

INTRODUCTION	5
GENERAL NOTES ON MAKING PRODUCTS	6
ANTI-OXIDANTS & PRESERVATIVES	8
CHOOSING PRESERVATIVES.....	9
PRESERVATIVE COMPARISON CHART.....	10
QUICK NOTE ON ELECTRICAL CHARGES	11
WHAT'S A BODY MILK?	12
EMULSIFIERS	13
COMPARISON CHART: A FEW COMMON EMULSIFIERS	14
SENSORY CHARACTERISTICS OF EMOLLIENTS	17
COMBINING EMOLLIENTS & SPREADABILITY	20
SO WHY DO WE CARE ABOUT ANY OF THIS?.....	22
CHOOSING LIQUID EMOLLIENTS!.....	23
SENSORY COMPARISON CHART FOR VARIOUS EMOLLIENTS.....	25
HERE ARE A FEW OF MY FAVOURITE SOLID EMOLLIENTS!	27
CREATING A LIGHT LOTION OR BODY MILK WITH JEESPERSE® ICE-T CIS-2 ...	29
LET'S MAKE THIS BODY MILK!	31
BASE FORMULA FOR CREATING A LIGHT LOTION USING JEESPERSE® ICE-T CIS-2	31
INSTRUCTIONS FOR JEESPERSE® ICE-T CIS-2	31
WHICH EMOLLIENTS SHOULD WE CHOOSE?	33
VARIATIONS ON CREATING A LIGHT LOTION USING JEESPERSE® ICE-T CIS-2: FAST SPREADING EMOLLIENTS	34
VARIATIONS ON CREATING A LIGHT LOTION USING JEESPERSE® ICE-T CIS-2: MEDIUM, FAST & SOLID EMOLLIENTS (FORMULA)	35
CREATING LIGHT LOTIONS & BODY MILKS WITH OTHER COLD EMULSIFIERS	36
LIGHT & FAST SPREADING EMOLLIENTS USING VISCOPTIMA SE (formula).....	37
GENERAL INSTRUCTIONS FOR VISCOPTIMA SE.....	38
USING OTHER COLD PROCESS EMULSIFIERS TO MAKE BODY MILKS & LIGHT LOTIONS.....	39
CREATING A BODY MILK WITH JEESPERSE® CPW-CG-CROSSPOLYMER-G-02	39

DISTINCTLY MINTY BODY MILK USING Jeesperse® CPW-CG-Crosspolymer-G-02 (FORMULA)	40
INSTRUCTIONS FOR USING Jeesperse® CPW-CG-Crosspolymer-G-02 (aka ICE Silicone)	41
LET'S MAKE SOMETHING WITH POLAWAX!.....	42
BASE LIGHT LOTION/BODY MILK WITH POLAWAX (FORMULA)	43
INSTRUCTIONS FOR MAKING A LOTION WITH POLAWAX, NATRAGEM EW, OR E-WAX NF.....	44
NOTES ON USING THESE FORMULAS WITH NATRAGEM EW	45
LET'S MAKE A NATURALLY COMPLIANT LOTION WITH OLIVEM 1000!.....	46
CREATING THE OIL PHASE	47
VERSION 1: MEDIUM & FAST SPREADING EMOLLIENTS	48
CREATING A LIGHT LOTION WITH OLIVEM 1000 - LIQUID EMOLLIENTS (FORMULA) .	
50	
INSTRUCTIONS FOR USING OLIVEM 1000.....	51
VERSION 2: ADDING A SOLID EMOLLIENT.....	52
CREATING A LIGHT LOTION WITH OLIVEM 1000 - SOLID EMOLLIENTS (FORMULA)...	
53	
CREATING A SPRAYABLE BODY MILK WITH INCROQUAT BTMS-50.....	55
GREEN TEA & GINGER BODY MILK OR LIGHT LOTION WITH INCROQUAT BTMS-50 (formula)	57
INSTRUCTIONS FOR CREATING A LOTION WITH INCROQUAT BTMS-50	57
MODIFYING THIS FORMULA TO BE NATURALLY COMPLIANT!	58
GREEN TEA & GINGER BODY MILK OR LIGHT LOTION WITH JEEQUAT® NDCS (formula)	59
INSTRUCTIONS FOR CREATING A LOTION WITH JEEQUAT® NDCS	59
CONCLUSION	61
MY BLOG, POINT OF INTEREST	61
THANK YOU TO MY AMAZING SUBSCRIBERS	61
HOW TO CONTACT ME.....	61
SUPPLIERS' INFORMATION	61