

JOAN MORAIS

COSMETICS SCHOOL

Professional Natural Skin Care Formulation Diploma Course Curriculum

Lifetime Course Access

18 Modules / 255 Lessons/ 51 Formulations / 205+ Training Videos

Approximate Study Time: 200 Hours

WELCOME

INSTRUCTIONS FOR TAKING THIS COURSE

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

COURSE FORMULATIONS AND CATEGORIES

CHOOSING YOUR FIRST FORMULATIONS

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
 - Inclusive Formulation
 - Undertones
 - Darker Skin Tone Categories
 - Lighter Skin Tone Categories
 - 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
- FDA Compliant Cosmetic Terminology

- Marketing Language
 - Wording for Product Description
- 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**
 - Vitamin C Types in Skincare - Quick Guide**
 - Hyaluronic Acid Comparison pdf**
 - 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 - Allergens
 - Product Label
 - Ingredient Declaration
 - INCI
 - Trade Name
 - Listing of Allergens
 - 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

- Daily Moisturizer with Bakuchiol

Downloads: Daily Moisturizer Formula and Procedure

- Cream System #1 Build

- Deep Hydration 72 Hours Cream

Downloads: Deep Hydration 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
 - Pure 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)