

JOAN MORAIS

COSMETICS SCHOOL

Professional Natural Skin Care Formulation Diploma Course Curriculum

WELCOME

INSTRUCTIONS AND COURSE MATERIALS

Materials: Professional Natural Skin Care Training Manual

SCHEDULE

7 LIVE Q+A SESSIONS

COURSE UPDATES

THE FORMULATORS GLOSSARY

MODULE 1: FUNDAMENTALS PART ONE

Lessons

- Skin Care Market and Cosmetic Fundamentals
- The Science of Skin
 - Skin 101
 - Skin Biology
 - Skin Anatomy
 - Skin Types
- Skin Barrier Function - TEWL
- Skin Ailments and Concerns
 - Acne - Pimples
 - Wrinkles
 - Hyperpigmentation
 - Loss of Elasticity
 - Rosacea

- Skin Color and Tones
- Define Natural
- Pricing Products
 - Sustainable Product Pricing
 - Pricing Strategies
 - Cost Plus Pricing
 - Calculating Cost of Goods
 - Gross Profit Margin
 - Markup
 - Calculating Cost of Goods
 - Product Pricing Worksheets
 - Materials: Product Pricing Cost of Goods Worksheet**
- Containers
 - Containers for Skin Care Products
 - Violet Glass Containers
 - Sustainability
 - New Garbage
 - Less Plastic
 - Post Consumer Recycled
 - Ocean Bound
 - Ocean Captured Plastics
 - Container Pros and Cons
 - Ordering Containers
- Labeling
 - Product Label
 - INCI
 - Trade Name
 - DIY Labels
 - Professional Labels
- Raw Materials and Lot Number Log
 - INCI and Trade Names

- 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
- Actives
- Alcohols
- Antioxidants
- Butters
- Clays, Powders, Grains
- Emulsifiers
- Essential Oils
- Extracts - Herbal
- Moisturizing Agents
- How to Make Aloe Vera Juice 200x
- Plant Milks
- Plant Oils
- Preservatives and Chelating Agents
- Salts and Sugars
- Silicone Alternatives, Solubilizers
- Surfactants
- Thickeners, Polymers, Slurry, Waxes

- 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

Lessons

- Equipment
 - Formulating and Batch Making Equipment
 - Level 1: Beginning Kitchen Equipment
 - Level 2: Small Batch and Lab Equipment
 - Level 3: Medium Batch Equipment
 - Level 4: Large Batch Equipment
 - Utensils
 - Thermometers
 - Beakers
 - Vessels
 - Mixers
 - Immersion Blenders
 - Overhead Stirrers
 - Homogenizers
 - Heating Elements
 - Scales
 - Straining
 - Bottle Fillers
 - Induction Sealers
 - Stainless Steel Tables

- Utility Carts
- Shelving
- Testing Equipment
- pH Meters
- Lab and Manufacturing Suppliers
- Weighing
- Cosmetic Claims
- Vegan, Plant-Based, Clean Beauty
- Cruelty-Free Certified
- Natural and Organic Certifications
- Organic Cosmetics
- Formulating Cosmetics Part One: Building the Formula
 - Materials: Formula Blank Worksheet**
 - Building the Formula
 - The Math - Calculating the Formula
- Formulating Cosmetics Part Two: Making the Formulation
 - Materials: Product Development Profile Brief**
 - Formulating
 - Product Development - Benchmark
 - Creating a Synergy
 - Condensation/Evaporation
 - Pre-Made Solutions
 - Phases
- Formulating Skin Care Products + Tips
- Laboratory Notebook
 - Materials: Lab Notebook Template**
- Evaluating Skin Care Products
 - Materials: Product Feedback Questionnaire**
- Natural Preservatives Lecture

- GMP: Good Manufacturing Practices
 - Materials: Batch Making Log**
 - Quality Control Log**

Microbial Kit Testing Log
Microbial Lab Testing Log
Everything to Know on Cleaning and Sanitization

- Manufacturing
 - Sanitizing
 - Record Keeping
 - Standard Operating Procedures (SOPS)
 - Batch Making Log
 - Equipment and Supplies Used
 - pH Testing and Adjusting
 - How to Test pH
 - pH for body, hair skin care products
 - Adjusting the pH
 - Calibrating pH meter
 - Storing the pH meter
 - Pre-Market Testing, Microbial Testing
 - Challenge Testing
 - Batch Testing
 - Stability Testing
 - Incubator Testing
 - DIY Testing Kits
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- 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

Lessons

- Emulsification
- Shea Butter Lotion
- Moisturizing Mango and Bamboo Body Lotion
- Base Body Lotion
- Base Moisturizer
- Calm Skin Moisturizer
- Bilberry Skin Brightening Moisturizer
- Unisex or Men's Cream with Perilla Plant Stem
- Regenerating and Firm Skin Moisturizer with MSM and DMAE
- Renewing and Firming Peptide Moisturizer
- Base Cream: Nourishing Cupuacu Cream
- Moisturizing Camu Camu Cream
- Vitamin Rich Facial Cream
- Age-Defying Rejuvenating Facial Cream with Hyaluronic Acid
- Organic Camellia Facial Cream Preserved with Alcohol
- Wild Orchid and Rose Moisturizer with Flower and Gem
Essences
- Chamomile and Eyebright Eye Cream
- Revitalizing Eye Cream
- Pink Lotus and Coconut Butter Cream
- Base Body Butter: Nourishing Cupuacu Butter

- Smooth and Silky Body Butter
 - Module 3 Questions and Comments
 - Module 3 Wrap Up
 - Module 3 Review Quiz
 - Module 3 Resources

MODULE 4: SERUMS

Lessons

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

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

Lessons

- Gel Cleanser #1
- Gel Cleanser #2
- Base Gel Cleanser
- Skin Brightening Cleanser with Fruit Enzymes
- Simple Cream Cleanser
- Masks and Exfoliants
- 3-Grain Cleanser and Exfoliants
- Gentle Lotus Exfoliant

- Base Mask: Nourishing Fruit Masks
 - Rotorua Mud Mask
 - Balancing Facial Toner
 - Moisture Mist
 - Facial Steam Herbs
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- Module 5 Questions and Comments
 - Module 5 Wrap Up
 - Module 5 Review Quiz
 - Module 5 Resources

MODULE 6: LIP BALM, LIP GLOSS, SKIN BALM

Lessons

- Balms - Anhydrous
 - Lip Balm and Gloss Containers
 - Base Lip Balm
 - Coloring with Micas and Oxides
 - Cora Rose Colored Lip Balm
 - Red Poppy Lip Gloss
 - Base Whipped Lip Butter
 - Exfoliating Lip Butter
 - Lip Gloss
 - Lip Plumper
 - Glowing Skin Beauty Balm
 - Therapeutic Body Balm
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- Module 6 Questions and Comments
 - Module 6 Wrap Up
 - Module 6 Review Quiz
 - Module 6 Resources

MODULE 7: BODY WASH, HAND WASH

Lessons

- Three Formulations
- Containers for Body Wash and Hand Soap
- Surfactants
- Coconut Creme Moisturizing Body Wash
- Moisturizing Body Wash Base
- 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

Lessons

- Deodorant and Power
- Solid Stick Deodorant
- Fresh Roll-On Cream Deodorant
- Spray Deodorant
- 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

Lessons

- Spa Products
- Bath Salts
- French Lavender Chamomile Bath Soak Salt
- Creamy Coconut Milk Bath
- Herbal Bath Tea Soak

- Salt and Sugar Scrubs
- Smooth Skin Solid Body Scrub
- Skin Brightening Sugar Scrub
- Strawberry Coconut Cream Sugar Scrub
- Radiant Body Scrub
- Pink Grapefruit Body Scrub
- Bath Fizzies, Bath Bombs
- Silky Soft Skin Body Oil
- Arnica Massage Oil
- Adjustment to Massage Oil
- 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

Lessons

- Aromatherapy, Essences, Hydrosols
- Gemstone Essences
- Flower Essences
- Gemstone and Flower Essences in Formulation
- Hydrosols
- Essential Oils: Aromatherapy
- Essential Oil Usage
- Essential Oils for Skin Care
- Therapeutic Aromatherapy
- Aromatherapy Body Mist & Room Spray
- 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

Lessons

- Herbs 101
- Herbs for Skin Care
- Herbal Vinegar
- Herbal Water/Tea Infusions
- Herbal Alcohol Extract
- Herbal Glycerin Extract
- 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

Lessons

- Natural Scent
- Natural Scent Ingredients
- Natural Perfume- Notes
- Dry Down Scent
- Natural Perfumes 101: Oil, Alcohol, Solid
- Perfume Oil- Aromatherapy Roll-On
- Alcohol Perfume
- Solid Perfume
- Scent Blends

- Module 12 Questions and Comments
 - Module 12 Wrap Up
 - Module 12 Review Quiz
 - Module 12 Resources
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- Final Information

FINAL EXAM QUIZ

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

Pro Skin Downloads 2021

Lesson: Instructions and Course Materials

Pro Skin Curriculum
Pro Skin Training 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

Quick Reference Aromatherapy Chart

Lesson: What is Natural Hair Care?

How do You Define Natural Skin Care

Lesson: Formulating Cosmetics Part One

Emulsion Formula Sheet
Formula Blank Sheet

Lesson: Formulating Cosmetics Part Two

Laboratory Notebook Template
Product Development Profile
Product Feedback Questionnaire

Lesson: GMP Good Manufacturing Practices

Batch Making Log
Quality Control Log
Microbial Kit Testing Log
Microbial Lab Testing Log
Everything to Know on Cleaning and Sanitization in Cosmetics

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 eBook

Lesson: Herbs 101

47 Herbal Extracts eBook

Lavender Varieties eBook

Calendula Oil eBook

Homemade Rosewater eBook

How to Homemade Hydrosols eBook