

Professional Natural Skin Care Formulation Diploma Course Curriculum

WELCOME

INSTRUCTIONS AND COURSE MATERIALS

**Materials: Professional Natural Skin Care Training Manual
Cosmetics Raw Materials Manual**

SCHEDULE

LIVE Q+A SESSIONS

MODULE 1: FUNDAMENTALS PART ONE

Lessons

1. Skin Care Market and Cosmetic Fundamentals
2. Skin 101
 - Skin Types
 - Skin Biology
3. 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
4. Labeling
 - Product Label
 - INCI
 - Trade Name
 - DIY Labels
 - Professional Labels

6. Raw Materials 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

7. Plant Oils

8. Plant Butters

9. Clays, Powders, Grains

10. Plant Milks

11. Salts and Sugars

12. Extracts - herbs

13. Nutrient Actives

14. Emulsifiers

15. Thickeners, Gellants, Slurry, Waxes

16. Surfactants

17. Antioxidants

18. Alcohols

19. Essential Oils

20. Natural Preservatives

21. Humectants, Moisturizers, Silicone Alternatives

22. Solubilizers

23. How to Make Aloe Vera Juice 200x

24. Pricing Products

25. Define Natural

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 2

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 Skin Care Products + Tips

11. Laboratory Notebook

Materials: Lab Notebook Template

12. Evaluating Skin Care Products

Materials: Product Feedback Questionnaire

13. Natural Preservatives 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: MOISTURIZERS, LOTIONS, CREAMS, BUTTERS

1. Emulsification
2. Shea Butter Lotion
3. Moisturizing Mango and Bamboo Body Lotion
4. Base Body Lotion
5. Base Moisturizer
6. Calm Skin Moisturizer
7. Bilberry Skin Brightening Moisturizer
8. Unisex or Men's Cream with Perilla Plant Stem
9. Regenerating and Firm Skin Moisturizer with MSM and DMAE
10. Renewing and Firming Peptide Moisturizer
11. Base Cream or Body Butter
12. Moisturizing Camu Camu Cream
13. Vitamin Rich Facial Cream
14. Age-Defying Rejuvenating Facial Cream with Hyaluronic Acid
15. Organic Camellia Facial Cream Preserved with Alcohol
16. Wild Orchid and Rose Moisturizer with Flower and Gem Essences
17. Chamomile and Eyebright Eye Cream
18. Revitalizing Eye Cream
19. Pink Lotus and Coconut Butter Cream
20. Base Cream or Body Butter
21. Smooth and Silky Body Butter

Module3 Questions and Comments

Module 3 Wrap Up

Module 3 Review Quiz

Module 3 Resources

MODULE 4: SERUMS

1. Base Serum with Hyaluronic Acid
2. Hands and Feet Serum with Hyaluronic Acid
3. Regenerating and Brightening Serum with Plant Collagen
4. Deeply Hydrating Serum with Plant Ceramides + Gel
5. Beautifying Oil Serum
6. Module 4 Questions and Comments
 - Module 4 Wrap Up
 - Module 4 Review Quiz
 - Module 4 Resources

MODULE 5: CLEANSERS, EXFOLIANTS, TONERS, MASKS, STEAM HERBS

1. Gel Cleanser #1
2. Gel Cleanser #2
3. Base Gel Cleanser
4. Skin Brightening Cleanser with Fruit Enzymes
5. Simple Cream Cleanser
6. 3-Grain Cleanser and Exfoliants
7. Masks and Exfoliants
8. Gentle Lotus Exfoliant
9. Base Mask: Nourishing Fruit Masks
10. Rotorua Mud Mask
11. Balancing Facial Toner
12. Moisture Mist
13. Facial Steam Herbs
 - Module 5 Questions and Comments
 - Module 5 Wrap Up
 - Module 5 Review Quiz
 - Module 5 Resources

MODULE 6: CLEANSERS, EXFOLIANTS, TONERS, MASKS, STEAM HERBS

1. Lip Balm and Gloss Containers
 2. Base Lip Balm
 3. Coloring with Micas and Oxides
 4. Cora Rose Colored Lip Balm
 5. Red Poppy Lip Gloss
 6. Base Whipped Lip Butter
 7. Exfoliating Lip Butter
 8. Lip Gloss
 9. Lip Plumper
 10. Glowing Skin Beauty Balm
 11. Therapeutic Body Balm
- Module 6 Questions and Comments
 - Module 6 Wrap Up
 - Module 6 Review Quiz
 - Module 6 Resources

MODULE 7: CLEANSERS, EXFOLIANTS, TONERS, MASKS, STEAM HERBS

1. The Formulations
 2. Surfactants
 3. Containers for Body Wash and Hand Soap
 4. Coconut Creme Moisturizing Body Wash
 5. Moisturizing Body Wash Base
 6. 2 in 1 Body Wash and Hand Soap
- Module 7 Questions and Comments
 - Module 7 Wrap Up
 - Module 7 Review Quiz
 - Module 7 Resources

MODULE 8: DEODORANT AND POWDER

1. Deodorant and Powder
2. Solid Stick Deodorant
3. Fresh Roll-On Cream Deodorant
4. Spray Deodorant
5. Scented Silk Body Powder and Deodorant

Module 8 Questions and Comments

Module 8 Wrap Up

Module 8 Review Quiz

Module 8 Resources

MODULE 9: NATURAL SPA PRODUCTS

1. Spa Products
2. Bath Salts
3. French Lavender Chamomile Bath Soak Salt
4. Creamy Coconut Milk Bath
5. Herbal Bath Tea Soak
6. Smooth Skin Solid Body Scrub
7. Skin Brightening Sugar Scrub
8. Strawberry Coconut Cream Sugar Scrub
9. Radiant Body Scrub
10. Pink Grapefruit Body Scrub
11. Bath Fizzies, Bath Bombs
12. Silky Soft Skin Body Oil
13. Arnica Massage Oil
14. Adjustment to Massage Oil
15. Base Massage Oil and Sensual Massage Oil

Module 9 Questions and Comments

Module 9 Wrap Up

Module 9 Review Quiz

Module 9 Resources

MODULE 10: AROMATHERAPY, GEM + FLOWER ESSENCES, HYDROSOLS

1. Overview
 2. Gemstone Essences
 3. Flower Essences
 4. Gemstone and Flower Essences in Formulation
 5. Hydrosols
 6. Essential Oils, Aromatherapy
 7. Essential Oils for Skin Care
 8. Therapeutic Aromatherapy
 9. Essential Oil Usage
 10. Books on Aromatherapy
- Module 10 Questions and Comments
 - Module 10 Wrap Up
 - Module 10 Review Quiz
 - Module 10 Resources

MODULE 11: HERBS 101, HERBAL EXTRACTS

1. Herb Overview
 2. Herbal Vinegar
 3. Herbal Water/Tea Infusions
 4. Herbal Alcohol Extract
 5. Herbal Glycerin Extract
 6. Herbal Oil Extract
- Module 11 Questions and Comments
 - Module 11 Wrap Up
 - Module 11 Review Quiz
 - Module 11 Resources

MODULE 12: SCENT DEVELOPMENT, NATURAL PERFUME

1. Overview
2. Natural Scent Ingredients
3. Natural Perfume
4. Dry Down Scent
5. Natural Perfumes 101: Oil, Alcohol, Solid
6. Solid Perfume
7. Aromatherapy Roll-On
8. Aromatherapy Body Mist

Module 12 Questions and Comments

Module 12 Wrap Up

Module 12 Review Quiz

Module 12 Resources

FINAL EXAM

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

Pro Course Downloads

1. Pro Skin Training Manual
2. Cosmetics Raw Materials Manual
3. Essential Oils Manual
4. Formulate Cosmetics One Manual
5. Formulate Cosmetics Two Manual
6. Preserve Naturally Manual
7. Aromatherapy Wellness Kit Manual
8. 47 Herbal Extracts Manual

Lesson: Instructions and Course Materials

Pro Skin Curriculum
Pro Skin Training Manual
Cosmetics Raw Materials 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

Aromatherapy: Essential Oils Manual
Quick Reference Aromatherapy Chart

Lesson: Preservatives

Preserve Natural Cosmetics

Lesson: What is Natural Hair Care?

How do You Define Natural Skin Care

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
Laboratory Notebook Template
Product Development Profile
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: Vitamin Rich Facial Cream

Vitamin Rich Facial Cream Formula and Procedure

Lesson: Cora Rose Lip Balm

Cora Rose Lip Balm Formula and Procedure

Lesson: Red Poppy Lip Balm

Red Poppy Lip Balm Formula and Procedure

Lesson: Lip Plumper

Lip Plumper Adjusted to Formula like Red Poppy Formula and Procedure

Lesson: Deodorant and Powder

Solid Pot Deodorant Formula

Lesson: Aromatherapy, Essences, Hydrosols

Aromatherapy Wellness Kit Manual

Lesson: Herbs 101

47 Herbal Extracts Manual

Lavender Varieties

Calendula Oil