



# Chamomile Light Lotion

68.5% Distilled Water

[9% Apricot kernel oil](#)

[9% Grapeseed oil](#)

[5% Polysorbate 80](#)

[5% BTMS 25](#)

[3% Chamomile Fragrance Oil](#)

.5% Broad Spectrum Preservative (check amount recommended by supplier)

Make sure to sterilize ALL equipment that will be used in making your lotions. It is very easy to get bacteria in these and ruin all your hard work.



## DIRECTIONS

1. Combine apricot kernel oil, grapeseed oil, Polysorbate 80, and BTMS; heat to 170°F and hold for 20 minutes to destroy any bacteria and ensure emulsification. Remove from heat.
2. Heat your water in separate container to 170°F , hold for 20 minutes to destroy any bacteria and ensure emulsification. Remove from heat.
3. Combine oil mixture & water in large bowl and blend with emulsifying stick blender.
4. Cover and let cool to room temperature.
5. Blend again until light and fluffy.
6. NOW add your preservative, fragrance oils and body safe colorants.

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# Chamomile Light Lotion Beginners Version

- 11 oz Distilled Water
- 1.4 oz Apricot Kernel Oil
- 1.4 oz Grapeseed Oil
- 23 grams Polysorbate 80
- 23 grams BTMS 25
- 14 grams Chamomile Fragrance Oil
- 2 grams Broad Spectrum Preservative

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