

# **JOAN MORAIS**

COSMETICS SCHOOL

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

### **WELCOME**

**Lifetime Course Access**

**18 Modules / 251 Lessons/ 55 Formulations**

**Approximate Study Time: 200 Hours**

### **INSTRUCTIONS FOR TAKING THIS COURSE**

**Downloads: Guide: Pro Skin Study  
Curriculum**

### **RESOURCES**

Resource Links and Store

Equipment

Suppliers: Container and Packaging

Suppliers: Cosmetic Ingredient

Supplier Discount Codes

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  
Discount Codes and Updates  
Supplier Discount Codes  
Course Updates  
The Formulators Glossary

## **MODULE 1: SKIN**

### **Lessons**

- Module 1 Downloads
  - Downloads: Pro Natural Skin Care Course Training Manual Cover**
  - Module 1 Skin Care Products Market**
  - Skin Thoughts**
- Skin Care Products Market
- Is it Skin Care or Skincare?
  - Module 1 Wrap Up
  - *Assignment #1*

## **MODULE 2: THE SCIENCE OF SKIN**

### **Lessons**

- Module 2 Downloads
  - Downloads: Module 2 Science of Skin**
  - Skin Type Focus**
- The Science of Skin
  - Defining Skin Biology, Skin Anatomy, Skin Physiology
  - Anatomy and Physiology of the Skin
  - Function of the Skin
  - Structure of the Skin
  - Skin Structure
  - Skin Function
  - Skin Lipids
  - Skin Around the Eyes
  - Skin The Largest Organ

- Skin Barrier Function - TEWL
  - Skin Barrier Function - SC
  - Transepidermal Loss
  - Skin Care Products Compromise or Support the Skin Barrier
  - Ingredients to Support and Restore the Skin Barrier
  - Moisturization
- Skin pH
  - Surface Skin pH
  - Baby's Skin
  - Skin Care Products pH
- Skin Types
  - Normal/Balanced Skin
  - Dry
  - Oily
  - Combination
  - Sensitive
  - Mature
  - Acne
  - Eczema and Psoriasis
- Men's Skin Care
  - Men's Skin
  - Men's Cosmetic Skin Care Needs
  - Skin Care Products
  - Course Formulations
  - Formulating Men's Skin Products
  - Masculine Scents
  - Men's Skin Care Regimen
- Normal Skin Care
  - Normal Skin
  - Course Formulations
  - Formulating Normal Skin Products
  - Ingredients to include in Formulations

- Additives
- Essential Oils
- Hydrosols
- Plant Oils
- Normal Skin Care Regimen
- Dry Skin Care
  - Dry Skin
  - Course Formulations
  - Formulating Dry Skin Products
  - Ingredients to include in Formulations
  - Additives
  - Essential Oils
  - Hydrosols
  - Plant Oils
  - Dry Skin Care Regimen
- Oily Skin Care
  - Oily Skin
  - Course Formulations
  - Formulating Oily Skin Products
  - Ingredients to include in Formulations
  - Additives
  - Essential Oils
  - Hydrosols
  - Plant Oils
  - Oily Skin Care Regimen
- Combination
  - Combination Skin
  - Course Formulations
  - Formulating Combination Skin Products
  - Ingredients to include in Formulations
  - Additives
  - Essential Oils

- Hydrosols
- Plant Oils
- Combination Skin Care Regimen
- Sensitive Skin Care
  - Sensitive Skin
  - Course Formulations
  - Formulating Sensitive Skin Products
  - Ingredients to include in Formulations
  - Additives
  - Essential Oils
  - Hydrosols
  - Plant Oils
  - Sensitive Skin Care Regimen
- Mature Skin Care - Radiant Aging
  - Fine Lines
  - Wrinkling of the Skin
  - Loss of Elasticity
  - Hyperpigmentation
  - Course Formulations
  - Formulating Mature Skin Products
  - Ingredients to include in Formulations
  - Additives
  - Essential Oils
  - Hydrosols
  - Plant Oils
  - Mature Skin Care Regimen
- Acne/Blemish Prone Skin Care
  - Acne - Pimples
  - Acne Vulgaris
  - Acne Mechanica
  - Hormonal Acne
  - Course Formulations

- Formulating Acne/Blemish Skin Products
- Ingredients to include in Formulations
- Additives
- Essential Oils
- Plant Oils
- Plant Butter
- Acne/Blemish Prone Skin Care Regimen
- Rosacea Skin Care
  - Rosacea
  - Course Formulations
  - Formulating Rosacea Skin Products
  - Ingredients to include in Rosacea Formulations
  - Additives
  - Essential Oils
  - Plant Oils
  - Rosacea Skin Care Regimen
- Eczema and Psoriasis
  - Eczema
  - Course Formulations
  - Formulating Eczema Skin Products
  - Ingredients to include in Eczema Formulations
  - Additives
  - Essential Oils
  - Plant Oils
  - Psoriasis
  - Course Formulations
  - Formulating Psoriasis Skin Products
  - Ingredients to include in Psoriasis Formulations
  - Additives
  - Essential Oils
  - Plant Oils
- Skin Color and Tone

- Color of Skin
- Aging of Skin Color
  - Module 2 Wrap Up
  - *Assignment #2*
  - Module 2 Review Quiz

## MODULE 3: COSMETICS

### Lessons

- Module 3 Downloads
  - Downloads: Module 3 Cosmetics**
    - Natural Skin Care**
    - Principles Mission Statement**
    - Define Natural Skin Care**
- Definition of a Cosmetic
  - USA Cosmetics
  - USA Cosmetic Regulations
  - Drugs
  - Cosmetic Claims
- FDA Homemade Cosmetics
  - Small Businesses and Homemade Cosmetics
  - PO Box Allowed?
- MoCRA - USA
  - Modernization of Cosmetics Act of 2022
  - Key Points
- Clean Beauty and Natural
  - Clean Beauty
  - Natural
  - Natural - ISO
- Green Chemistry
  - Key Points
  - 12 Principles of Green Chemistry

- Expert Guest: Green Chemistry and Natural Glycols with Damien Perriman
- 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
- Expert Guest: Personal Care Business Sustainability Best Practices with Dr. Vida Karamooz and Saied Karamooz at Blue Beautifly
- Natural Skin Care
  - Define Natural Skin Care
  - Define Natural Cosmetics
  - Our Course Formulations
    - Module 3 Wrap Up
    - *Assignment #3a*
    - *Assignment #3b*

## **MODULE 4: COSMETIC INGREDIENTS - RAW MATERIALS**

### **Lessons**

- Module 4 Downloads
  - Downloads: Module 4 Ingredients for Skin**
  - Aromatherapy: Essential Oils eBook**
  - Ingredient Research Chart pdf**
  - Ingredient Research Chart doc**
  - Guide: Ordering Cosmetic Ingredients**
  - Preservative and Emulsifier**
- Cosmetic Ingredients - Raw Materials
  - Sourcing Cosmetic Ingredients
  - Pricing
  - Lot #
  - INCI Names and Trade Names
  - Classification of Cosmetic Ingredients
  - Ordering Ingredient Categories
- \* Beginner Help\* Cosmetic Ingredients
- Actives
- Formulating with AHAs and BHAs
- Alcohol
- Antioxidants
- Butters

- Chelators
- Clays and Powders
- Expert Guest: Natural Minerals 101 for Cosmetics with Frances Troy
- Emulsion Science
  - Continuous and Dispersed Phases
  - O/W Emulsion
  - W/O Emulsion
  - Skin Delivery Systems
  - Function of Emulsifiers
  - Emulsifier Blends
  - HLB System
  - Emulsifier Application
- Emulsifiers
  - Nonionic
  - Anionic
  - Cationic
  - Liquid
  - Polysorbate Alternatives
  - Co-Emulsifier
- Essential Oils
- Herbs, Flowers and Fruits
- Humectants
- Hydrosols
- Lipids, Esters, Alcohols
- Melting Points Oils, Butters, Waxes
- Plant Oils
- Expert Guest: Lipid Oils with Susan Parker
- Preservatives
- Proteins
- Refatting Agents
- Salts and Sugars
- 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
- Ingredients for Skin Concern
  - Module 4 Wrap Up
  - *Assignment #4a*
  - *Assignment #4b*

## MODULE 5: INGREDIENTS METHODS

### Lessons

- Module 5 Downloads
  - Downloads: Module 5 Ingredients 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
  - 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
- 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
  - Downloads: Module 7 Cosmetic Formulation**
    - Blank Formula Worksheet pdf
    - Blank Formula Worksheet doc
    - Lab Notebook Template
    - Product Development Brief pdf
    - Product Development Brief doc
    - Product Feedback Questionnaire pdf
    - Product Feedback Questionnaire doc
    - Product Pricing COG's pdf
    - Product Pricing COG's 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
  - 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
- Products for Skin Care
- Expert Guest: Formulating Skin Care Products with Chuck Friedman

- Evaluating Skin Care Products
- 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
- Expert Guest: Green Cosmetic Preservation with Barbara Oliso
- 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
  - Product Development Brief
- Expert Guest: Product Development with Jill Munson from Wildling
- Expert Guest: Donna Maria CEO Indie Business Network



- Module 7 Wrap-Up
- *Assignment #7*

## **MODULE 8: GMP AND PRE-MARKET TESTING**

### **Lessons**

- Module 8 Downloads
  - 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, and 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: Microbiological Testing for Cosmetics with Megan Rutland
  - Module 8 Wrap-Up
  - *Assignment #8*
  - Module 8 Review Quiz

## MODULE 9: MOISTURIZERS, CREAMS, LOTIONS, BUTTERS

### Lessons

- Module 9 Downloads
  - Downloads: Module 9 Moisturizers, Creams, Lotions, Butters**
  - Guide: Build + Create Custom Organic Moisturizer**
  - Beginning Equipment for Moisturizer**
  - Skin Additives**
  - Skin Care Products Research**
- Moisturizers
- Formulating Moisturizers - Moisturizer, Lotion, Cream Builds
- Beginner Moisturizer System 1A and 1B
- Beginner Moisturizer 1A
  - Downloads: Moisturizer System 1A Formula and Procedure**
- Beginner Moisturizer 1B
  - Downloads: Moisturizer System 1B Formula and Procedure**
- Moisturizer Systems #1, #2, #3, #4
- Moisturizer System #1 Build
- Regenerating Firm Skin Moisturizer with MSM and DMAE
  - Downloads: Regenerating Firm Moisturizer MSM DMAE Formula and Procedure**
- Moisturizer System #2 Build
- Instant Firming Moisturizer
  - Downloads: Instant Firming Moisturizer Formula and Procedure**
- Moisturizer System #3 Build
  - Downloads: Daily Moisturizer Formula and Procedure**
- Cream System #1 Build

- Deep Hydration Body Cream  
     **Downloads: Deep Hydration Body Cream Formula and Procedure**
- Cream System #2 Build
- Peptide Cream  
     **Downloads: Peptide Cream Formula and Procedure**
- Cream System #3 Build
- Plant Stem Cells Cream  
     **Downloads: Plant Stem Cells Cream Formula and Procedure**
- Formulating Eye Cream
- Lotion System #1 Build
- Sensitive Skin Body Lotion  
     **Downloads: Sensitive Skin Body Lotion Formula and Procedure**
- Lotion System #2 Build
- Plant Collagen Body Lotion  
     **Downloads: Plant Collagen Body Lotion Formula and Procedure**
- Lotion System #3 Build
- Ultra-Rich Moisturizing Body Lotion  
     **Downloads: Ultra Rich Moisturizing Body Lotion Formula and Procedure**
- Anhydrous System #4 Build
- Body Butter - Anhydrous  
     **Downloads: Body Butter - Anhydrous Formula and Procedure**
- Skin Additives/Actives
- Brightening + Tightening Booster Powder  
     **Downloads: Brightening + Tightening Booster Powder Formula and Procedure**
- Expert Guest: Sunscreens Regulatory Update with Nadim Shaath
  - Module 9 Wrap Up
  - *Assignment #9*
  - Module 9 Review Quiz

## MODULE 10: SERUMS

### Lessons

- Module 10 Downloads

- Serums

**Downloads: Module 10 Serums  
Serum Research**

- Serums

- Oil Serum
- Gel Serum
- Moisturizer Serum

- Formulating Serums - Serum Formula Builds

- Oil Serum Build
- Gel Serum Oil-Free Build
- Gel Serum Low Oil Build
- Moisturizing Serum Build

- Hyaluronic Acid B5 Gel Serum

**Downloads: Hyaluronic Acid B5 Gel Serum Formula and Procedure**

- Regenerating and Brightening Gel Serum with Plant Collagen

**Downloads: Regenerating Brightening Serum Collagen Formula and**

### **Procedure**

- HA Gel Serum Oil-Free

**Downloads: Gel Serum Oil-Free with xg Formula and Procedure  
Gel Serum Oil-Free with tg Formula and Procedure**

- Barrier Restore Moisturizing Serum with Plant Ceramides

**Downloads: Barrier Restore Moisturizing Serum Ceramides Formula**

- CoQ10 + Vitamin C Oil Serum

**Downloads: CoQ10 + Vitamin C Oil Serum Formula and Procedure**

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

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

### Lessons

- Module 11 Downloads  
**Downloads: Module 11 Cleansers, Exfoliants, Toners, Masks, Herbs**  
**Face Mask Research**  
Formulating Face Cleansers - Cleanser Formula Builds
  - Types of Face Cleansers
  - Gel Cleanser Build
  - Cream Cleanser Build
- Pore Clarifying Gel Cleanser  
**Downloads: Pore Clarifying Gel Cleanser Formula and Procedure**
- Enzyme Cream Cleanser  
**Downloads: Enzyme Cream Cleanser Formula and Procedure**
- Plant Jelly Cleanser - Gel-To-Milk  
**Downloads: Plant Jelly Cleanser Formula and Procedure**
- Formulating Toners and Tonics - Toner and Tonic Build
  - Tonic vs Toner
  - Skin Toner Build
  - Skin Tonic Build
- Botanical Hydrating Mist  
**Downloads: Botanical Hydrating Mist Formula and Procedure**
- Balancing + Hydrating Tonic  
**Downloads: Balancing + Hydrating Tonic Formula and Procedure**
- Clarifying Tonic  
**Downloads: Clarifying Tonic Formula and Procedure**
- Aftershave Tonic  
**Downloads: Aftershave Tonic Formula and Procedure**
- Formulating Masks and Exfoliants - Mask and Exfoliant Builds
  - Types of Masks
  - Consistency
  - Fresh Face Masks
  - Exfoliants

- Cleansing Exfoliant Grounds - powder to paste  
**Downloads: Cleansing Exfoliant Grounds Formula and Procedure**
- Clarifying Clay Mask - powder to paste  
**Downloads: Clarifying Clay Mask Formula and Procedure**
- Wet Mud Mask  
**Downloads: Wet Mud Mask Formula and Procedure**
- Niacinamide Radiant Mask  
**Downloads: Niacinamide Radiant Mask Formula and Procedure**
- Herbal Facial Steam  
**Downloads: Herbal Facial Steam Formula and Procedure**
- Expert Guest: Waterless and Low-Water Formulations with Dennis Abbeduto  
**Downloads: The Formulators Lab Waterless and Low Water Formulation**
  - Module 11 Wrap Up
  - *Assignment #11*
  - Module 11 Review Quiz

## **MODULE 12: LIP BALM, LIP GLOSS, SKIN BALM, BODY OIL**

### **Lessons**

- Module 12 Downloads  
**Downloads: Module 12 Lip Balm, Gloss, Skin Balm**  
**Beauty Balm Build Worksheet**
- Formulating Anhydrous Lip Products
  - Lip Skin
  - Lip Care
  - Lip Ingredients
  - Lip Products
  - Packaging
- Lip Balm Build
  - Lip Balm Build (no butter)
  - Lip Balm Build (with butter)
- Lip Balm  
**Downloads: Lip Balm Formula and Procedure**

- Lip Gloss
  - Downloads: Lip Gloss Formula and Procedure**
- Formulating Beauty Balm - Beauty Balm Formula Build
  - Organic Beauty Balm Build
  - Beauty Balm Build
  - Replacing Beeswax
  - Plant Butters, Oils and Wax Melting Points Chart
  - Customize Beauty Balm for Skin Types
- Beauty Balm Base
  - Downloads: Organic Beauty Balm Base Formula and Procedure**
  - Beauty Balm Base Formula and Procedure**
- Body Oil Build
- Bronze Glow Body Oil
  - Downloads: Bronze Glow Body Oil Formula and Procedure**
- Formulating Massage Oil - Massage Oil Build
  - Soft Skin Glide Massage Oil
  - Healing Massage
  - Massage Oil Build
- Expert Guest: Hemp CBD in Personal Care Products with Kayla Fioravanti
  - Downloads: Hemp CBD for Topical Use**
- Module 12 Wrap Up
  - *Assignment #12*
  - Module 12 Review Quiz

## **MODULE 13: BODY WASH**

### **Lessons**

- Module 13 Downloads
  - Downloads: Module 13 Body, Hand Wash**
  - Body Wash Research**
- Formulating Body Wash
  - Cost of Raw Materials
  - Foam/Lather

- Creamy Body Wash
- Gel Body Wash
- Surfactants Review
- Liquids/Plant Oils
- Thickening
- Ingredients
- Production Methods
- Containers
- Body Wash Build
- Hydrating Body Wash
  - Downloads: Hydrating Body Wash Formula and Procedure**
  - Body Wash 3 Surfactants and Procedure**
  - Module 13 Wrap Up
  - Module 13 Review Quiz
  - *Assignment #13*

## **MODULE 14: DEODORANT AND POWDER**

### **Lessons**

- Module 14 Downloads
  - Downloads: Module 14 Deodorant and Powder**
  - Natural Deodorant Research**
- Formulating Natural Deodorant
  - Underarm Skin Microflora
  - Natural Process of Perspiration
  - Formulating Natural Deodorant Sticks
  - Ingredients
  - Essential Oils in Deodorants
  - Essential Oil Blends
- Deodorant Stick
  - Downloads: Deodorant Stick Formula and Procedure**
- Deodorant Cream Roll-On
  - Downloads: Deodorant Cream Roll On Formula and Procedure**



- Body Powder
  - Downloads: Body Powder Formula and Procedure**
    - Module 14 Wrap Up
    - Module 14 Review Quiz
    - *Assignment #14*

## **MODULE 15: BATH AND SHOWER**

### **Lessons**

- Module 15 Downloads
  - Downloads: Module 15 Bath and Shower**
    - How to Make Bath Fizzies, Bath Melts eBook**
    - Bath and Shower Products Research**
- Bath and Shower
  - Bath and Shower Market
- Spa Day
  - Hydrotherapy
  - Thalassotherapy
  - At Home Spa Day
  - Create Your Own Spa Day
  - Spa Products Collection from the Course
  - How to Do A Facial
  - Facial Spa Products Collection from the Course
  - Normal Skin
  - Dry Skin
  - Oily Skin
  - Sensitive
  - Mature
- Formulating Bath Soak - Bath Soak Build
  - Salts for Soaks
  - Bath Soak Build
  - Milk Bath Soak Build
  - Formulating Tips
- Mineral Bath Soak

- Herbal Bath Tea Soak
  - Downloads: Mineral Bath Soak Formula and Procedure**
  - Herbal Bath Tea Soak Formula and Procedure**
- MSM Muscle Bath Soak
  - Downloads: MSM Muscle Bath Soak Formula and Procedure**
- Mustard Bath Soak
  - Downloads: Mustard Bath Soak Formula and Procedure**
- Coconut Milk Bath Soak
  - Downloads: Coconut Milk Bath Soak Formula and Procedure**
- Bath Bombs
  - Downloads: Bath Bombs High Humidity Formula and Procedure**
  - Shower Bombs Formula and Procedure**
- Formulating Scrubs - Scrubs Build
  - Purpose
  - Salt Scrubs
  - Sugar Scrubs
  - Ingredients
  - Preservatives
  - Salt Body Scrub Build
  - Sugar Body Scrub Build
- Smoothing Body Scrub
  - Downloads: Smoothing Body Scrub Formula and Procedure**
- Exfoliating Body Scrub
  - Downloads: Exfoliating Body Scrub Formula and Procedure**
  - Module 15 Wrap Up
  - Module 15 Review Quiz
  - *Assignment #15*

## MODULE 16: AROMATHERAPY, GEM + FLOWER ESSENCES

### Lessons

- Module 16 Downloads
  - Downloads: Module 16 Aromatherapy, Gem, Flower Essences**
    - Aromatherapy Wellness Kit eBook**
    - Essential Oil Experiment**
- Synergy
- Gemstone Essences
- Flower Essences
- Essential Oils: Aromatherapy
- Essential Oil Usage
- Essential Oils for Skin Care
- Expert Guest: Essential Oils for Skin and Hair Marge Clark
  - Downloads: Skin Care Solutions**
    - Module 10 Wrap Up
    - Module 10 Review Quiz
    - *Assignment #16*

## MODULE 17: SCENT BLENDS, SCENT DEVELOPMENT, NATURAL PERFUME

### Lessons

- Module 17 Downloads
  - Downloads: Module 17 Scent Development, Perfume**
    - Scent Likes**
- Essential Oil Blends for Formulations
  - Blends for Face and Body
  - Blends for Skin Types
  - Blend for Massage Oil
  - Blends for Aromatherapy Oil Roll-On
  - Treatment Blends
  - Batch Blends
- Natural Fragrance Blends for Formulations
  - Blends for Face and Body

- Formulating Scent Blends
  - Scent is #1
  - Natural Scent Ingredients
- Natural Perfume Scent Development
  - Natural Perfume vs Natural Scent for Skin Care
  - Sense of Smell
  - Creating Scents and Blending
  - Beginning Perfume Blending
  - Fixatives
  - Accord Blends
  - Accessory Notes
  - Fragrance Notes
  - Feminine Scents
  - Masculine Scents
  - Fragrance Strengths
  - General Methods Formulating Perfume
- Dry Down Scent
- Top Notes
  - Top Notes Chart
  - Properties
  - Blends Well With
- Middle Notes
  - Middle Notes Chart
  - Properties
  - Blends Well With
- Base Notes
  - Base Notes Chart
  - Properties
  - Blends Well With
- Alcohol Perfume
  - Alcohol Perfume
  - Simple Citrus and Floral Alcohol Perfume

**Downloads: Alcohol Perfume 10 ml Blend Formula and Procedure**  
**Alcohol Perfume 10 ml Build**

- Oil Perfume - Aromatherapy Roll-On
  - Oil Perfume
  - Aromatherapy Roll-On

**Downloads: Oil Perfume 10 ml Blend Formula and Procedure**  
**Oil Perfume 10 ml Build**  
**Aromatherapy Roll-On Blend Formula and Procedure**

- Solid Perfume - Solid Aromatherapy
  - Solid Perfume - Solid Aromatherapy
  - Simple Citrus and Floral Solid Aromatherapy

**Downloads: Solid Perfume Blend Formula and Procedure**  
**Solid Perfume Build**

- Expert Guest: Natural Perfumery with Miriam Vareldzis
- Expert Guest: Olfactive Training 101 with Miriam Vareldzis
  - Module 17 Wrap Up
  - Module 17 Review Quiz
  - *Assignment #17*

## **MODULE 18: HERBAL EXTRACTS**

### **Lessons**

- Module 18 Downloads

**Downloads: Module 18 Herbal Extracts skin**  
**Flower, Herb Research**  
**How To Make 47 Herbal Extracts eBook**  
**How To Make Calendula Flower Oil eBook**  
**How To Make Homemade Rose Water eBook**  
**Lavender Varieties eBook**  
**How To Make Homemade Hydrosols eBook**  
**Flower Herb Research**

- Herbal Extracts
  - Herbal Extracts
  - Formulating with Extracts
  - Making Extracts
  - Filtering Extracts

- General Guideline for Making Extracts
- Terms to Know
- Herbs for Skin Care
  - Herbal Extracts Excellent for Skin Care
  - Herbal Extracts for Natural Perfume
  - 47 Botanical Extracts
  - Joan's Herbal Skin Care Garden
- Herbal Water/Tea Infusion
  - Infusion
  - Decoction
- Herbal Vinegar
  - Apple Cider Vinegar Extract
- Herbal Alcohol Extract
  - Herbal Alcohol Extract - Tincture
  - Maceration Method 4- 6 Weeks
- Herbal Alcohol Extract - 24 Hour Percolation Method
  - Percolation Method
- Herbal Glycerin Extract
  - Glycerin Extract - Glycerite
- Herbal Oil Extract
  - Herbal Oil Traditional Method 4-6 Weeks
  - Herbal Oil Crockpot Method 10-24 Hours
  - Herbal Oil Blender Method - Alcohol Intermediary
    - Module 18 Wrap Up
    - Module 18 Review Quiz
    - *Assignment #18*

## **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)