



Almond Body Cream Recipe

Recipe makes approximately 5- 8 oz. jars of face mask.

Here's What You Need:
Ingredients

[Shea Butter](#)
[Stearic Acid](#)
[SILKY EMULSIFYING Wax](#)
[Sweet Almond Oil](#)
[Macadamia Nut Oil](#)
[VITAMIN E OIL \(Tocopherol T-50\) Natural](#)
[OPTIPHEN - Preservative](#)
[Almond Fragrance Oil](#)
[8 oz. Clear PET JAR](#)
[White Straight Lid Smooth 70/400](#)
[THERMOMETER](#)

Other Ingredients & Equipment You'll Need:

Distilled Water
Mixing Bowl
Stainless Steel Spoon
Stovetop
(2) Pots
Stick Blender
Spatula
Scale



Here's How It's Done : Directions

Total Recipe Weights:

706 grams of Distilled Water
80 grams Sweet Almond Oil
36 grams Macadamia Nut Oil
48 grams Silky Emulsifying Wax
20 grams Shea Butter
16 grams Stearic Acid
10 grams Vitamin E Oil
14 grams Optiphen Preservative
12 grams Almond Fragrance Oil

Clean and sanitize your work area as well as your packaging.

Phase I: The Water Phase: Weigh out at least 850 grams of distilled water. While you will not need quite this much, some will evaporate. It is better to have too much than not enough. Place the water into a pot and place the pot on the stove top. Heat your water to at least 180F. You want to keep the water at this temperature for 20 minutes. The heat will destroy any bacteria that is in the water. Now, remove the water from the heat source. Then, weigh out 706 grams of distilled water.

Phase II: The Oil Phase: Next, in a small pot, weigh out all of the following ingredients: Stearic Acid, Silky Emulsifying Wax, Sweet Almond Oil, Macadamia Nut Oil, and Shea Butter. In a second larger pot, add a few inches of tap water. Now, place the larger (water) pot on the stove top over medium heat. Place your smaller pot into the larger pot to create a double boiler. Melt and heat your cream ingredients to 140F, stirring occasionally as they are melting.

Phase III: The Mixing Phase: Once both your water and oils are at about 140F, place them both into a deep mixing bowl. Use your stick blender to blend mix them together. As you are mixing, you will notice the mixture will turn white. This means your lotion is starting to emulsify.

Phase IV: The Cool Down Phase: Now, allow your mixture to cool to 120 degrees Fahrenheit. Once the temperature of the cream has cooled to this temperature, add the Optiphen, Vitamin E Oil, and Almond Fragrance Oil. Again, use your stick blender to mix your ingredients together. As your almond cream cools, it will thicken. You will want to stick blend periodically as the cream is cooling. Finally, once the almond cream reaches room temperature, place it in your jars and place lids on top.

We hope that you enjoy our Almond Body Cream Recipe!

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