B. Keep stirring.

05

Once cooled and coming to a trace, you can pour your formulation into your jar. Continue to stir even as you pour for best consistency.

(Note the time it took to cool to a trace.)

06

Let sit uncovered until room temperature. Label, cover, and store in a cool dark place if possible.



FINAL THOUGHTS

- Your first formulation may not be perfect, and that's why the key is to write everything down including measurements & time.
- Always start off with small formulations, that way you're not wasting product if anything goes unexpectedly.
- Although we are using natural ingredients, we always recommend doing a patch test with new ingredients as you can still have a reaction.
- Make sure you have a precise scale as ratios are important.
- Cloths and paper towels on hand are great to help prevent oily ingredients from clogging up your drain!

***Non-Medical Disclaimer:** The information provided in this Resource Guide is for general informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

BAREFOOT
SELF-CARE PRODUCTS



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NEXT STEPS



Thank you!

Make sure to follow along for more
in-person and online workshops
& resources!



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