

JOAN MORAIS

COSMETICS SCHOOL

Professional Natural Hair Care Formulation Diploma Course Curriculum

WELCOME

Lifetime Course Access

14 Modules / 203 Lessons /58 Formulations

Approximate Study Time: 160 Hours

WELCOME TO PRO HAIR

INSTRUCTIONS FOR TAKING THIS COURSE

**Downloads: Guide: Pro Hair Study
Curriculum**

RESOURCES

Resource Links and Store

Equipment

Suppliers: Container and Packaging

Suppliers: Cosmetic Ingredients

Supplier Discount Codes

Cosmetic Ingredients / Raw Materials

Labels

Lab Furniture

Testing: pH and Microbial

Standards, Regulations, Certifications

Learn More/Classes

Software/Apps

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Trade Publications
Contract Manufacturing
Liability Insurance
Books
Plant-Based Scarves and Pillow Cases
Discount Codes and Updates
Supplier Discount Codes
Course Updates
The Formulators Glossary

MODULE 1: HAIR

Lessons

- Module 1 Downloads
 - Pro Hair Course Training Manual Cover**
 - Module 1 Hair**
 - Hair Thoughts**
- Hair
 - Hair Expression
 - Hair Expression is a Journey
 - Is it Hair Care or Haircare?
- Hair Heritage
 - African Hair, Caribbean Hair
 - African American Hair
 - Hair Holds Memory
 - Asian Hair
 - Caucasian Hair, European Hair
- Studies and Professions of Hair
 - Trichologist
 - Cosmetologist
 - Hair Stylist
 - Loctician

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- Hair Colorist
- Expert Guest Aminah Lawson: Author of The Time Factor
 - Module 1 Wrap-Up
 - *Assignment #1*

MODULE 2: THE SCIENCE OF HAIR

Lessons

- Module 2 Downloads
 - Module 2 Science of Hair**
 - Hair Type Focus**
- The Science of Hair
 - Hair Physiology
 - Hair Chemistry
 - Hair Anatomy
 - Hair Structure
 - Hair Growth Cycle
- Hair Shape - Hair Pattern
 - Straight
 - Wavy
 - Curly
 - Coily
- Hair Texture
 - Fine
 - Medium
 - Thick (Course)
- Expert Guest: Aminah Lawson: Natural Textured Hair
- Hair Typing Systems
- Hair Types
 - 1A, 1B, 1C
 - 2A, 2B, 2C
 - 3A, 3B, 3C

- 4A, 4B, 4C
- Hair Density
 - Low
 - Medium
 - High
- Hair Porosity
 - Low
 - Proteins and Amounts to Use for Low Porosity Hair
 - Medium
 - Proteins and Amounts to Use for Medium Porosity Hair
 - High
 - Proteins and Amounts to Use for High Porosity Hair
 - Hair Porosity Test
- Hair Bonds and States
 - Hair Chemistry
- Hair Growth and Hair Length
 - Hair Loss
 - Hair Breakage
 - Hair Repair
- Scalp Care
 - Scalp Imbalances
- Expert Guest: Cassandra Celestin: Hair Chemistry and Formulating Hair Care Products
 - Module 2 Wrap Up
 - Module 2 Review Quiz
 - *Assignment #2*

MODULE 3: COSMETICS

Lessons

- Module 3 Downloads
 - Module 3 Cosmetics**
 - Natural Hair Care**
 - Principles Mission Statement**
 - Define Hair**
- Definition of a Cosmetic
 - Cosmetics
 - Drugs
 - Cosmetic Claims
- FDA Homemade Cosmetics
 - Small Businesses and Homemade Cosmetics
- MoCRA - USA
 - MoCRA – Modernization of Cosmetics Regulation Act of 2022
 - Key Points
- Clean Beauty and Natural
 - Clean Beauty
 - Natural - ISO
- Expert Guest Gay Timmons: Clean Beauty
- Green Chemistry
 - 12 Principles of Green Chemistry
 - Natural - ISO
- Organic Cosmetics
 - USA Organic
 - Organic Labeling
- Vegan, Plant-Based, Cruelty-Free
 - 100% Vegan Formulations
 - Cruelty-Free Certified
- Global Standards Certification
 - Natural Certification

- NPA
- Organic Certification
- NOP
- ECOCERT
- COSMOS
- Soil Association
- BDIH
- NATRUE
- Processes of Cosmetic Ingredients
 - Processes for Natural Ingredients
 - Processes for Organic Ingredients
 - Naturally Derived Ingredients
 - Nature Identical Ingredients
 - Synthetic Ingredients
 - PEG'S
 - Quats
 - Polyquats
- Expert Guest Dr. Vida Karamooz and Saied Karamooz at Blue Beautify: Personal Care Business Sustainability Best Practices
- Natural Hair Care
 - Module 3 Wrap Up
 - *Assignment #3a*
 - *Assignment #3b*

MODULE 4: COSMETIC INGREDIENTS - RAW MATERIALS

Lessons

- **Module 4 Downloads**

Module 4 Ingredients for Hair

Aromatherapy: Essential Oils for Body, Hair, Skin eBook

Ingredient Research Chart pdf

Ingredient Research Chart doc

Preservative - Emulsifier

Guide: Ordering Cosmetic Ingredients

Ingredient Brochures

Silicones Environmental Impact

Silicone Alternatives

1,4 Dioxane Free Surfactants

- **Cosmetic Ingredients - Raw Materials**

- Sourcing Cosmetic Ingredients
- INCI Names and Trade Names
- Classification of Cosmetic Ingredients
- Ordering Ingredient Categories

- *** Beginner Help* Cosmetic Ingredients**

- **Antioxidants**

- **Butters**

- **Chelating Agents**

- **Clays and Powders**

- **Conditioning Agents**

- **Emulsion Science**

- Continuous and Dispersed Phase
- O/W Emulsion
- W/O Emulsion
- Skin Delivery Systems
- Function of Emulsifiers
- Emulsifier Blends
- HLB System

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- Emulsifier Application
- Emulsifiers
 - Nonionic
 - Anionic
 - Cationic
 - Liquid
 - Polysorbate Alternatives
 - Co-Emulsifier
- Essential Oils
- Fixatives - Styling Agents
- Herbs, Flowers and Fruits
- Humectants
- Hydrosols
- Lipids, Esters, Alcohols
- Melting Points Oils, Butters, Waxes
- Plant Oils
- Preservatives
- Proteins
- Refatting Agents
- Silicones
- Silicone Alternatives
- Solubilizers
- Surfactant Science
 - Functions of Surfactants
 - Surfactant Molecule
 - Micelles
 - Critical Micelle Concentration
 - Types of Surfactants
 - Chemistry of Surfactant
- Surfactants
 - Anionic

- Amphoteric
- Nonionic
- Thickeners, Polymers, Gums, Starches
 - Clays
 - Natural Polymers
 - Starch Thickeners
 - Emulsifier Thickeners
 - Refatting Agent Thickeners
 - Salt Thickener
- Thickeners Waxes
 - Natural Plant Waxes
 - Emulsifier Thickeners
- Water
 - Distilled Water
 - Deionized Water
 - Module 4 Wrap Up
 - *Assignment #4*

MODULE 5: INGREDIENTS METHODS

Lessons

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

MODULE 6: EQUIPMENT

Lessons

- Module 6 Downloads
 - Module 6 Equipment**
 - Guide: Setting Up a Small Cosmetic Lab**
- Equipment
 - 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

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- Labelers
- *Beginner Help* Equipment
- 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 #6*

MODULE 7: COSMETIC FORMULATION

Lessons

- Module 7 Downloads
 - Module 7 Cosmetic Formulation**
 - Blank Formula Worksheet pdf**
 - Blank Formula Worksheet doc**
 - Lab Notebook Template doc**
 - Product Development Brief pdf**
 - Product Development Brief doc**
 - Product Feedback Questionnaire pdf**
 - Product Feedback Questionnaire doc**
 - Product Pricing COGs pdf**
 - Product Pricing COGs doc**
 - Celsius to Fahrenheit Conversion**
 - Guide: Completing A Successful Formulation**
- Formulating Cosmetics: Building the Formula
 - Reading a Cosmetic Formula
 - Building the Formula
 - The Math - Calculating the Formula
- Formulating Cosmetics: Making the Formulation
 - Formulating
 - Product Development and Benchmark
 - Creating a Synergy
 - Formula
 - Make a Slurry

- Viscosity
- Condensation/Evaporation
- Pre-Made Solutions
- Phases
- Adjusting the Formula
- Lab Notebook
- Weighing
- *Beginner Help” Weighing Ingredients
- Weighing Essential Oils
- pH Testing and Adjusting
 - 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
- Preserving Cosmetics
 - Safe Cosmetics
 - Preservative Restrictions in Countries
 - Preserving Anhydrous Formulations
 - Building a Preservative System
 - Self-Preserving Ingredients
 - Broad Spectrum Preservatives
 - Antimicrobials
 - Choosing the Best Preservative

- Expert Guest: Green Cosmetic Preservation with Barbara Olioso
- Products for Hair Care
- Evaluating Hair Care Products
- Labeling INCI
 - Product Label
 - Ingredient Declaration
 - INCI
 - Trade Name
 - Bar Codes
- Pricing Products
 - 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
- Expert Guest Jill Munson from Wildling: Product Development
- Expert Guest Donna Maria CEO Indie Business Network
 - Module 7 Wrap-Up
 - *Assignment #7*

MODULE 8: GMP AND TESTING

Lessons

- **Module 8 Downloads**
 - Module 8 GMP and Testing**
 - Raw Material Lot Number Log pdf**
 - Raw Material Lot Number Log doc**
 - Batch Record Template pdf**
 - Batch Record Template doc**
 - Quality Control Log**
 - Microbial Kit Testing Log**
 - Microbial Lab Testing Log**
 - DIY Microbial Test Kit Instructions**
 - DIY Test Kit Brochure**
 - Cleaning and Sanitization in Manufacturing Cosmetics**
 - Guide: GMP SOP Cosmetic Testing**
- **GMP and SOPs**
 - 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
- Expert Guest Megan Rutland: Microbiological Testing for Cosmetics
 - Module 8 Wrap-Up
 - Module 8 Review Quiz
 - *Assignment #8*

MODULE 9: SHAMPOO

Lessons

- Module 9 Downloads
 - Module 9 Shampoo**
 - Guide: Build + Create Custom Shampoo**
 - Beginning Equipment for Shampoo**
 - Shampoo Build Chart**
 - Hair Additives Chart For Customizing Shampoo**
 - Scalp Additives Chart for Customizing Scalp Formulations**
 - Shampoo Build Worksheet**
- Shampoo
 - Function of Shampoo
 - Natural Shampoo
 - Consumer Expectations
- Formulating Shampoo
 - Function of Shampoo
 - Formulation Needs to Address
 - Categories of Shampoo
 - Thickening Shampoos
 - Surfactants
 - Substitutions
 - pH
 - Hard Water
 - Shampoo YES and NO
 - Tips on Making Shampoo
 - Shear

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- Grades of Xanthan Gum
- Scenting Shampoo
- Shampoo Build
 - Shampoo Formulation Build
 - Non-Sulfate Shampoo Base Formula
 - Sulfate Shampoo Base Formula (for students with access only to SLES and SLS)
- Calculating Surfactant Active Content
- Custom Shampoo Formula Build
- Hair Additives for Shampoo
- Scalp Additives
 - Exfoliating
 - Hair Growth
 - Soothing/Nourishing
- *Beginner Help* Shampoo
- Shampoo Base Formulations
 - Downloads: Shampoo System #1 Formula and Procedure**
 - Shampoo System #2 Formula and Procedure**
 - Shampoo System #1 GO Formula and Procedure**
 - Shampoo System #2 GO Formula and Procedure**
 - Shampoo System #1 SC Formula and Procedure**
 - Shampoo System #2 SC Formula and Procedure**
 - Shampoo System #1
 - Shampoo System #2
- Plant Keratin Shampoo
 - Downloads: Plant Keratin Shampoo System #1 Formula and Procedure**
 - Plant Keratin Shampoo System #2 Formula and Procedure**
 - Plant Keratin Shampoo System #1 GO Formula and Procedure**
 - Plant Keratin Shampoo System #2 GO Formula and Procedure**
- Volumizing Shampoo
 - Downloads: Volumizing Shampoo System #1 Formula and Procedure**
 - Volumizing Shampoo System #2 Formula and Procedure**
 - Volumizing Shampoo System #1 GO Formula and Procedure**

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Volumizing Shampoo System #2 GO Formula and Procedure

- Hydrating Shampoo

Downloads: Hydrating Shampoo System #1 Formula and Procedure

Hydrating Shampoo System #2 Formula and Procedure

Hydrating Shampoo System #1 GO Formula and Procedure

Hydrating Shampoo System #2 GO Formula and Procedure

- Clarifying Shampoo

Downloads: Clarifying Shampoo System #1 Formula and Procedure

Clarifying Shampoo System #2 Formula and Procedure

Clarifying Shampoo System #1 GO Formula and Procedure

Clarifying Shampoo System #2 GO Formula and Procedure

- Baby Shampoo

Downloads: Baby Shampoo System #1 Formula and Procedure

Baby Shampoo System #2 Formula and Procedure

Baby Shampoo System #1 GO Formula and Procedure

Baby Shampoo System #2 GO Formula and Procedure

- Expert Guest: Waterless and Low-Water Formulations with Dennis Abbeduto

Downloads: The Formulators Lab Waterless and Low Water Formulation

- Module 9 Wrap-Up

- Module 9 Review Quiz

- *Assignment #9*

MODULE 10: HAIR CONDITIONER AND HAIR MASK

Lessons

- Module 10 Downloads

Module 10 Conditioner and Mask

Conditioner Build Chart

Hair Additives for Customizing Conditioner

Conditioner Build Worksheet

- Hair Conditioner

- Function of Hair Conditioner

- Natural Conditioner

- Consumer Expectations
- Formulating Hair Conditioner
 - Formulation Needs to Address
 - Categories of Conditioners
 - Leave-In Conditioners
 - Tips on Making Conditioner
 - pH
 - Hard Water
 - Hair Repair - Proteins
- Hair Conditioner Build
- Custom Conditioner Build
- Additives for Conditioner
- Conditioner Base Formulations
 - Downloads: Conditioner System #1 Formula and Procedure**
 - Conditioner System #2 Formula and Procedure**
 - Conditioner System #1
 - Conditioner System #2
- Plant Keratin Conditioner
 - Downloads: Plant Keratin Conditioner System #1 Formula and Procedure**
 - Plant Keratin Conditioner System #2 Formula and Procedure**
- Volumizing Conditioner
 - Downloads: Volumizing Conditioner System #1 Formula and Procedure**
 - Volumizing Conditioner System #2 Formula and Procedure**
- Hydrating Conditioner
 - Downloads: Hydrating Conditioner System #1 Formula and Procedure**
 - Hydrating Conditioner System #2 Formula and Procedure**
- Deep Conditioner Build
 - Deep Conditioner Formula Build
 - Deep Conditioner Example
 - Conditioning Curl Cream

- Deep Conditioner
 - Downloads: Deep Conditioner System #1 Formula and Procedure**
 - Deep Conditioner System #2 Formula and Procedure**
- Leave-In Conditioner Base
 - Downloads: Leave-In System #1 Formula and Procedure**
 - Leave-In System #2 Formula and Procedure**
- Formulating Curl Cream - Styling Curl Cream Build
 - Curl Cream Function
 - Conditioning Curl Cream
 - Styling Curl Cream
 - Ingredients to Include
- Curl Cream Build
- Curl Cream - Defining Styling Cream
 - Downloads: Curl Cream - Defining Styling Cream Formula and Procedure**
 - Curl Cream - Defining Styling Cream (with thickener) Formula and Procedure**
- Formulating Hair Mask
 - Fresh Hair Mask
 - Formulating Hair Mask
 - Dry Fruit Powder Mask
 - Cream (Emulsion) Hair Mask
 - How to Use a Hair Mask
- Hair Mask Cream Build
- Hydrating, Repairing, Strengthening Treatment Mask
 - Downloads: Hydrating, Repairing Treatment Mask Formula and Procedure**
- Sea Moss Mask
 - Downloads: Sea Moss Mask Formula and Procedure**
- Expert Guest

- Module 10 Wrap-Up
- Module 10 Review Quiz
- *Assignment #10*

MODULE 11: HAIR MIST, GEL & SERUM

Lessons

- Module 11 Downloads
 - Downloads: Module 11 Hair Mist, Gel, Serum Hydrating Mist Build Worksheet**
- Hair Mist
- Hydrating Mist Build
- Hydrating Mist
 - Downloads: Hydrating Mist Formula and Procedure**
- Hair Mist Build
- Hydrating Mist Base Formulation
 - Downloads: Hydrating Mist Formula and Procedure**
- Refresher Spray Build
- Refresher Spray
 - Downloads: Refresher Spray Formula and Procedure**
- Hair Gel
- Styling Gel Build
- Styling Gel
 - Downloads: Styling Gel Formula and Procedure**
- Firmer Hold Gel - Loc and Retwist
 - Downloads: Firmer Hold Gel Formula and Procedure**
- Edge Gel
 - Downloads: Edge Control Gel Formula and Procedure**
- Edge Control (Traditional)
 - Downloads: Edge Control (Traditional) Formula and Procedure**
- Hair Serum
 - Function of Hair Serum

- How to Use Hair Serum
- Serum Build
 - Silicone Alternative Build
 - Aqueous Serum Build
- Smoothing Serum

Downloads: Smoothing Serum Formula and Procedure
- Hair and Scalp Serum

Downloads: Hair and Scalp Serum Formula and Procedure

 - Module 11 Wrap-Up
 - Module 11 Review Quiz
 - *Assignment #11*

MODULE 12: HAIR OIL, BEARD OIL, HAIR BUTTER, POMADE

Lessons

- Module 12 Downloads

Module 12 Hair Oil, Beard Oil, Hair Butter, Pomade

Hair Oil and Pomade Research
- Hair Oil
 - Function of Hair Oil
 - General Usage
 - Styling Hair Oil
 - Treatment Hair Oil
 - Dry Hair Treatment
 - Hair Thinning Treatment
 - Irritated and Flaking Scalp Treatment
- Formulating Hair Oil
 - Formulating Hair Oil
 - Plant Oils for Hair Types
- Hair Oil Build
 - Hair Oil Build (Anhydrous)

- Silicone Alternative Hair Oil Build (Anhydrous)
- Nourishing Hair Oil
 - Downloads: Nourishing Hair Oil Formula and Procedure**
- Hair Growth Drops
 - Downloads: Hair Growth Drops Formula and Procedure**
 - Prevention of Hair Loss and Hair Growth
 - Plant Oils for Hair Growth
- Herbal Hair Growth Oil
 - Downloads: Herbal Hair Growth Oil Formula and Procedure**
 - 5 Best Ingredients for Hair Loss and Hair Length
 - Hair Growth Herbs in Herbal Hair Growth Oil
 - Hair Growth Herbs
- Scalp Soother
 - Downloads: Scalp Soother Formula and Procedure**
- Beard Oil
 - Downloads: Beard Oil Formula and Procedure**
 - Beard
 - Beard Care
 - Formulating Beard Oil
 - Beard Oil
- Hair Butter
- Formulating Hair Butter
- Hair Butter Build
- Hair Styling Butter
 - Downloads: Hair Styling Butter Formula and Procedure**
- Pomade
- Formulating Pomade
- Pomade Build
- Hair Pomade
 - Downloads: Hair Pomade Formula and Procedure**

- Module 12 Wrap-Up
- Module 12 Review Quiz
- *Assignment #12*

MODULE 13: SCENTING FORMULATIONS

Lessons

- Module 13 Downloads
 - Downloads: Module 13 Scenting Formulations**
 - Scent Likes**
- Formulating Scent Blends
- Quick Tips Essential Oil Blending
- Essential Oil Blends for Hair
- Natural Scent Blends

MODULE 14: HERBAL EXTRACTS

Lessons

- Module 14 Downloads
 - Downloads: Module 14 Herbal Extracts**
 - How to Make 47 Herbal Extracts eBook**
 - Calendula Flower Oil eBook**
 - Homemade Rosewater eBook**
 - Lavender Varieties eBook**
 - How to Make Homemade Hydrosols eBook**
 - Flower Herb Research**
 - Herbalist Michael Moore Herbal Info**
- Herbal Extracts
 - Herbal Extracts
 - Formulating with Extracts
 - Making Extracts
 - Filtering Extracts
 - General Guideline for Making Extracts
 - Terms to Know

- Herbs for Hair Care
- Herbal Water/Tea Infusions
- Herbal Vinegar
- Herbal Alcohol Extract
- Herbal Glycerin Extract
- Herbal Oil Extract
 - Module 14 Wrap-Up
 - Module 14 Review Quiz
 - *Assignment #14*

FINAL

- Final Information
 - Final Exam
 - Your Diploma Certificate
 - Proud Graduate Badge
 - Joan Morais Cosmetics School Lifelong Community
 - How to Get Questions Answered
 - Joan's Tips for Success

FINAL EXAM QUIZ

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