



Creamy Vanilla BODY LOTION

This body lotion is thick and creamy yet absorbs quite nicely, leaving just a trace of moisturizing oils on the skin. The delectable vanilla scent is a bonus!

Needed Tools:

- Digital scale capable of measuring to .01 oz or 0.01 gram
- Two small stainless steel or glass bowls
- Wide-mouth pint-size mason jar
- Small saucepan
- Silicone spatulas
- Immersion blender AKA stick blender (*not* a pitcher-style blender or hand mixer)
- Pipette (optional)
- Small jars to package your lotion

Ingredients		8 oz	227 g	Percent
Heat & melt	• Mango butter	1.20 oz	34.05 g	15%
	• Sweet almond oil	0.40 oz	11.35 g	5%
	• Emulsifying wax	0.40 oz	11.35 g	5%
	• Distilled water	5.46 oz	154.90 g	68.25%
Add after cool	• Vegetable glycerin	0.40 oz	11.35 g	5%
	• Germall Plus preservative	0.04 oz	1.13 g	0.5%
	• Vitamin E	0.02 oz	0.57 g	0.25%
	• Vanilla cosmetic fragrance oil*	0.08 oz	2.27 g	1%

*I like [Vanilla Cream fragrance oil](#) from Nurture Handmade, but you can use any vanilla cosmetic fragrance of your choice. Please check IFRA guidelines for the specific fragrance you're using, and reduce usage rate if necessary.

PREP STEP: Prepare Your Supplies

Gather together all of your supplies and ingredients. Sanitize all of your tools, jars, spatulas, etc. by washing in very hot, soapy water and letting air dry, or running through the dishwasher on a hot setting. Spray with rubbing alcohol and let air dry thoroughly.

Note: Properly sanitizing your tools ensures that you don't inadvertently introduce dangerous microbes into your lotion. If you start sanitary, you'll end sanitary, so don't skip this step!

STEP 1: Measure

Individually weigh out sweet almond oil, mango butter, distilled water, and emulsifying wax. Place the ingredients into the wide-mouth mason jar.

STEP 2: Heat and Melt

Place the jar into a small pot partially filled with water to make a water bath. Avoid placing the jar directly on the bottom of the pot; use a heat-safe trivet to keep the jar raised slightly. This will ensure your jar doesn't break during heating.

Warm gently over low heat until mango butter and emulsifying wax is completely melted. Turn off the heat, and carefully remove jar from the pot. Place on a heat-safe surface. *Please take care as your container will be hot.*

STEP 3: Blend

With a stick blender, blend until your mixture is well emulsified and has thickened slightly, about 3 to 5 minutes.

Tip: It's not necessary to whip constantly, and you may burn out your stick blender if you do. Whip for 30 seconds or so, turn the blender off and stir, whip again, etc.

STEP 4: Cool

Set aside and allow the mixture to cool completely. This can take a few hours. Continue to blend with the stick blender occasionally to speed cooling and build a strong emulsion. Once the lotion becomes too thick to blend with the stick blender, it's OK to leave it alone to cool.

STEP 5: Add Preservative and Heat-Sensitive Ingredients

When the lotion has cooled completely, weigh the heat-sensitive ingredients (glycerin, vitamin E, preservative, and vanilla fragrance oil) into the second small bowl. Add to the lotion and stir by hand vigorously and thoroughly to ensure everything is completely incorporated throughout the entire mixture.

PACKAGE IT UP!

Transfer the lotion into your jars or containers and affix the lids. Your lotion is ready to use immediately!

Shelf Life: Properly preserved handcrafted lotions have a shelf life of approximately 12 months. Label and use before this date.

Enjoy your handcrafted lotion!

How to make Body Lotion

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Meet Angela

Angela Palmer is an esthetician, instructor, and founder of Farm Girl Soap Co and AngelaPalmer.com

Since 2001, Angela has taught thousands of women how to make and use their own farm-fresh, homemade skin care products with her signature simple, safe, and effective crafting methods.

Angela currently resides on a small farm in southwest Idaho with her husband, three kids, maternal grandmother, and menagerie of farm animals. Besides soap and skin care crafting, Angela spends her time tending the homestead, homeschooling her littlest one, and sneaking off on sunny days to ride her beloved sorrel horse, Meadow.