
Homemade Face and Body Cream with Ceramide

INGREDIENTS AND RATIOS

Adjust the following ratios for a thicker or thinner cream or lotion.

- **Water base (65%):** pure, distilled water is recommended. Other water-based liquids (e.g., aloe juice, rose water, tea, etc.) may be substituted; see notes.
- **Organic vegetable glycerin (5%)**
- **Oil base (20%):** jojoba, avocado, apricot, shea, grapeseed, olive, castor, etc.
- **Emulsifier (10%):** emulsifying wax or beeswax
- **Ceramide:** ceramide concentrate is sold as a cosmetic ingredient and can be purchased easily online.

Directions

1. In the lower section of a double boiler, bring the water and glycerin to a boil. Use a little more than you will need in the final product, as some will boil off. Reduce heat to a simmer.
2. In the upper section of the double boiler, combine the oils you are using with the emulsifier. Place the upper section over the lower section. Stir the oils and emulsifier together gently as they melt from the heat of the steam. Allow the water in the bottom section of the double boiler to simmer for 15 minutes.
3. Remove the double boiler from heat and place the upper section with the oils on a non-slip, heat-proof surface. Whisk the oil steadily and briskly while very slowly adding the water mixture from the lower section. Use only as much liquid as you need. Continue whisking for another minute or so. (Note: this process suspends the water in the oil and is the same process used when making homemade mayonnaise.)
4. Mix in the ceramide at about 15-20% of the total volume of the finished cream.
5. Cool the mixture to room temperature, whisking intermittently to ensure even cooling. When the cream is completely cool and thickened, store in a sterilized container.

Notes

- Use cream within 2 weeks and vigilantly watch for signs of mold or bacterial growth.
- If using water-based liquids (e.g., aloe juice, rose water, tea, etc.), include a preservative in the mixture, as water-based liquids are prone to rancidity. To keep the cream hypoallergenic, avoid the use of these water-based liquids.

- Note that the aromas and colors of your chosen oils will be present to some degree in the final cream. Remember to test the oils on your skin first, and err towards those that can be eaten safely (e.g., olive oil or avocado oil).
- Look for an emulsifying wax that conforms to the USP/NF Monograph. Beeswax is also an option for an emulsifier. Granule or flake forms of beeswax are typically easiest to work with for cosmetic usage.
- Ceramide is excellent for rebuilding damaged skin.
- The cream may be stored in the refrigerator. Always use sterilized jars to minimize contamination

Additional Information

Numerous online resources exist for additional details, instructions, and videos for making creams and lotions at home. Some examples include:

- [Bulk Apothecary](#)
- [Glenbrook Farm](#)
- [Making Cosmetics](#)

Ingredient Sourcing Recommendations

Vegetable glycerin (organic)

- [Heritage Store](#)
- [Mountain Rose Herbs](#)
- [New Directions Aromatics](#)

Emulsifying wax

- [GloryBee](#)
- [Mountain Rose Herbs](#)
- [Pure Essential Supply, Inc.](#)

Beeswax

- [Bulk Apothecary](#)
- [Mountain Rose Herbs](#)
- [Total Pharmacy Supply](#)

Ceramide Complex

- [Making Cosmetics](#)
- [CLR](#)

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