

**J O A N M O R A I S**  
C O S M E T I C S S C H O O L

**Professional Natural Skin Care Formulation  
Diploma Course Curriculum**

WELCOME  
INSTRUCTIONS FOR TAKING THIS COURSE

SCHEDULE  
8 LIVE Q+A SESSIONS  
COURSE UPDATES  
THE FORMULATORS GLOSSARY

RESOURCES

Resource Page with Links  
Equipment  
Container and Packaging Supplies  
Raw Material Suppliers  
Raw Materials-Ingredients  
Labels  
Lab Furniture  
Testing  
Certifications and Regulations  
Classes  
Software/Apps  
Trade Publications  
Contract Manufacturing  
Liability Insurance  
Contract Manufacturing

Liability Insurance  
Books  
Supplier Discount Codes

## **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

#### **Materials: Define Natural Worksheet**

- 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
  - 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

**Materials: Aromatherapy Essential Oils Manual  
Quick Reference Aromatherapy Chart**

- Extracts - Herbal
- Moisturizing Agents
- How to Make Aloe Vera Juice 200x
- Plant Milks
- Plant Oils
- Silicone Alternatives, Solubilizers
- Preservatives and Chelating Agents
- Salts and Sugars
- Surfactants
- Thickeners, Polymers, Slurry, Waxes

- Module 1 Wrap Up
- Module 1 Review Quiz

## **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
- Setting Up a Small Cosmetic Lab
- 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
  - Product Development Profile**
  - Product Feedback Questionnaire**
- 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

- Module 2 Wrap Up
- Module 2 Review Quiz

## **MODULE 3: MOISTURIZERS, LOTIONS, CREAMS, BUTTERS**

### **Lessons**

- Emulsification
- Shea Butter Lotion
  - Materials: Shea Butter Lotion Formula**
- Moisturizing Mango and Bamboo Body Lotion
  - Materials: Mango Body Lotion Formula**
- Base Body Lotion
  - Materials: Base Body Lotion Formula**
- Base Moisturizer
  - Materials: Base Moisturizer Formula**
- Calm Skin Moisturizer
  - Materials: Calm Skin Moisturizer Formula**
- Bilberry Skin Brightening Moisturizer
  - Materials: Bilberry Skin Moisturizer Formula**
- Unisex or Men's Cream with Perilla Plant Stem
  - Materials: Mens Moisturizer Perilla Formula**
- Regenerating and Firm Skin Moisturizer with MSM and DMAE
  - Materials: Regenerating Moisturizer Formula**
- Renewing and Firming Peptide Moisturizer
  - Materials: Renewing Peptide Moisturizer Formula**
- Base Cream: Nourishing Cupuacu Cream
  - Materials: Base Cream Cupuacu Formula**
- Moisturizing Camu Camu Cream
  - Materials: Moisturizing Camu Cream Formula**
- Vitamin Rich Facial Cream
  - Materials: Vitamin Rich Cream Formula**
- Age-Defying Rejuvenating Facial Cream with Hyaluronic Acid
  - Materials: Age Defying Cream Formula**
- Organic Camellia Facial Cream Preserved with Alcohol

**Materials: Organic Camellia Cream Formula**

- Wild Orchid and Rose Moisturizer with Flower and Gem Essences

**Materials: Wild Orchid Moisturizer**

- Chamomile and Eyebright Eye Cream

**Materials: Chamomile Eye Cream Formula**

- Revitalizing Eye Cream

**Materials: Revitalizing Eye Cream**

- Pink Lotus and Coconut Butter Cream

**Materials: Pink Lotus Cream Formula**

- Base Body Butter: Nourishing Cupuacu Butter

**Materials: Base Body Butter Cupuacu Formula**

- Smooth and Silky Body Butter

**Materials: Smooth Body Butter Formula**

- Module 3 Wrap Up
- Module 3 Review Quiz

## **MODULE 4: SERUMS**

### **Lessons**

- Base Serum with Hyaluronic Acid

**Materials: Base Serum Formula**

- Hands and Feet Serum with Hyaluronic Acid

**Materials: Hands and Feet Serum Formula**

- Regenerating and Brightening Serum with Plant Collagen + Moisturizing Gel

**Materials: Regenerating Serum & Collagen Formula**

- Deeply Hydrating Serum with Plant Ceramides

**Materials: Deeply Hydrating Serum Ceramides Formula**

- Beautifying Oil Serum

**Materials: Beautifying Oil Serum**

- Module 4 Wrap Up
- Module 4 Review Quiz



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

### **Lessons**

- Gel Cleanser #1
  - Materials: Gel Cleanser1 Formula**
- Gel Cleanser #2
  - Materials: Gel Facial Cleanser2 Formula**
- Base Gel Cleanser
  - Materials: Base Gel Cleanser Formula**
- Skin Brightening Cleanser with Fruit Enzymes
  - Materials: Skin Brightening Cleanser Formula**
  
- Simple Cream Cleanser
  - Materials: Simple Cream Cleanser Formula**
- Masks and Exfoliants
- 3-Grain Cleanser and Exfoliants
  - Materials: 3-Grain Cleanser Formula**
- Gentle Lotus Exfoliant
  - Materials: Gentle Lotus Exfoliant Formula**
- Base Mask: Nourishing Fruit Masks
  - Materials: Base Fruit Mask**
- Rotorua Mud Mask
  - Materials: Rotorua Mask Recipe**
- Balancing Facial Toner
  - Materials: Balancing Facial Toner**
- Moisture Mist
  - Materials: Moisture Mist Formula**
- Facial Steam Herbs
  - Materials: Facial Steam Herbs Formula**
  
- Module 5 Wrap Up
- Module 5 Review Quiz

## **MODULE 6: LIP BALM, LIP GLOSS, SKIN BALM**

### **Lessons**

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

## **MODULE 7: BODY WASH, HAND WASH**

### **Lessons**

- Three Formulations

- Containers for Body Wash and Hand Soap
  - Surfactants
  - Coconut Creme Moisturizing Body Wash
    - **Materials: Coconut Creme Body Wash Formula**
  - Moisturizing Body Wash Base
    - **Materials: Moisturizing Body Base Formula**
  - 2 in 1 Body Wash and Hand Soap
    - **Materials: 2 in 1 Body Hand Wash Formula**
- Module 7 Wrap Up
  - Module 7 Review Quiz

## **MODULE 8: DEODORANT AND POWDER**

### **Lessons**

- Deodorant and Power
    - **Materials: Solid Pot Deodorant Formula**
  - Solid Stick Deodorant
    - **Materials: Solid Stick Deodorant Formula**
  - Fresh Roll-On Cream Deodorant
    - **Materials: Fresh Roll On Deodorant Formula**
  - Spray Deodorant
    - **Materials: Spray Deodorant Formula**
  - Scented Silk Body Powder and Deodorant
    - **Materials: Scented Silk Body Powder Formula**
- Module 8 Wrap Up
  - Module 8 Review Quiz

## **MODULE 9: NATURAL SPA PRODUCTS**

### **Lessons**

- Spa Products
- Bath Salts

**Materials: Basic Bath Salts Formula**

- French Lavender Chamomile Bath Soak Salt

**Materials: French Lavender Bath Soak Formula**

- Creamy Coconut Milk Bath

**Materials: Creamy Coconut Milk Bath Formula**

- Herbal Bath Tea Soak

**Materials: Herbal Bath Tea Formula**

- Salt and Sugar Scrubs

**Materials: Basic Salt Scrub Formula**

- Smooth Skin Solid Body Scrub

**Materials: Smooth Solid Body Scrub**

- Skin Brightening Sugar Scrub

**Materials: Skin Brightening Sugar Scrub Formula**

- Strawberry Coconut Cream Sugar Scrub

**Materials: Strawberry Sugar Scrub Formula**

- Radiant Body Scrub

**Materials: Radiant Body Scrub Formula**

- Pink Grapefruit Body Scrub

**Materials: Pink Grapefruit Fizzy Formula**

- Bath Fizzies, Bath Bombs

**Materials: Basic Bath Fizzy Formula**

- Silky Soft Skin Body Oil

**Materials: Silky Body Oil Formula**

- Arnica Massage Oil

**Materials: Arnica Massage Oil Formula**

- Adjustment to Massage Oil

- Base Massage Oil and Sensual Massage Oil

**Materials: Base Sensual Massage Oil Formula**

- Module 9 Wrap Up
- Module 9 Review Quiz

## **MODULE 10: AROMATHERAPY, GEM + FLOWER ESSENCES, HYDROSOLS**

### **Lessons**

- Aromatherapy, Essences, Hydrosols
  - Materials: Aromatherapy Wellness Kit Manual**
- 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
  - Materials: Aromatherapy Body Mist Formula**
  - Base Aromatherapy Room Spray Formula**
- Books on Aromatherapy
  - Module 10 Wrap Up
  - Module 10 Review Quiz

## **MODULE 11: HERBS 101, HERBAL EXTRACTS**

### **Lessons**

- Herbs 101
  - Materials: How To Make 47 Herbal Extracts By Joan Morais**
  - Calendula Flower Oil**
  - Homemade Rose Water**
  - Lavender Varieties**
  - How To Make Homemade Hydrosols**
- Herbs for Skin Care
- Herbal Vinegar
- Herbal Water/Tea Infusions
- Herbal Alcohol Extract

- Herbal Glycerin Extract
- Herbal Oil Extract
  - Module 11 Wrap Up
  - Module 11 Review Quiz

## **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
  - Materials: Perfume Oil Blending Sheet**
  - Simple Floral Citrus Perfume Oil**
- Alcohol Perfume
  - Materials: Alcohol Perfume Blending Sheet**
- Solid Perfume
  - Materials: Solid Perfume Blending Sheet**
- Scent Blends
  - Module 12 Wrap Up
  - Module 12 Review Quiz

## **FINAL EXAM QUIZ**

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