

JOAN MORAIS

COSMETICS SCHOOL

Professional Natural Skin Care Formulation Diploma Course Curriculum

WELCOME

INSTRUCTIONS FOR TAKING THIS COURSE

Materials: Guide: Pro Hair Study Guide

RESOURCES

Resource Links and Store

Equipment

Container and Packaging Suppliers

Cosmetic Ingredient Suppliers

Cosmetic Ingredients / Raw Materials

Cosmetic Ingredient Brochures

Labels

Lab Furniture

Testing

Standards, Regulations, Certifications

Learn More/Classes

Software/Apps

Trade Publications

Contract Manufacturing

Liability Insurance

Books

Plant-Based Scarves and Pillow Cases

Supplier Discount Codes

GLOSSARY

The Formulators Glossary

MODULE 1: SKIN

Lessons

- Skin

MODULE 2: THE SCIENCE OF SKIN

Lessons

- The Science of Skin
 - Materials: Module 2 Science of Skin**
 - Skin Type Focus**
 - Skin Anatomy
 - Skin Physiology
 - Skin Structure
 - Skin Function
 - Skin Lipids
 - Skin Barrier Function - TEWL
 - Skin Barrier Function
 - Transepidermal Loss
 - Skin Care Products and Skin Barrier
 - Ingredients that Support Skin Barrier
 - Moisturization
 - Skin Types
 - Balanced
 - Dry
 - Oily
 - Combination
 - Sensitive
 - Mature
 - Acne

- Eczema and Psoriasis
- Skin Ailments and Concerns
 - Common Skin Care Concerns
 - Wrinkling of the Skin
 - Loss of Elasticity
 - Hyperpigmentation
 - Skin Ailments
 - Acne - Pimples
 - Acne Vulgaris
 - Acne Mechanica
 - Hormonal Acne
 - Rosacea
- Skin Color and Tone
 - Color of Skin
 - Aging of Skin Color
 - Module 2 Wrap Up
 - *Assignment #1*
 - Module 2 Review Quiz

MODULE 3: COSMETICS

Lessons

- Cosmetics
 - Materials: Module 3 Cosmetics**
 - Principles Mission Statement**
- Definition of a Cosmetic
 - USA Cosmetics
 - USA Cosmetic Regulations
 - Drugs
 - Cosmetic Claims
- FDA Homemade Cosmetics
 - Small Businesses and Homemade Cosmetics

- PO Box Allowed?
- Clean Beauty and Natural
 - Clean Beauty
 - Natural
 - Natural - ISO
- Green Chemistry
 - Key Points
 - 12 Principles of Green Chemistry
- Organic Cosmetics
 - Should You Get Your Cosmetics Organic Certified?
 - USA Organic
 - Organic Labeling Categories
- Vegan, Plant-Based, Cruelty-Free
 - 100% Vegan Formulations
 - Cruelty-Free Certified
- Global Standards Certification
 - Natural Certification
 - NPA
 - Organic Certification
 - ECOCERT
 - COSMOS
 - Soil Association
 - BDIH
 - NATRUE
- Processes of Cosmetic Ingredients
 - Global Consensus for Organic and Natural
 - Processes for Organic Ingredients
 - Processes for Natural Ingredients
 - Naturally Derived Ingredients
 - Nature Identical Ingredients
 - Ingredient Processes
 - Esterification

- Ethoxylation
- Hydrogenation
- Sulfation vs Sulfonation
- Synthetic Ingredients
- PEG'S
- Quats
- Polyquats
- Natural Skin Care
 - Define Natural Skin Care
 - Define Natural Cosmetics
 - Our Course Formulations
 - Materials: Define Natural Skin Care**
 - Module 3 Wrap Up
 - *Assignment #2*
 - *Assignment #3*

MODULE 4: COSMETIC INGREDIENTS - RAW MATERIALS

Lessons

- Cosmetic Ingredients - Raw Materials
 - Materials: Module 4 Ingredients for Skin**
 - Guide: Ordering Cosmetic Ingredients**
 - Ingredient Research**
 - Preservative and Emulsifier**
 - Raw Material Lot Number Log pdf**
 - Raw Material Lot Number Log doc**
 - Sourcing Cosmetic Ingredients
 - Pricing
 - Lot #
 - INCI Names and Trade Names
 - Classification of Cosmetic Ingredients
 - Ordering Ingredient Categories

- * Beginner Help* Cosmetic Ingredients
- Actives
- Alcohol
- Antioxidants
- Butters
- Chelators
- Clays and Powders
- Emulsion
 - Emulsion
 - Continuous and Dispersed Phases
 - Emulsion Types: O/W, W/O
 - Function of Emulsifiers
 - Emulsifier Blends - Self Emulsifying
 - HLB System
- Emulsifiers
 - Nonionic
 - Anionic
 - Cationic
 - Liquid
 - Polysorbate Alternatives
 - Co-Emulsifier
- Essential Oils
 - **Materials: Aromatherapy: Essential Oils for Body, Hair, Skin eBook**
- Herbs, Flowers and Fruits
- Humectants
- Hydrosols
- Plant Oils
- Preservatives
- Salts and Sugars
- Silicone Alternatives
- Solubilizers
- Surfactants

- Anionic
- Amphoteric
- Nonionic
- Thickeners, Polymers, Waxes
 - Clays
 - Natural Polymers
 - Starch Thickeners
 - Emulsifier Thickeners
 - Refatting Agent Thickeners
 - Plant Waxes
- Water
 - Distilled Water
 - Deionized Water
- Ingredients for Skin Concern
 - Module 4 Wrap Up
 - *Assignment #4*
 - *Assignment #5*

MODULE 5: INGREDIENTS METHODS

Lessons

- Ingredient Methods
 - How To Make Aloe Vera Juice 200x
 - Making a Slurry
 - Module 5 Wrap Up
 - *Assignment #6*

MODULE 6: EQUIPMENT

Lessons

- *Beginner Help* Equipment
- Equipment

Materials: Module 6 Equipment

Guide: Setting Up a Small Cosmetic Lab

- Equipment Overview
- Equipment for Beginners
- Formulating and Batch Making Equipment
- Level 1: Beginning Kitchen Equipment for Starting
- Level 2: Lab Equipment for Formulating
- Level 3: Equipment for Small Batch Production
- Level 4: Equipment for Medium to Large Batch Production
- Stainless Steel Grades
- Utensils
- Thermometers
- Beakers
- Vessels
- Heating Elements
- Scales
- Mixing
- Mixers
- Immersion Blenders
- Overhead Stirrers
- Homogenizers
- Straining
- Filling
- Bottle Fillers
- Testing Equipment
- pH Meters
- Induction Sealers

- Labelers
- Setting Up a Small Cosmetic Lab
 - Formulating Lab
 - Small Scale Manufacturing
 - Lab Bench
 - Storage Bin
 - Thermometers
 - Scales
 - Heating Elements
 - Vessels
 - Mixers
 - How to Use an Overhead Stirrer
 - Bladed Propeller
 - How to Use a Homogenizer
 - Dispersing Tools
 - pH meters and sticks
 - Videos showing how to use different equipment and attachments
 - Liquid Filling Machine
 - How to Set Up, Use and Clean
 - Wash and Dry Area
 - Wash
 - Drying
- 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
 - Module 6 Wrap-Up
 - *Assignment #7*

MODULE 7: COSMETIC FORMULATION

Lessons

- Formulating Cosmetics: Building the Formula
 - Materials: Module 7 Cosmetic Formulation**
 - Guide: Completing A Successful Formulation**
 - Blank Formula Worksheet doc**
 - Blank Formula Worksheet pdf**
 - Reading a Cosmetic Formula
 - Building the Formula
 - The Math - Calculating the Formula
- Formulating Cosmetics: Making the Formulation
 - Materials: Product Development Profile Brief**
 - Formulating
 - Product Development and Benchmark
 - Creating a Synergy
 - Formula
 - Make a Slurry
 - Viscosity
 - Condensation/Evaporation
 - Pre-Made Solutions
 - Phases
 - Adjusting the Formula
- Lab Notebook
 - Materials: Lab Notebook Template**
 - Weighing
 - *Beginner Help” Weighing Ingredients
 - pH Testing and Adjusting

- pH
- pH Testing for Hair and Skin Care Products
- pH for Skin Care Products
- pH for Hair Care Products
- Testing the pH
- pH Strips
- pH Meter
- Storing the pH meter
- Adjusting the pH
- Lowering pH
- Raising pH
- Buffering Solutions
- Calibrating a pH meter
- Formulating Skin Care Products + Tips
 - Ingredient Substitutions
- Evaluating Skin Care Products
 - Materials: Product Feedback Questionnaire**
- Preserving Cosmetics Effectively
 - Safe Cosmetics
 - Preservative Restrictions in Countries
 - Preserving Anhydrous Formulations
 - Building a Preservative System
 - Self-Preserving Ingredients
 - Broad Spectrum Preservatives
 - Antimicrobials
 - Choosing the Best Preservative
- Labeling
 - Product Label
 - Ingredient Declaration
 - INCI
 - Trade Name
 - Bar Codes

- Pricing Products

 - Materials: Product Pricing COG's doc**

 - Product Pricing COG's pdf**

 - Sustainable Product Pricing
 - Pricing Strategies
 - Cost Plus Pricing
 - Calculating Cost of Goods
 - Gross Profit Margin
 - Markup
 - Calculating Cost of Goods

Product Pricing Example

- Product Development

 - Materials: Product Development Brief**

 - Product Development Brief
 - Module 7 Wrap-Up
 - *Assignment #8*

MODULE 8: GMP AND PRE-MARKET TESTING

Lessons

- GMP and SOPs

 - Materials: Module 8 GMP and Testing**

 - Guide: GMP, SOP, and Cosmetic Testing**

 - Batch Record Template pdf**

 - Batch Record Template doc**

 - Quality Control Log**

 - Microbial Kit Testing Log**

 - Microbial Lab Testing Log**

 - Cleaning and Sanitization in Manufacturing Cosmetics**

 - Manufacturing
 - Sanitizing
 - Record Keeping
 - Standard Operating Procedures (SOP's)
 - Batch Number

- Batch Record Log
- Pre-Market Testing, Stability and Microbial Testing
 - Stability Testing
 - Real-Time
 - Accelerated
 - DIY Accelerated Stability Testing
 - Microbial Testing
 - Challenge Testing
 - Batch Testing
 - Incubator Testing
 - DIY Testing Kits
 - Module 8 Wrap-Up
 - *Assignment #9*
 - Module 8 Review Quiz

MODULE 9: MOISTURIZERS, LOTIONS, CREAMS, BUTTERS

Lessons

- Lotions and Creams
 - Materials: Module 9 Moisturizers, Lotions, Creams, Butters**
- Formulating Lotions and Creams
- *Beginner Help* Moisturizer
- #1 Emulsion System
- 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
- Revitalizing Eye Cream
Materials: Revitalizing Eye Cream
- Base Body Lotion
Materials: Base Body Lotion Formula
- Emulsion System #2
- 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
- Wild Orchid and Rose Moisturizer with Flower and Gem
Essences
Materials: Wild Orchid Moisturizer
- Chamomile and Eyebright Eye Cream
Materials: Chamomile Eye Cream Formula
- Base Cream: Nourishing Cupuacu Cream
Materials: Base Cream Cupuacu Formula
- Base Body Butter: Nourishing Cupuacu Butter
Materials: Base Body Butter Cupuacu Formula
- Body Butter Cream
Materials: Body Butter Cream Formula
- Shea Butter Lotion
Materials: Shea Butter Lotion Formula
- Emulsion System #3
- Organic Camellia Facial Cream Preserved with Alcohol
Materials: Organic Camellia Cream Formula
- Moisturizing Body Lotion
Materials: Moisturizing Body Lotion Formula
- Anhydrous System #4

- Smooth and Silky Body Butter
 - Materials: Smooth Body Butter Formula**
 - Module 9 Wrap Up
 - *Assignment #10*
 - Module 9 Review Quiz

MODULE 10: SERUMS

Lessons

- Serums
 - Materials: Module 10 Serums**
- Base Serum with Hyaluronic Acid
 - Materials: Base 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 10 Wrap Up
 - *Assignment #11*
 - Module 10 Review Quiz

MODULE 11: CLEANSERS, EXFOLIANTS, TONERS, MASKS, STEAM HERBS

Lessons

- Gel Cleanser #1
**Materials: Module 11 Cleansers, Exfoliants, Toners, Masks, Herbs
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
- 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 Masks Formula
- Rotorua Mud Mask
Materials: Rotorua Mask Formula
- Radiant Skin Mask
Materials: Radiant Skin Mask Formula
- Hydrating Mist
Materials: Hydrating Mist Formula
- Balancing Facial Toner
Materials: Balancing Facial Toner
- Facial Steam Herbs
Materials: Facial Steam Herbs Formula
 - Module 11 Wrap Up
 - *Assignment #12*
 - Module 11 Review Quiz

MODULE 12: LIP BALM, LIP GLOSS, SKIN BALM

Lessons

- Balms - Anhydrous
 - Materials: Module 12 Lip Balm, Gloss, Skin Balm**
- Lip Balm and Gloss Containers
- Base Lip Balm
 - Materials: Base Lip Balm 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**
- Beauty Balm Formula Build
 - Materials: Beauty Balm Build Worksheet**
- Beauty Balm Base
 - Materials: Organic Beauty Balm Base**
 - Beauty Balm Base**
- Glowing Skin Beauty Balm
 - Materials: Glowing Skin Balm Formula**
- Therapeutic Body Balm
 - Materials: Therapeutic Balm Formula**
 - Module 12 Wrap Up
 - *Assignment #13*
 - Module 12 Review Quiz

MODULE 13: BODY WASH, HAND WASH

Lessons

- Three Formulations
 - Materials: Module 13 Body, Hand Wash**
- 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 13 Wrap Up
 - Module 13 Review Quiz

MODULE 14: DEODORANT AND POWDER

Lessons

- Deodorant and Powder
 - Materials: Module 14 Deodorant Powder
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 14 Wrap Up
 - Module 14 Review Quiz

MODULE 15: 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 15 Wrap Up

- Module 15 Review Quiz

MODULE 16: AROMATHERAPY, GEM + FLOWER ESSENCES, HYDROSOLS

Lessons

- Aromatherapy, Essences, Hydrosols
 - Materials: Module 16 Aromatherapy, Essences, Hydrosols
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 17: 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 17 Wrap Up
 - Module 17 Review Quiz

MODULE 18: SCENT DEVELOPMENT, NATURAL PERFUME

Lessons

- Natural Scent
 - Materials: Module 18 Scent Development, Perfume**
- Natural Perfume
- Top Notes
- Middle Notes
- Base 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**
- Natural Scent Ingredients
- Scent Blends for Formulations
 - Module 18 Wrap Up
 - Module 18 Review Quiz

FINAL

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)