

# Professional Natural Hair Care Formulation Diploma Course Curriculum

WELCOME

INSTRUCTIONS AND MATERIALS

**Materials: Professional Natural Hair Care Training Manual**

SCHEDULE

LIVE Q+A SESSIONS

## **MODULE 1: FUNDAMENTALS PART ONE**

### **Lessons**

1. What is Natural Hair Care?

**Materials: Define Natural Hair Care Worksheet**

2. Hair

About Hair

3. Natural Hair Care Market and Hair 101

Studies and Professions of Hair

Hair Physiology

Hair Chemistry

Hair Structure

Growth Phases

Hair Types

Hair Texture

Hair Shape

Hair Heritage

Scalp Health

4. Natural Textured Hair: Curly, Wavy, Kinky, Coily

Hair Memory  
Hair Expression  
Hair Structure  
Men's Textured Hair  
Children's Textured Hair  
Hair Curl Patterns  
Hair Curl Pattern  
Curl Types 2A, 2B, 2C, 3A 3B, 3C, 4A, 4B, 4C  
Curl and Texture Systems  
Hair Porosity  
Hair Shape  
Hair Elasticity  
Hair Shrinkage  
Hair Length  
Sheeny, Shiny Hair  
Moisture is Vital  
Hair Breakage  
Prevention of Hair Breakage  
Scalp Care  
Transitioning to Natural Hair  
Gentle Care for Natural Textured Hair  
Natural Hair Care Products for Textured Hair  
Silicone/Dimethicone Issues  
Protein  
pH  
Hair is a gift

## 5. Containers

Containers for Hair Care Products  
Violet Glass Containers  
Sustainability  
New Garbage  
Less Plastic  
Post Consumer Recycled  
Ocean Bound  
Ocean Captured Plastics  
Container Pros and Cons  
Ordering Containers

## 6. Labeling

Product Label

INCI

Trade Name

DIY Labels

Professional Labels

## 7. Raw Materials Overview and Lot Number Log

Helpful Ordering Sheets

**Materials: Suppliers Master Listing**

**Suppliers Location**

**Order Placement**

**Raw Materials Lot Number Log**

Processes of Cosmetic Ingredients

12 Principles of Green Cosmetic Chemistry

## 8. Raw Materials Lecture

### 9. Plant Oils

### 10. Plant Butters

### 11. Herbs, Flowers and Fruits

### 12. Clays and Powders

### 13. Proteins and Conditioners

### 14. Humectants and Moisturizers

### 15. How to Make Aloe Vera Juice 200x

### 16. Hydrosols

### 17. Essential Oils

**Materials: Essential Oils Manual**

**Quick Reference Aromatherapy Chart**

### 18. Thickeners, Gellants, Slurry, Waxes

Thickening with Xanthan Gum and Cellulose Gum

### 19. Solubilizers, Silicone Alternatives, Polymers, Solvents

### 20. Surfactants, Refatting Agents

### 21. Emulsifiers

### 22. Antioxidants

### 23. Preservatives

**Materials: Preserve Natural Cosmetics Manual**

## 24. Pricing Products

Sustainable Product Pricing

Pricing Strategies

Calculating Cost of Goods

Gross Profit Margin

Markup

Calculating Cost of Goods

**Materials: Sustainable Product Pricing Cost of Goods**

### **Worksheet**

25. Guest Interview

26. The Formulators Glossary

Module 1 Questions and Comments

Module 1 Wrap Up

Module 1 Review Quiz

Module 1 Resources

Books

Videos

Supplier Discount Codes

Container and Packaging

Major Container Suppliers

Raw Material Suppliers

Raw Material Distributors

Professional Labeling Companies

DIY Labels

Pricing Products Software

Natural Product Association

Whole Food Standards

Organic Certification

## **MODULE 2: FUNDAMENTALS PART TWO**

### **Lessons**

#### 1. Equipment

- Batch Making Basic Equipment
- Mixing Equipment for Batch Making
- Immersion Blenders
- Using a Mixer
- Using a Homogenizer
- Burners
- Scales
- Bottle Fillers
- Stainless Steel Tables
- Utility Carts
- Shelving
- Testing Equipment
- Lab and Manufacturing Suppliers
- pH Meters

#### 2. Weighing

#### 3. Cosmetic Claims

#### 4. Vegan, Plant-Based, Clean Beauty

#### 5. Cruelty-Free Certified

#### 6. Natural and Organic Certifications

#### 7. Organic Cosmetics

#### 8. Formulating Cosmetics Part One

##### **Materials: Formulating Cosmetics Part One Manual**

##### **Emulsion Formula Worksheet**

##### **Formula Blank Worksheet**

Building the Formula

Formula Review

#### 9. Formulating Cosmetics Part Two

##### **Materials: Formulating Cosmetics Part Two Manual**

##### **Product Development Profile**

Formulating

Product Development

- Creating a Synergy
  - Condensation/Evaporation
  - Pre-Made Solutions
  - Phases
- 10. Formulating Hair Care Products + Tips
- 11. Laboratory Notebook
  - Materials: Lab Notebook Template**
- 12. Evaluating Hair Care Products
  - Materials: Product Feedback Questionnaire**
- 13. Natural Preserves Lecture
- 14. GMP- Good Manufacturing Practices
  - Sanitizing
  - Batch Making Log
  - Quality Control Log
  - Microbial Kit Testing Log
  - Microbial Lab Testing Log
- 15. pH Testing and Adjusting
  - How to Test pH
  - Adjusting the pH
  - Calibrating pH meter
- 16. Pre-Market Testing, Microbial Testing
  - Challenge Testing
  - Stability Testing
  - Incubator Testing
  - Testing Kits
  - Cosmetic Testing Labs
- Module 2 Questions and Comments
- Module 2 Wrap Up
- Module 2 Review Quiz
- Module 2 Resources
  - Lab and Manufacturing Suppliers
  - pH Meters
  - Scales
  - Mixing Equipment for Batch Making
  - Lab Mixers

Lab Homogenizers  
Immersion Blenders  
Heating Elements  
Vessels for Mixing  
Tables, Utility Carts, Shelving  
Bottle Fillers, Batch Number Stamps  
Testing Kits  
Incubators  
Cosmetic Testing Labs  
Trade Publications  
Product Liability Insurance  
FDA  
Europe Regulations

## **MODULE 3: SHAMPOO**

### **Lessons**

1. Shampoo
  2. About the Balancing Shampoo Formulations
  3. Original Balancing Shampoo
  4. Balancing Shampoo for Moisturizing and Textured Hair
  5. Moisture Shampoo
  6. Thickening Shampoo
  7. Using Sodium Lauroyl Lactylate with Decyl Glucoside
  8. Blue Lotus Blossom Shampoo
  9. Lava Shampoo
  10. Clean Beer Shampoo
  11. Hydrating Shampoo for 4B, 4C Hair
  12. Hibiscus and Marula Co-Wash
  13. Guest Interview
- Module 3 Questions and Comments  
Module 3 Wrap Up  
Module 3 Review Quiz  
Module 3 Resources

## **MODULE 4: HAIR CONDITIONER AND HAIR MASK**

### **Lessons**

1. Hair Conditioner and Hair Mask
2. Moisturizing Conditioner
3. Testing pH of Conditioner
4. Bottling and Labeling Hair Conditioner
5. Blue Lotus Blossom Conditioner
6. Base Leave-In Conditioner #1
7. Base Leave-In Conditioner #2
8. Brazilian Botanical Leave-In Conditioner
9. Hydrating Leave-In Conditioner for 4B, 4C Hair
10. Natural Leave-In Hair Detangler
11. Coconut Milk and Banana Hair Mask
12. Luminous Clay Mask
13. Papaya and Coconut Hair Mask
14. Guest interview

Module 4 Questions and Comments

Module 4 Wrap Up

Module 4 Review Quiz

Module 4 Resources

## **MODULE 5: HAIR RINSE AND HAIR MIST**

### **Lessons**

1. Hair Rinse and Hair Mist
2. Hair Rinse
3. Hair Mist

Wild Orchid Moisturizing Mist

Tasmanian Lavender Hydrating Mist

4. Hair Gel and Hair Serum

5. Hair Gel

Rose of Jericho and Yerba Santa Hair Gel

**Materials: Pectin Gel Formula and Procedure**



## 6. Hair Serum

Straightening and Smoothing Styling Serum  
Glossy Locks and Curls Serum Formulation

## 7. Guest Interview

Module 5 Questions and Comments

Module 5 Wrap Up

Module 5 Review Quiz

Module 5 Resources

# **MODULE 6: HERBS 101 AND HERBAL EXTRACTS**

## **Lessons**

1. Herbs for Hair Care

2. Herbs 101

**Materials: 47 Herbal Extracts Manual**  
**Lavender Varieties eBook**  
**Calendula Oil eBook**

3. Herbal Vinegar

4. Herbal Water/Tea Infusions

5. Herbal Alcohol Extract

6. Herbal Glycerin Extract

7. Herbal Oil Extract

Module 6 Questions and Comments

Module 6 Wrap Up

Module 6 Review Quiz

Module 6 Resources

# **MODULE 7: HAIR OIL, BEARD OIL, HAIR BUTTER, POMADE**

## **Lessons**

1. Hair Oil and Beard Oil

2. Hair Oil

Basic Strengthening Hair Oil

Amazon Rainforest Lily Hair Oil

Miracle Moringa Scalp & Hair Regenerating Oil  
Black Castor Oil Scalp Soother

3. Baobab Beard Oil

4. Hair Butter and Pomade

5. Replenishing Macadamia Hair Butter

Replenishing Macadamia Hair Butter

6. Pomade

Moisturizing Pomegranate Pomade

Lime & Avocado Butter Pomade

Module 7 Questions and Comments

Module 7 Wrap Up

Module 7 Review Quiz

Module 7 Resources

## **FINAL INFORMATION**

Final Quiz

RECEIVE YOUR DIPLOMA CERTIFICATION UPON COMPLETION  
(course requirements must be met to receive the diploma  
certification, including passing the final quiz).

## **Pro Hair Downloads 2020**

1. Pro Hair Training Manual
2. Natural Textured Hair Manual
3. Essential Oils Manual
4. Formulate Cosmetics Part One Manual
5. Formulate Cosmetics Part Two Manual
6. Preserve Natural Cosmetics Manual
7. 47 Herbal Extracts Manual

## **Lesson: Instructions and Course Materials**

Pro Hair Curriculum

Pro Hair Training Manual

## **Lesson: What is Natural Hair Care?**

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Define Natural Hair Care

**Lesson: Natural Textured Hair: Curly, Wavy, Kinky, Coily**

Natural Textured Hair Manual

**Lesson: Raw Materials Overview and Lot Number Log**

Suppliers Master Listing pdf

Suppliers Master Listing doc

Suppliers Location pdf

Suppliers Location doc

Suppliers Location blank

Order Placement pdf

Order Placement doc

Raw Material Lot Number Log pdf

Raw Material Lot Number Log doc

**Lesson: Essential Oils**

Essential Oils Manual

Quick Reference Aromatherapy Chart

**Lesson: Preservatives**

Preserve Natural Cosmetics Manual

**Lesson: Formulating Cosmetics Part One**

Formulating Cosmetics Part One Manual

Emulsion Formula Sheet

Formula Blank Sheet

**Lesson: Formulating Cosmetics Part Two**

Formulating Cosmetics Part Two Manual

Product Development Profile

**Lesson: Laboratory Notebook**

Laboratory Notebook Template

**Lesson: Evaluating Hair Care Products**

Product Feedback Questionnaire

**Lesson: GMP Good Manufacturing Practices**

Everything to Know on Cleaning and Sanitization in Cosmetics

Batch Making Log

Quality Control Log

Microbial Kit Testing Log

Microbial Lab Testing Log

**Lesson: Hydrating Shampoo for 4B, 4C Hair**

Hydrating Shampoo Formula and Procedure

**Lesson: Natural Leave-In Hair Detangler**

Natural Hair Detangler Formula and Procedure

**Lesson: Hydrating Leave-In Conditioner for 4B, 4C Hair**

Hydrating Leave-In Conditioner Formula and Procedure

**Lesson: Hair Gel**

Pectin Gel Formula and Procedure

**Lesson: Herbs 101**

47 Herbal Extracts Manual

Lavender Varieties eBook

Calendula Oil eBook