

# Lotions



## What is a Lotion?

A lotion is a semi-liquid topical preparation designed to hydrate, soothe, and protect the skin. Unlike salves, lotions are typically water-based and have a lighter, more fluid consistency. They are used for moisturizing and can also include herbal extracts or essential oils to provide additional skin benefits.

## Benefits of Lotions

1. **Hydration:** Lotions provide moisture to the skin, making them effective for dry or dehydrated skin.
2. **Skin Soothing:** Ingredients such as herbal extracts and essential oils can help soothe irritated or sensitive skin.
3. **Non-Greasy:** Unlike salves, lotions absorb quickly into the skin without leaving a greasy residue.
4. **Customizable:** You can tailor lotions with specific herbs and essential oils to address various skin concerns, such as aging, acne, or inflammation.

## Shelf Life and Storage Guidelines

- **Shelf Life:** Homemade lotions generally last from 3 to 6 months. The shelf life can vary depending on the ingredients and preservatives used.
- **Storage:** Store lotions in a cool, dark place to prevent degradation. Use air-tight containers to avoid contamination and preserve the quality.
- **Refrigeration:** Not necessary, but refrigeration can help extend shelf life and provide a cooling effect, especially in warmer climates.

## Preparing Lotions: Step-by-Step

1. **Choose Your Ingredients:** Select ingredients based on the desired effects. Common ingredients include:
  - **Carrier Oils:** Such as coconut oil, almond oil, or jojoba oil, which provide moisturizing benefits.
  - **Butters:** Like shea butter or cocoa butter, which add richness and further moisturize the skin.

- **Herbal Extracts:** For added therapeutic benefits, such as chamomile for calming or calendula for healing.
  - **Essential Oils:** For fragrance and additional skin benefits, like lavender for soothing or tea tree for its antibacterial properties.
2. **Prepare Your Ingredients:**
- **Herbal Infused Oils:** If using herbs, infuse them into carrier oils as described in the salves guide.
  - **Butters and Oils:** Melt butters and mix with carrier oils if necessary.
3. **Create the Emulsion:**
- **Water Phase:** Use distilled water or hydrosols as the water phase. For a more hydrating lotion, you can also use aloe vera juice.
  - **Oil Phase:** Combine carrier oils and butters in a separate container.
4. **Heat and Blend:**
- **Heat the Water Phase:** Heat the water phase to about 140°F (60°C) in a heat-resistant container.
  - **Heat the Oil Phase:** Heat the oil phase in a separate container to the same temperature.
  - **Combine Phases:** Slowly add the oil phase to the water phase while blending continuously. Use an immersion blender or a hand mixer for best results. Blend until the mixture thickens and emulsifies.
5. **Add Optional Ingredients:**
- **Essential Oils:** Add essential oils after the mixture has cooled to below 110°F (43°C) to preserve their therapeutic properties.
  - **Preservatives:** If desired, add a natural preservative (like Vitamin E or a broad-spectrum preservative) to extend shelf life and prevent microbial growth.
6. **Cool and Package:**
- **Cool:** Allow the lotion to cool completely while stirring occasionally to prevent separation.
  - **Package:** Pour the cooled lotion into sterilized containers, such as pump bottles or jars. Seal tightly.
7. **Label and Store:** Label your lotion with the date and ingredients used. Store in a cool, dark place. Refrigeration is optional but can help extend shelf life.

### Tools / Ingredients

- Rose water, non alcoholic witch hazel extract, tea or water
- Herbal salve or herb - infused oil
- Blender
- Storage Container
- Labels

*"Moisturize today , your skin will thank you"*