

CREAMS



INGREDIENT LIST

HYDROPHILIC PHASE 80 - 60 % w/w

0.1 % water-soluble antioxidant

0.1 % water-soluble antiseptic

5 - 10 % glycerin

the remaining; mass water

LIPOPHILE PHASE 20 - 40 % w/w

5 - 10 % gelling agent

2 - 3 % (milk) 6 - 8 % (cream) emulsifier suitable
for hydrophilic creams

the remaining mass: vegetable oils and butters

(the percentages are calculated on the total)

PREPARATION STEPS

1. The two phases are prepared separately
2. The oil is brought to melt, up to around 60-70 °C, and dissolve: gelling agent, emulsifier and any fat-soluble functional substances
3. boil the water and dissolve: glycerine, preservatives and any substances water-soluble functionals;
4. the temperature of the aqueous phase is then lowered until it reaches the temperature of the oily phase
5. Both phases are brought to the same temperature (40 - 45 °C, never more than 50°C)
6. Put the aqueous phase into the oily one, slowly, with protective glasses, and especially under constant and VERY strong agitation; in fact we do not use the glass rod but the immersion blender
7. Once the emulsion is obtained, it is allowed to cool slowly and stirring occasionally so that it does not harden.

Warning: if they were to be introduced thermolabile water-soluble functional substances, it will be better to introduce them when the aqueous phase is a 60-70°C



ESSENTIAL OILS & HYDROLATES



INGREDIENT LIST

1 l water

1 kg plant material (e. g.: lavender)

PREPARATION STEPS

1 Preparation of the plant material: The lavender flowers are collected and placed in a special still to allow uniform circulation of the steam.

2 Steaming: Water is brought to the boil, producing steam. The steam passes through the plant material, evaporating the essential oils.

3 Condensation: The vapor loaded with essential oil and water is passed through a cooling coil, where it condenses back to a liquid state.

4 Separation: The condensed liquid, a mixture of oil and water, is collected. Since essential oil has a different specific gravity than water (it is less dense), it floats on the surface and can be easily separated and collected in a special container.

The remaining water, called floral water or hydrolate, is also a valuable byproduct.

