DIY Beauty Products

Why DIY?

- You control what goes into the product and the quality of the ingredients
- Tends to be cheaper, especially if you are making multiple batches
- Great homemade gift ideas
- 100% Customizable, the only limitation is your imagination
- Reduce waste by reusing containers and making only what you need
- Drastically reduce or eliminate harmful chemicals that makeup companies typically put in to their products as fillers or preservatives

Helpful Resources

Good Guide

“GoodGuide provides consumers with product information to help guide more informed buying decisions”

“GoodGuide uses product ingredient information coupled with authoritative sources for chemical regulations to rate products so that consumers can have instant access to credible product information that is easily understood. GoodGuide collects product ingredient information through publicly available data (found on ingredient labels and websites) or directly from the manufacturer.”

Ogx Conditioner, Renewing Argan Oil Of Morocco

Ingredients include:

Methylisothiazolinone

- Suspected of causing skin or sense organ toxicity, according to sources compiled by Scorecard (www.scorecard.org)
- Has been restricted for use in cosmetics in Canada.

FD&C Yellow 5

- A coloring agent that the UK Food Standards Agency Board has requested to be banned in the E.U.
- A coloring agent that the Center for Science in the Public Interest is trying to have banned in the U.S.
Top Harmful Chemicals to be Aware of

• Triethanolamine
  – Suspected of causing skin or sense organ toxicity

• Limonene
  – Restricted use
  – Suspected of causing skin or sense organ toxicity

• Butylated Hydroxytoluene
  – Suspected of causing skin or sense organ toxicity

• 3-(4-Hydroxy-4-methylpentyl)cyclohex-3-ene-1-carbaldehyde
  – Restricted use in fragrances under standards issued by the International Fragrance Association
  – Can cause contact allergies in fragrance sensitive consumers

• Website to search for individual chemical compounds: https://www.ewg.org/skindeep/
Hand and Body Lotion

1 Part Coconut Oil
2 Part Shea Butter
8-10 drops of Essential Oil (your choice)

1. Melt shea butter to soften, if coconut oil is soft do not heat up*
2. Combine warmed shea butter, coconut oil and essential oils in a bowl
3. Let sit until mixture starts to solidify (about 30 minutes), you can pop the mixture in the freezer to speed up the process.
4. Whip in blender or with a mixer until shea butter and coconut oil is fluffy
5. Transfer to desired jar

Lip Balm

2 Tbs. of Soy Wax
2 Tbs. of Coconut Oil
5-10 drops Essential Oil (your choice)

1. Measure soy wax and coconut oil into a glass bowl
2. Microwave in 15 second intervals until fully melted
3. Add essential oil and stir
4. Pour into a small glass jar or leftover lip balm tube
5. Place in refrigerator until hardened

Color Tinted Lip Balm

2 Tbs. of Beeswax
2 Tbs. of Coconut Oil
2 Tbs. of Cocoa butter
1 ½ tsp. of Natural Colorant**
5-10 drops Essential Oil (your choice)

1. Measure soy wax and coconut oil into a glass bowl
2. Microwave in 15 second intervals until fully melted
3. Add essential oil and stir
4. Pour into a small glass jar or leftover lip balm tube
5. Place in refrigerator until hardened

**Check out “lip safe colors” from Bramble Berry, or just Google search mica powders- check to make sure they are “lip safe colorants”.

Contact Liesel.Schwarz@villanova.edu for supplies.