



# Natural Skincare Formulation for Damaged Skin

## Week 2: Ingredients, Equipment & Sourcing

Your journey to creating effective natural remedies for damaged skin begins with understanding the building blocks of healing formulations.

# Healing Botanicals Library

Nature provides powerful ingredients to restore skin health. These plant-based extracts and oils have been used for centuries to heal, soothe and protect damaged skin.

## Anti-inflammatory

Plants that calm redness, irritation and inflammation

## Barrier-Restoring

Oils that replenish skin's protective layer

## Antioxidant-Rich

Extracts that fight free radical damage

## Skin-Identical

Ingredients that mimic skin's natural structure

Each category serves a specific purpose in the healing process, working together to restore damaged skin to optimal health.

# Anti-inflammatory Superstars

These botanical powerhouses calm irritation, reduce redness, and soothe damaged skin while supporting the healing process. They're ideal first-line ingredients for sensitive, compromised skin barriers.

## Calendula

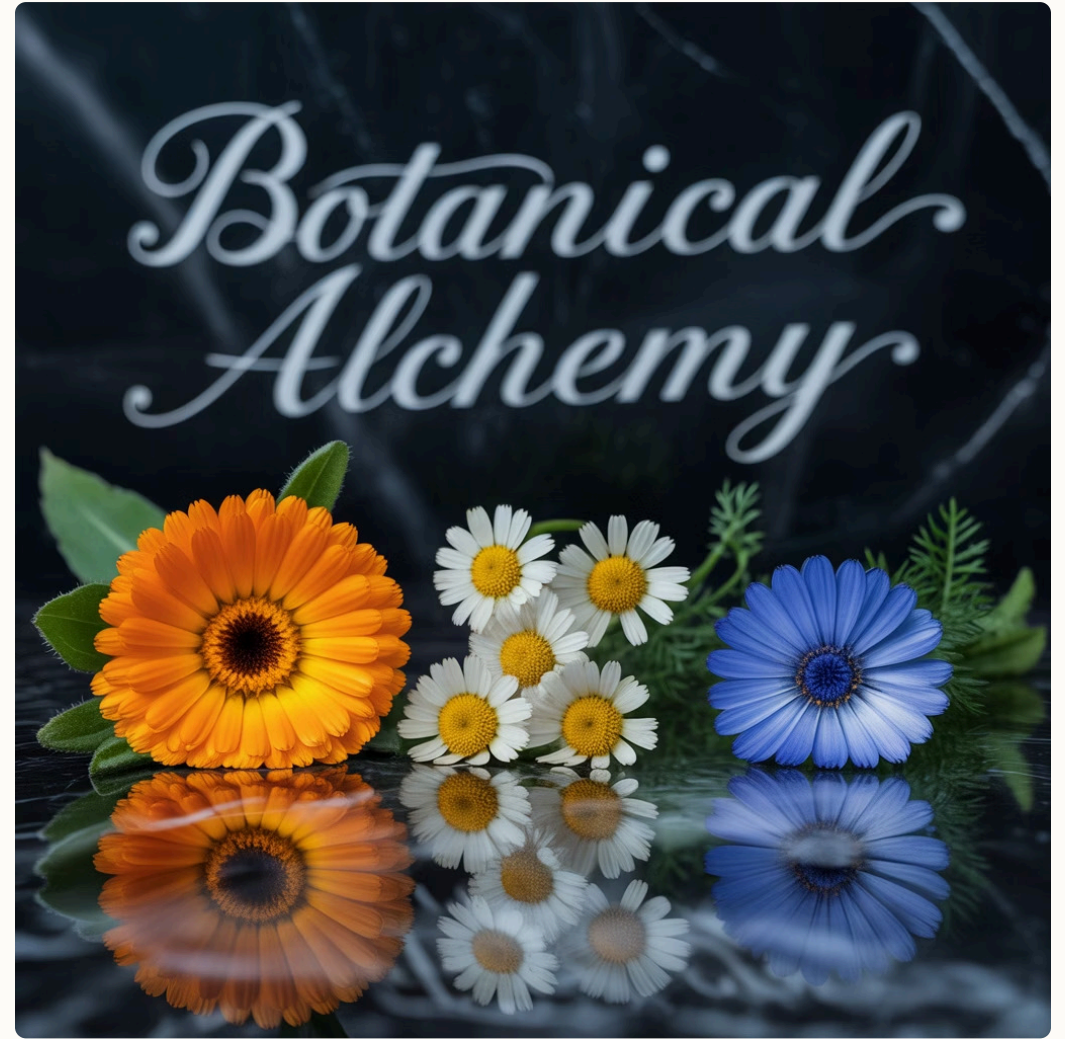
Rich in flavonoids that accelerate wound healing and reduce inflammation. Excellent for eczema, burns, and general skin irritation.

## Chamomile

Contains bisabolol and chamazulene with proven anti-inflammatory and antioxidant properties. Soothes redness and irritation.

## Blue Tansy

Contains chamazulene which gives its blue color and powerful anti-inflammatory benefits. Calms reactive, irritated skin.



# Barrier-Restoring Oils

Nature's solution for rebuilding damaged skin



## Rosehip Oil

Rich in essential fatty acids and vitamin A that promote cell regeneration. Absorbs quickly and improves skin elasticity while reducing scarring.

## Sea Buckthorn Oil

Contains rare omega-7 fatty acids and carotenoids that accelerate tissue regeneration. The bright orange oil deeply nourishes damaged skin.

## Tamanu Oil

Contains unique calophyllolide compound with remarkable wound-healing properties. Promotes formation of new tissue and reduces inflammation.



# Antioxidant-Rich Extracts

These powerful botanical extracts create a shield against environmental damage while supporting the skin's healing process.



## Green Tea Extract

Contains polyphenols (EGCG) that neutralize free radicals and reduce inflammation. Studies show it protects against UV damage and soothes irritated skin.



## Licorice Root

Contains glycyrrhizin, which reduces inflammation and brightens skin. Helps calm redness while supporting the skin's protective barrier.



## Gotu Kola

Rich in triterpenoids that boost collagen production and improve circulation. Historically used to heal wounds and reduce scarring.

**Free Radical Defense Explained:** Free radicals are unstable molecules that damage cells through oxidative stress. Antioxidants neutralize these molecules before they can harm skin cells, protecting the healing process.

# Skin-Identical Heroes

These ingredients mimic components naturally found in healthy skin, making them exceptionally effective for repairing damaged barriers.

## Ceramides

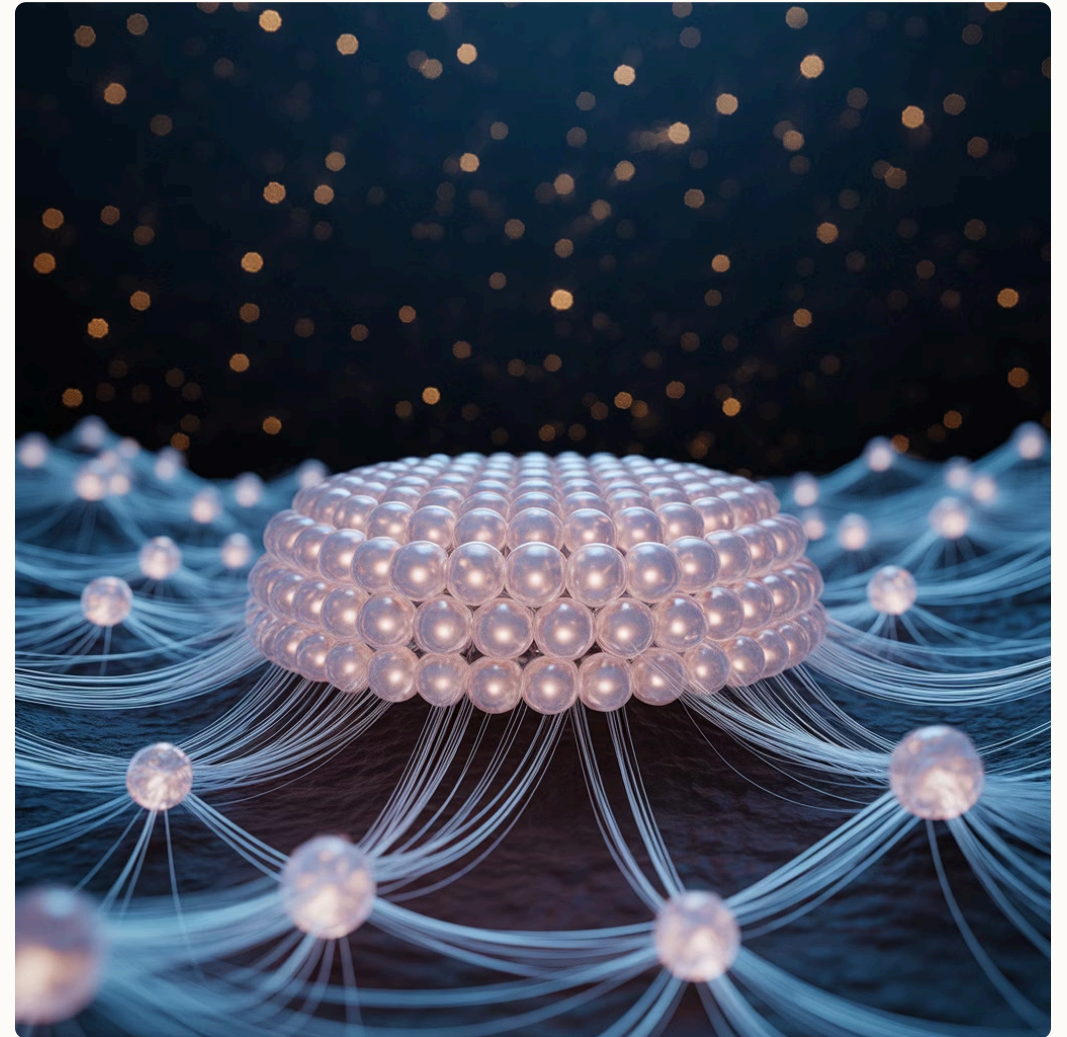
Lipid molecules that form 50% of the skin barrier. They act like cement between skin cells, preventing moisture loss and protecting against environmental damage.

## Squalane

Mimics the skin's natural sebum, making it highly compatible with our skin. Lightweight yet deeply moisturizing, it strengthens the barrier without clogging pores.

## Hyaluronic Acid

Naturally occurs in skin and can hold 1000x its weight in water. Creates a hydrating environment essential for skin repair and regeneration.



# Essential Equipment & Workspace



## Creating Your Formulation Space

A proper workspace ensures product safety and efficacy. Your formulation area should be:

- Dedicated solely to skincare making
- Away from kitchen food prep areas
- Easy to sanitize completely
- Well-lit with good ventilation
- Organized with clearly labeled supplies
- Free from pets, dust, and contaminants

Remember: Professional results require professional standards, even at home!

# Beginner's Tool Kit

Quality tools make formulation easier and more precise. These essentials will get you started without breaking the bank.



## Digital Scale

Measures ingredients with 0.01g precision for accurate formulations



## Glass Containers

Heat-resistant beakers, bowls, and measuring cylinders for mixing ingredients




## Thermometer

Digital or infrared to monitor heat-sensitive ingredients



## Mixers

Mini frother, glass stirring rods, and silicone spatulas for different textures

 **Budget Tip:** Start with the basics and add specialized equipment as you advance. Many tools can be found at kitchen supply stores!



# Sanitization & Storage

## Sanitization Protocols

- Clean tools with hot, soapy water before sanitizing
- Sanitize with 70% isopropyl alcohol spray
- Use preservative-free distilled water in formulations
- Wear clean nitrile gloves when handling ingredients
- Sterilize bottles and jars in boiling water for 10 minutes

## Storage Solutions

- Store oils in dark amber glass bottles away from light
- Keep temperature-sensitive ingredients refrigerated
- Label everything with purchase and expiration dates
- Use airless pumps for formulations to extend shelf life
- Monitor for changes in color, smell, or texture

Proper sanitization and storage are as important as the ingredients themselves—they ensure product safety and maximize ingredient efficacy.



# Sourcing Quality Ingredients

## Research Suppliers

Look for companies with transparent sourcing, good reviews, and detailed product information. Check how long they've been in business and their reputation in the formulator community.

1

## Start Small

Order sample sizes first to test quality before investing in larger quantities. This helps you assess the performance and sensory aspects of each ingredient.

3

2

## Verify Documentation

Request Certificate of Analysis (COA) and specification sheets to confirm purity, origin, and harvesting methods. These documents should show test results for contaminants and potency.

4

## Build Relationships

Communicate with suppliers directly to learn about their practices and values. Ethical suppliers will be happy to answer questions about sustainability and fair trade.

✔ **Smart Budgeting Tip:** Invest in high-quality active ingredients (like botanical extracts) and save on basic carriers (like some oils). Never compromise on preservatives or critical safety components.

# Recommended Suppliers

Trusted sources for quality natural skincare ingredients



## Brambleberry

Excellent for beginners with detailed guides, kits, and high-quality basics.



## Bulk Apothecary

Great for scaling up with bulk pricing on organic carrier oils and butters.



## Mountain Rose Herbs

Exceptional sustainable botanicals, herbs, and organic plant materials.



## Lotioncrafter

Specialized ingredients and actives with detailed technical information.



## Aroma-zone

European supplier with unique botanicals and innovative natural ingredients.





# Your Natural Formulation Journey Begins



## Key Takeaways

- Start with healing botanicals that target your specific skin concerns
- Invest in basic quality equipment and maintain strict sanitization practices
- Source ingredients from reputable suppliers and verify their quality
- Begin with simple formulations before advancing to complex products



## Your Next Steps

**Reflection:** Which 3 ingredients or tools are you most excited to try first, and why?

**Activity:** Create a virtual or physical mood board of your 'Starter Ingredient Collection'

"Nature holds the answers. All you have to do is listen."