



Value Added Products - Lavender Use in Bath & Body Essentials

Front Porch Events

Speaker: Cindy Jones, PhD

Owner, Sagescript Institute & Colorado
Aromatics

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Dr. Cindy Jones

Cindy Jones, Ph.D. has been a lavender grower for 17 years. She is a biochemist and cosmetic formulator/scientist specializing in natural products. On her farm she grows and distills many different herbs for hydrosols and other extracts to use in cosmetics. She is a founding member of the United States Lavender Growers Association. Her skincare line is Colorado Aromatics (<http://www.coloradoaromatics.com>) and she consults through Sagescript Institute (<http://www.sagescript.com>).

Previously she worked in cancer research, science writing, and teaching.

Sagescript Institute: <http://www.sagescript.com>

Colorado Aromatics <http://www.coloradoaromatics.com>





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& Body Essentials**

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Sagescript Institute

Colorado Aromatics

www.coloradoaromatics.com



Sagescript Institute - microbiology testing, consulting
on product development/formulating.

www.sagescript.com

Colorado Aromatics - natural skincare products
using herbs grown on our farm, wholesale, retail or
bulk.

www.coloradoaromatics.com



What Form Can I Use Lavender?

unprocessed bud

ground bud

infused oil

tincture

distilled as essential oil or

hydrosol



Examples of Products

Bath Salts

Salt Scrub

Herbal Baths

Bath Bombs

Bath Truffles/ Fizzies

Steams

Facial Masks

Facial/ Body Scrubs

Body Oils



What is a cosmetic?

The Federal Food, Drug & Cosmetic Act (FD&C Act) defines cosmetics as "articles intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body...for cleansing, beautifying, promoting attractiveness, or altering the appearance."

What is a drug?

The FD&C Act defines drugs, in part, by their intended use, as "articles intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease" and "articles (other than food) intended to affect the structure or any function of the body of man or other animals"

Don't sell drugs!

Soaps are not regulated by FDA but by Consumer Product Safety Commission.



A Few Tips About Formulas

Ingredient	Percentage	Amount

Always put formulas in a Spreadsheet

Always work in grams (never volume)

Use percentages

Add total weight of ingredients, divide individual weights by the total weight x 100



Infused Oil

Use Dried Herb

1 part herb to 10 parts carrier oil

Set for 2 weeks

Filter

Bath Salts



Formula

99 % sea salt (can substitute all or part epsom salt)

1-2% essential oil

Modifications

add powdered herbs

add powdered milk

add cornstarch to prevent caking

add clay for color

Salt Scrub



Formula

59% soft butter (shea, coconut, . . .

39% liquid oil (olive, sunflower, jojoba

1-2% essential oil

Modifications

add powdered herb, clay, 3-4%
emulsifier, more or less soft butter

Herbal Bath



Formula

Mix herbs in varying amounts depending on availability and needs.

Be consistent between batches.

Bath Truffles/ Fizzies



Formula

20% butters (cocoa, kokum, shea)

52% baking soda

25% citric acid

3% fragrance/essential oil

modifications

substitute 1-2% infused oil for butters

add clay for color

add ground lavender buds

Steam



Formula

Use a variety of different colorful and aromatic herbs. Be consistent and use weight (or volume)

Body/Massage Oil

Formula

Use a variety of oils with different fatty acid profiles; sunflower, avocado, rosehip, macadamia, apricot, meadowfoam

Use oils with a nice slip (MCT)

Use lavender infused oil 10-20%

Experiment with different scent blends using

lavender essential oils. Use 1-2% essential oil.

Use 0.5% vitamin E (T-50) to prevent oxidation.



Product Testing

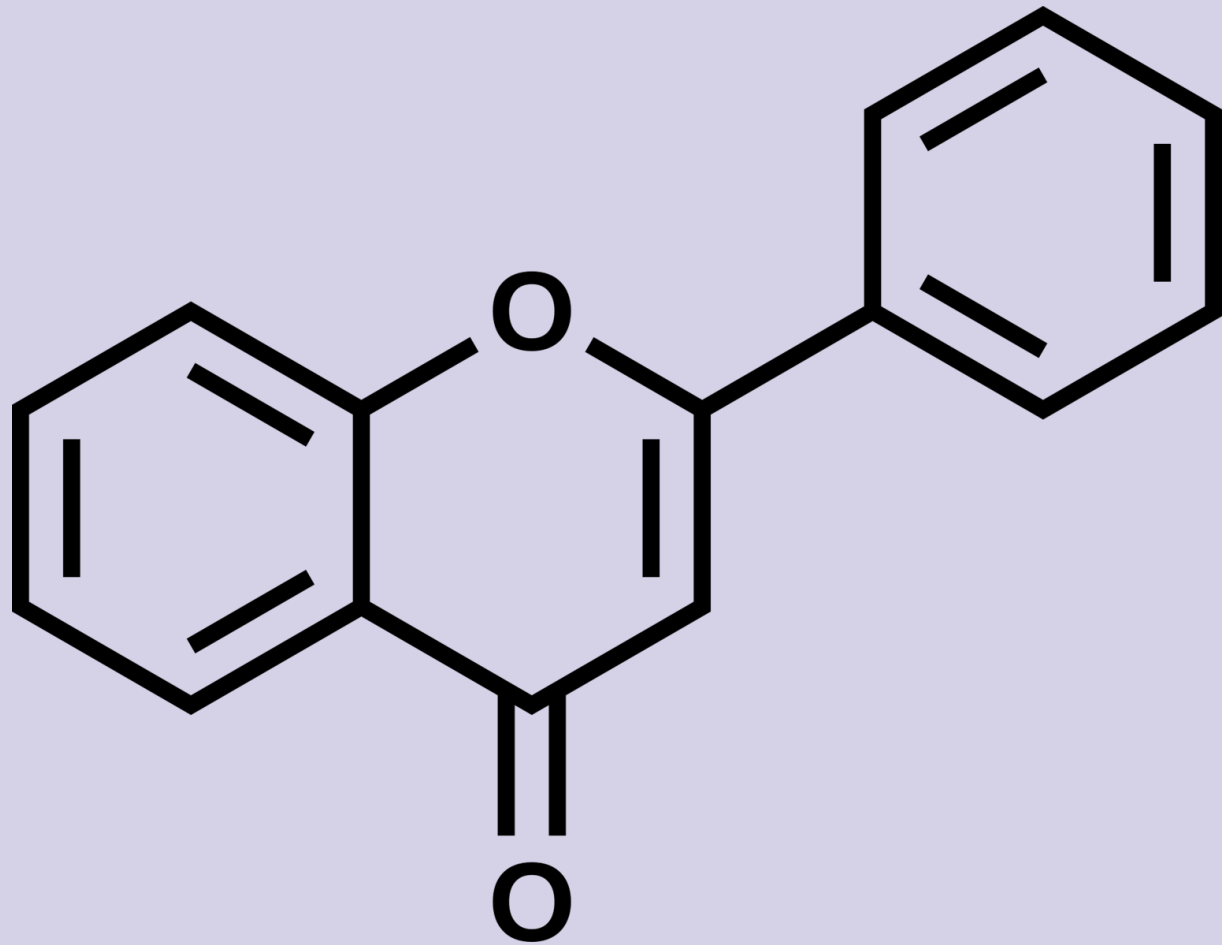
These types of products do not require extensive stability testing and microbiology testing that water/hydrosol containing products require. They are good products to start with.



Benefits of Lavender

Distilled Oils/hydrosols -
aromatherapy

Other extracts contain flavonoids
(antioxidants), luteolin, phytosterols,
tannins, umbelliferone (coumarin).





Insurance

Skin Care or Food or
both?

Labeling Front



Front Panel - front or outer box Product Name

- Product Name and Use
- Quantity (either fluid ounces or weight, metric is optional)



Labeling

Information Panels - Back of product

- Name and place of business, if business is in phone book a street address is not necessary
- Ingredient listing
- Any warnings if applicable

If you do not make the product, your name must be preceded by phrases such as "Manufactured for ...", "Distributed by ...".

Hydrosol is *Lavandula angustifolia* (Lavender) water



Ingredient Declaration

International Nomenclature for Cosmetic Ingredients

INCI is convention, but not required.

- descending order of predominance, using INCI
- ingredients at 1% or less can be in any order
- color additives are listed after ingredients and in any order
- trade secrets; for example, scents can be listed as 'fragrance'
- lavender essential oil is *Lavandula angustifolia* (Lavender) oil, *Lavandula x intermedia* oil.
- lavender hydrosol is *Lavandula angustifolia* (Lavender) Water



Others: *Lavandula Angustifolia* (Lavender) Flower Powder, or Extract



Where to find starting formulas and ideas

Ingredient Supplier Sites

Brambleberry

Lotioncrafter

Making Cosmetics

Trade Magazines

Happi

Cosmetics & Toiletries

Larger Distributors

Ross Organic



Questions?

Thank you!



Thank you for attending!

uslavender.org/front-porch

USLGA's Education and Research Committee hosts Front Porch Events to share with and educate, lavender lovers everywhere.

Contact us with questions or topic suggestions at education@uslavender.org

Front Porch Events quote: "If you have an hour to sit on the front porch with a cup of coffee or glass of tea, a rocking chair or swing, a few cookies or a piece of fresh-out-of-the-oven apple pie ... and a computer or smartphone ... let's get together and chat"

