

What *is* a Solubiliser?

We all know that 'oil and water' do not mix. So how can you create useful water-based preparations with essential oils that will not separate? In the vein of our 'DIY' philosophy in creating your own customised 'aromatic pharmacy' formulae, Essential Therapeutics offers you some natural and effective options.

Disper

Disper is a truly natural dispersant for essential oils. Originally a Swiss invention, we began making Disper ourselves some years ago, to be able to offer you this unique product at a reasonable cost.

Disper contains purified soya lecithin fractions, rich in phosphatidyl choline, dispersed into pure neutral cane spirits (charcoal filtered ethanol, as used in herbal tinctures). Using Disper at the ratio of **10 parts Disper to 1 part essential oil**, this will create a stable emulsion of essential oils in water. Simply mix the essential oils and Disper together first, then add to your liquid of choice.

Disper was originally designed for preparing essential oil formulae for oral ingestion. As such, it is fully compatible and gentle on the skin and mucous membranes. Hence, we specifically recommend Disper for use in preparations to be used orally (such as in gargles) and for eye and nasal preparations. As well, Disper is perfectly suited to be used to create natural 'mist sprays' and the like, akin to using the water of distillation of an essential oil.

Example: Eye Formulae

A soothing, anti-inflammatory preparation for relieving tired, irritated eyes due to overstrain and for the itching and irritation due to hay fever.

For 100mL total:

Essential oils: 1 drop True Lavender,
1 drop Geranium,
2 drops Roman Chamomile

Disper: 1.25mL or 40 drops

Saline solution: 100mL This is simple sterile saline solution – only water and salt – as used for contact lenses. Available in pharmacies, supermarkets, etc.

Directions: Mix the essential oils into the Disper, and then blend into the saline solution. Place some into a small clean dropper bottle and refrigerate the rest. Use

as eye drops as required or as an eye bath. Use within two weeks, then either discard or heat to just a boil to sterilise. Smaller amounts can be prepared by making a blend of the essential oils and Disper. Then, simply add 4 to 5 drops of this blend to every 10mL of sterile saline solution.

Essential Solubiliser

Essential Solubiliser is a very mild surfactant created from coconut and almond oils, designed specifically for creating water-based preparations using essential oils. If desired, vegetable oils and oily vitamins can also be added to bath preparations. To fully disperse essential oils, etc use 4 parts (or more) of Solubiliser to 1 part essential oil. Mix oils with the Solubiliser first, before adding to water. Although very mild on the skin, we do not recommend that Essential Solubiliser be used for oral, eye or nasal applications as Disper can.

Essential Solubiliser is suited for many applications, including:

Therapeutic bath preparations, wound irrigations, douches, room deodorising sprays, 'skin conditioning' mist sprays, gentle cleansing preparations, and more...

Two examples:

Therapeutic Baths

Therapeutics baths are a simple, yet effective form of complementary treatment for many conditions. I quote from a recommended Aromatherapy text, *The Practice of Aromatherapy* by Dr. Jean Valnet M.D.

"I undertook with my colleagues a series of wide ranging tests on various mixtures of whole natural aromatic essences in emulsion form for use in ordinary bathing and washing. The mixture for adults contained the essences of cypress, lavender, rosemary, sage and thyme; the mixture for children included the essences of lavender, rosemary, thyme, savory and oregano... The effects - tonic or calming, decongestive or balancing - were experienced after only a few baths or washes. Knowledge of the constituents of these essences clarifies why cases of obesity, cellulitis, arthrosis, circulatory problems, muscular weakness, insomnia and nervousness benefit from aromatic baths taken as a form of general treatment."

If essential oils are only 'floated' on top of the bath water, only small amounts of the mildest essential oils can be used.

Otherwise, skin irritation can easily be

experienced! By using an emulsifier like Essential Solubiliser, a good, strong therapeutic bath can be had using even 'strong' essential oils such as Red Thyme, without fear of skin irritation.

Fortifying Bath Formula

The following formula is excellent to use throughout the duration and recovery from colds and 'flu, especially when you feel the first symptoms coming on. This formula has good 'warming', anti-infectious properties.

Essential oils:

Eucalyptus Australiana – 10 drops * Tea Tree – 10 drops * Black Pepper – 5 drops
Red Thyme – 5 drops

Essential Solubiliser: 5mL or more.

Mix the essential oils fully into the Solubiliser. Mix into a full hot bath before getting in. Soak for a good 15 to 20 minutes...

Hydrating Mist Spray

An excellent 'cosmeceutical' preparation for dry, dehydrated skin.

For 100mL total:

Essential oils: Dry Skin Synergy – 15 drops
Essential Solubiliser: 2.5mL

Mix together well. Add this to:

Aloe Vera juice (drinking variety, without pulp) – 30mL * Panthenol (pro-vitamin B5) – 1mL or gram * Vegetable glycerine – 3mL or grams * Citricidal – 0.3mL or 10 drops.

Spring water – 63mL – or if you have your other ingredients in a measuring beaker, simply add the water until you have 100mL total. Mix together well and pour into a cobalt blue spray bottle.

to be continued next issue



ESSENTIAL THERAPEUTICS

The Ultimate Practitioner Range

For your nearest Distributor, please contact:

Essential Therapeutics Head Office

39 Melverton Drive, Hallam VIC 3803
Tel (03) 8795 7720 Fax (03) 8795 7375
Email esstherapeutics@ozemail.com.au

Victoria – Osborne Health Supplies

Tel (03) 8831 3888 Fax (03) 8831 3898

South Australia – BettaLife Distributors

Tel (08) 8351 8455 Fax (08) 8351 8722

New South Wales – Select Botanicals

Tel (02) 9817 0400 Fax (02) 9817 0500

Western Australia – Olfactory Sensations

Tel (08) 9470 9770 Fax (08) 9470 9766

Queensland – Sunstate Therapy Supplies

Tel (07) 5493 6555 Fax (07) 5493 6566

Queensland – Naturopathic Remedies Group

Tel (07) 3261 8988 Fax (07) 3261 7355

Tasmania – Cartledge Agency

Tel (03) 6344 5466 Fax (03) 6343 2472

New Zealand – Wellpark College

Tel 9360 0560 Fax 9376 4307

Minneapolis USA – Michelle Juneau

Tel (612) 332 4422 Fax (612) 344 1282

Maryland USA – Zobiana Aromatherapy

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Hong Kong – Southern Essence

Tel (852) 9833 9883 Fax (852) 2906 5291

SEPTEMBER SPECIALS

To encourage you to experiment with your own 'aromatic pharmacy', we offer you the following products at a 10% discount throughout September

Disper essential oil emulsifier 50mL

Essential Solubiliser 250mL

Emulsifying Wax 250 grams

Plus the 'oils of the month':

German Chamomile 'extra' 2mL

German Chamomile CO₂ extract 5mL

We are overstocked on the following products and offer these at a 10% discount for September:

Wild-harvested Alpine Lavender 5mL & 50mL
- the crème de la crème of True Lavender oils.

Lavender Super Hybrid 10mL & 50mL - an excellent quality Lavandin, from 'non-certified' organic growing practices. Can be used like True Lavender oils and is less expensive to produce.

Healing Blend 50mL - a blend of pure essential oils, vegetable oils and vitamins, designed to speed the healing of small wounds, burns, help to prevent stretchmarks and more.

Energising Massage Blend 100mL - a full 5% concentration of essential oils in our 'Massage Blend' base of vegetable oils. Designed to be used 'as is' to stimulate and refresh bodily energy.

Available until 30th September 2003



Essential News

Essential Therapeutics

The Ultimate Practitioner Range

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Greetings

Essential oils, as highly concentrated plant extracts, are generally not used 'as is'. When essential oils are used diluted, they can be employed to create a wide range of safe and effective therapeutic preparations. The creation of essential oil preparations is what I call 'aromatic pharmacy'.

In this issue, we discuss the preparation of some useful formulae in the articles, 'What is a Solubiliser?' and 'Aromatic Pharmacy – Creating Your Own Base Cream'. You will find that these 'aromatic pharmacy' formulae are quite straightforward to prepare and will offer you a number of options for creating both Aromatherapy treatments and 'active' natural cosmetics.

Our essential oil profile for this issue is that of German Chamomile. We discuss both the distilled oil and the super-critical carbon dioxide extract. Is one better than the other? Please read on to find out...

Best Regards,

Ron Guba, Editor

Aromatic Pharmacy — Creating Your Own 'Base' Cream

Having become frustrated with therapists having to resort to the use of mineral oil-based 'Sorbolene' creams and the like, I designed a cream based on natural vegetable oils. We named this product *Essential Base Cream*, although I had toyed with the idea of calling it 'Not Sorbolene' Cream!

Essential Base Cream is one of three natural 'base' creams that we offer, along with *Essential Base Lotion* (a lighter version of the cream) and *Ultimate Base Cream* (rich in Rose Hip oil, Centella extract, vitamins and more). Hence, you have a number of options to choose from when you need to create effective topical preparations or 'cosmeceutical' products using essential oils.

Nevertheless, you may want to (and enjoy) creating your own 'customised' base creams. As you will see, this is relatively easy to do, requiring a minimum of equipment and expense. If you can cook – you can make a cream!

The 'fat phase' – all the oil and oil-loving ingredients – vegetable oils, butters and the emulsifier.

The 'water phase' – the water and other water-loving ingredients, such as glycerine, the preservative, etc.

In the following formula, the fat phase is 20% of the total cream; the water phase is 80%. This makes a nice, thick cream.

The finished cream represents a stable suspension of tiny oil droplets in the water phase – what is known as an 'oil in water' emulsion.

'Not Sorbolene' Base Cream

To make a 500 gram batch of cream:

All ingredients are available from Essential Therapeutics

Ingredient	Amount required	Percentage of total
Fat Phase - A		
100 grams total 20%		
Emulsifying Wax (1)	40 grams	8%
Sweet Almond oil	25 grams	5%
Super Fine Massage Blend (2)	25 grams	5%
Cocoa Butter (3)	10 grams	2%
Amiox (4)	8 drops or 0.25mL	0.05%
Water Phase - B		
400 grams total 80%		
Vegetable glycerine	15 grams or mL	3%
Citricidal (5)	2 grams or mL	0.4%
Spring or purified water (6)	383mL or qsf	
	400mL (7)	76.55%

About the ingredients:

1. Emulsifying Wax is the emulsifier, a blend of cetearyl alcohol (a natural fatty alcohol from palm oil) and PEG-20 stearate (partially 'man-made', but again from palm oil). It is quite benign, easy to work with and is the basis of a number of natural cosmetics.
2. Super Fine Blend is mostly the light fractions of Coconut oil, with added Jojoba and Camellia oil. Along with the Almond oil, this makes a stable cream that can last up to three years. You can use other vegetable oils of choice, such as Rose Hip, Herbal Infused oils, or oily vitamins like Vitamin E. Just keep the total amount used (50 grams) the same. **continued page 3**

Equipment you will need:

- Saucepans (stainless steel or ceramic preferred)
- Measuring cups or beakers (supermarkets, etc. or laboratory supply companies)
- A tall container to mix the cream in
- HDPE plastic or glass jars
- 0° to 110° C thermometer (from most hardware stores, kitchen departments or laboratory supply company)
- A 'wand' or 'stick' blender (such as Moulinex, Sunbeam, etc. – available from many hardware or electrical goods stores)
- A weighing scale (a food scale that can weigh 1 gram, or best, an electronic pocket scale that weighs down to 0.1 gram. These are available from Jaycar Electronics, N.G. Brown & Associates or Wedderburn Scales here in Australia).

A good scale will be your largest investment, but will be well worth it.

The following base cream formula is very versatile. As with our *Essential Base Cream*, you can add up to an additional 10% of essential oils, herbal infused oils, oily vitamins such as Vitamin E acetate and on. As well, water-like ingredients, such as Aloe Vera juice, herbal tinctures, etc., perhaps up to an additional 50% can be added. Or you can design your cream with any ingredients that you wish from the beginning.

Hence, many types of 'treatment' creams can be produced, as well as products for more of a cosmetic use.

About Creams

There are two parts to an emulsified cream:

German Chamomile

Steam Distilled and Carbon Dioxide Extract

Common Name:	German Chamomile, Blue Chamomile
Botanical Name:	<i>Matricaria recutita</i> L. CT <i>bisabolol</i> syn. <i>Chamomilla recutita</i> (L.) Rauschert
Family:	Asteraceae
Plant part:	Flowering plant tops
Extraction Method:	Steam distillation (SD) or CO ₂ extraction
Country of Origin:	SD – Croatia, CO ₂ – Spain
Guarantee:	SD – Traditional, CO ₂ – Select
Aroma:	Of the distilled oil, intensely sweet, herbaceous, hay-like, 'rubber-like', with fruity notes. The CO ₂ extract is very herbaceous and hay-like, characteristic of the herb.



Origin:

The genus *Matricaria* contains about 35 species of annual, biennial and perennial herbaceous plants. German Chamomile is native to Europe and western Asia and has become naturalised throughout much of the world. It is a sweet-scented, yellow-flowered annual, growing up to a height of one metre.

The flowering tops are collected, sometimes partially dried, and then distilled. The CO₂ extract is made from fully dried flowering tops. Full steam distillation takes from 3 to 5 hours. During distillation, chamazulene is formed from the sesquiterpene lactone, matricin. It is the chamazulene that imparts the dark blue colour to the essential oil.

The oil yield from steam distillation is from 0.1% to 0.3%. The total carbon dioxide extract represents an extraction yield from 4.0% to 5.0%. Total carbon dioxide extraction removes all lipophilic ('oil-loving') components; of this approximately 14% are volatile compounds. The CO₂ extract is yellowish-green in colour, as there is no chamazulene present.

Due to the solidity of the extract, we provide German Chamomile CO₂ extract diluted to 25% concentration in Jojoba oil, to create a liquid product.

German Chamomile is cultivated in many countries for its use as a dried herb. Principal countries that produce the essential oil include Croatia, Egypt, Germany, France and Russia.

History

German Chamomile (and its relative Roman Chamomile) have been used medicinally since antiquity, first mentioned in the writings of the ancient Greek medical author, Dioscorides. The name *Matricaria* is derived from the Latin *matrix* (womb) or *mater* (mother), for its traditional use in dealing with feminine disorders.

German Chamomile has a host of traditional applications. These include its use as a tonic, sedative, to relieve alimentary gas and colic, for asthma, fever, inflammations, and even cancer.

Very popular in Germany, there are at least eighteen different pharmaceutical preparations utilising German Chamomile. The principal anti-inflammatory and antispasmodic compounds appear to be (-)-bisabolol and matricin, supplemented by

flavonoids such as apigenin-7-glucoside, luteolin (these 3 compounds are not present in the essential oil or CO₂ extract), and coumarins in the flower heads. Chamazulene has been demonstrated to have some anti-inflammatory and fever-reducing properties.

-bisabolol, found in the appropriate chemotype of German Chamomile, is regularly recommended in the treatment of ulcers induced by alcohol or X-ray burns. Traditional Herbal Medicine texts often present both German and Roman Chamomile as the same herb. However, not only are they distinct species, the composition of their respective essential oils are quite different. Certainly, some of their properties are similar, but each essential oil does have its individual characteristics. As a very short summary, we can say that German Chamomile is more *anti-inflammatory* in nature, while Roman Chamomile has a stronger *sedative* effect.

CO₂ extracts vs. Steam distilled oil: During steam distillation, the C₁₅ lactone, matricin is converted to the intensely dark blue C₁₅ terpene, chamazulene. Aromatherapy claims for German Chamomile and other "blue" oils, have assumed a high anti-inflammatory power on the part of chamazulene. However, in one study of the anti-inflammatory properties of German Chamomile extracts (Della Loggia et al 1990), **matricin** was shown to be **ten times stronger** than **chamazulene** as a direct anti-inflammatory agent. With CO₂ extraction, which is done at low temperatures (~ 30°C), matricin is not converted to chamazulene. Hence, in this study, the CO₂ extract had significantly higher anti-inflammatory effects.

On the other hand, another study demonstrated that chamazulene was quite active in inhibiting the production of leucotriene B₄ (a compound produced by white blood cells - neutrophilic granulocytes – that help to create inflammation) in cell cultures. Matricin, in this case, was not active. (Safayhi H, et al. 1994) Further, another study demonstrated that chamazulene has quite strong antioxidant effects, in this case preventing the peroxidation ('rancidity') of cell membrane lipids. Peroxidation leads to the creation of oxygen 'free radicals', that promote inflammation. Matricin was not studied. (Rekka E, et al. 2002)

Alpha - bisabolol: There are four major cultivars or chemotypes of German Chamomile. The three most common produce an essential oil containing low

amounts of alpha-bisabolol. They contain instead large amounts of bisabolol oxide A & B. The fourth chemotype is rich in - bisabolol, which has been shown in various studies to have significant anti-inflammatory effects, as well as being anti-spasmodic (along with the spiro-ethers), anti-bacterial, fungicidal and to have an (gastric) ulcer-protecting action. Both - bisabolol and the spiro-ethers

have been shown to be able to detoxify various bacterial toxins, as well as effecting metabolism in the skin (which may be part of the reason why G. Chamomile extracts are useful in eczema and related conditions).

Bisabolol oxide A & B do not have these beneficial properties. Hence, the appropriate - bisabolol chemotype is most effective for therapeutic use. This is the **chemotype** that *Essential Therapeutics* offers as both the steam distilled oil and the CO₂ extract.

In summary, the CO₂ extract shows superior direct anti-inflammatory qualities due to its higher matricin content. The steam distilled oil is also effective, especially if one is using the **α-bisabolol** chemotype.

The **chamazulene** in the essential oil *may* be more effective in dealing with inflammation due to allergies, as in the case of dermatitis.

Which oil is best to use? It is fair to say that the CO₂ extract represents more of the activity of the whole herb, which has been well researched. The distilled oil is significantly different only in regards to the matricin having been converted to chamazulene, and does have a good history of positive anecdotal results. Chamazulene does demonstrate a superior 'free radical scavenging' activity. Hence, for skin damage caused by UV radiation or radiation therapy, as examples, the distilled oil appears to be better suited.

More definitive research would be useful. Suffice to say that **both** products can be used together if desired for beneficial effects.

Principal Constituents:

C₁₅ terpenes (SD) Chamazulene (7 - 12%), trans-beta-farnesene (28 - 42%), trans-trans-alpha-farnesene (>5%), bisabolene
C₁₅ alcohols bisabolol (15 - 26%) (most chemotypes contain only small amounts), spathulenol

C₁₅ oxides bisabolol oxide A & B (4 - 10% & >5%)

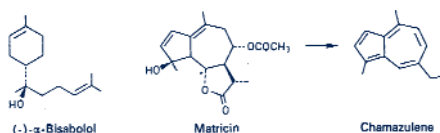
Dicyclo ethers *cis* - & *trans* - spiro ether (3 - 15%)

C₁₅ lactones matricin (in CO₂ extract - same amounts as chamazulene in distilled extracts)

Coumarins herniarin, umbelliferone

Skin

Strong anti-inflammatory, Dermatitis Burns, Boils, *Herpes* infections, Eczema, Ulcers, Psoriasis, Wounds, Soothing and antiseptic, Sensitive and dry skin, Acne, Nappy rash, Broken capillaries, Improves elasticity of skin, Itchy skin



Properties:

Digestive tonic, healing, hepatic, decongestant

Mild sedative, anti-inflammatory, anti-allergic, healing

Mild hormonal effects, sedative, anti-spasmodic, harmonising

Mild diaphoretic, febrifuge, immunostimulant, mild anti-infectious

Therapeutic Indications:

Indigestion, gastric and duodenal ulcers, ulcerative colitis, gastritis, "heartburn", nausea, flatulence, colic. - bisabolol has ulcer protective effects. Liver related headaches, migraines, possibly nightmares.

Neuritis, neuralgia, arthritis, earache, toothache, sprains – generally where there is acute swelling, pain and heat. Skin inflammations - eczema, irritated skin, allergic reactions - urticaria, irritations of the mouth and throat. Hayfever, allergic asthma, burns and wounds (see skin). For radiodermatitis from radiation therapy and oral mucositis from radiation or chemotherapy.

PMS with irritability and depression. Painful menstruation; menstrual cramps, heavy menstruation and menopausal problems. - bisabolol has some oestrogen-like activity.

Onset of cold and 'flu with fever (hot infusions). Mouth, gum and throat inflammations. Cystitis. Past studies suggest increase in white blood cell activity – leucocytosis – for compromised immunity. Possible use with cancer ??

Herbal Energetics

German Chamomile is a cooling "Yin" essence, good for clearing excess heat and 'Qi constraint'. Avicenna, the 'father' of Aromatherapy, wrote of Chamomile, "By its coldness it assists in clearing excess heat from the organs..." Both German and Roman Chamomile help to open and smooth the flow of Qi – or vital energy, serving to relax the nervous system, ease pain and relieve spasm.

Peter Holmes writes of the two Chamomiles, "The conditions requiring Chamomile can be summarised as **inflammation, irritation and discharge** on the skin and mucous membrane level, **oversensitivity, weakness and pain** on the nerve/sensory level, and **tension, restlessness and agitation** on the emotional level." I can add that at the skin level, German Chamomile stands out, the nerve level, both oils are quite useful, and the emotional level is more in the domain of Roman Chamomile.

Mind

Soothing in nature, to 'cool' overheated emotions as in restlessness, irritability and anger.

Chakra Affinity: Throat, Counteracts agitation or over activity in any chakra.

Safety Issues

German Chamomile is a very non-toxic, non-irritant essential oil. Excellent for children and quite safe for use during pregnancy at usual doses (in contradiction to various Aromatherapy books).

There are occasional sensitivity reactions reported to both German and Roman Chamomile. People who have a known sensitivity to other members of the Asteraceae family, such as ragweeds, asters and chrysanthemums, are advised to patch test the oils first. Sensitivity reactions are rare – one survey of medical literature from 1887 to 1982 discovered only 50 negative reactions reported, 45 from Roman Chamomile and just 5 from German Chamomile.



ESSENTIAL THERAPEUTICS

SEPTEMBER SPECIALS

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SEE BACK PAGE FOR FULL DETAILS

Aromatic Pharmacy *continued*

3. Cocoa Butter is very emollient. Alternatively, you can use Shea Butter.
4. Amiox is our Rosemary antioxidant. This keeps the vegetable oils from going rancid. It is optional, but recommended.
5. Citricidal (grapefruit seed extract) is the natural preservative in the formula that keeps bacteria and moulds from growing.
6. Please don't use tap water! But, it's up to you. **You can add** other 'watery' ingredients, such as Aloe Vera juice and herbal tinctures, but I suggest you use just water the first time.
7. 'Qsf' means 'quantity sufficient for'. After you have added your first water phase ingredients into a measuring beaker, you can simply add your water until you reach 400mL total.

Directions:

1. Weigh out all your 'fat phase' ingredients and place into a saucepan.
2. Weigh and measure out all your 'water phase' ingredients.
3. **Put aside one-third** of the water phase. In this formula, this is 130mL. You add this at the end, so that the cream cools quickly.
4. Put the remaining two-thirds (270mL) of the water phase into a second saucepan.
5. On a stovetop, heat the water phase first. Using your thermometer, heat the water phase to 65° to 70° C and remove from heat.
6. Then, heat the fat phase over a gentle heat, stirring occasionally (so that you don't get 'hot spots'), until you reach 60° to 65° C. **If you want to add essential oils now**, this is the time to add them to the saucepan. The temperature should not go under 60° C.
7. Pour the melted fat phase into the mixing container. For a 500 gram batch, I suggest using at least a 1 litre container. The container (plastic is fine) should be tall and 'skinny', so that you can blend the mixture well.
8. Have your hot water phase ready. You can place this into a beaker or jug to make it easier to pour.

9. Place your 'stick' blender in the mixing container and start blending. Then, slowly begin pouring in the hot water phase. Continue blending for a full minute.
10. Continuing to blend, slowly pour in the cold water phase – the one-third that you placed aside in # 3 above. Blend for perhaps another 30 seconds. **If the cream really starts to thicken**, stop blending when this happens. Otherwise, you will tend to whip air into the cream.

You now have a beautiful fresh cream that is ready for bottling! If you haven't already you can now blend in your essential oils of choice – or add them at any time to this 'Not Sorbolene' cream.

A finished product example: 'Red in the Face' Rejuvenation Cream

If you suffer from 'sensitive' skin with 'spider veins' (broken capillaries), the following is an excellent treatment cream:

1. In the formula above, replace the Super Fine Massage Blend with 10 grams of Rose Hip oil or 'Super EFA' Blend and 15 grams of Calendula Infused oil.
2. Replace the Cocoa Butter with Shea Butter.
3. After making the cream, blend in 30 drops (or 1mL) of Couperose Skin Synergy blend for every 100 grams (or 100mL) of cream. Or add the full 5mL bottle of the Synergy to the full 500 gram batch. Apply twice daily.

Another finished product example: 'Absolutely Bewdiful' Rejuvenation Cream

1. In the formula above, replace the Super Fine Massage Blend with 10 grams of Rose Hip oil or 'Super EFA' Blend and 15 grams of Centella Infused oil.
2. Replace the Cocoa Butter with Shea Butter.
3. After making the cream, blend in 30 drops (or 1mL) of *Mature Skin Synergy* blend for every 100 grams (or 100mL) of cream. Or add the full 5mL bottle of the Synergy to the full 500 gram batch. Absolutely bewdiful!

Like to know more?

Attend our Aromatherapy & Regenerative Skin Care seminar