

DIPLOMA IN NATURAL
Haircare Formulation

- SECOND EDITION -

INGREDIENTS LIST

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We do not provide a set list of materials that you need to buy to complete the course, for several reasons.

Each student will vary in respect to:

- The hair type you are formulating for.
- The benefits you want your products to offer.
- The product types you want to create.
- Your budget for raw materials.
- Your location, availability of materials and preferred suppliers.

That said, we do understand that some guidance is helpful, so we have included some suggestions for a 'starter' list of ingredients below. You can also find a supplier list on our website: www.schoolofnaturalskincare.com/recipes-info/recommended-suppliers

We provide a longer, comprehensive supplier list within the Diploma in Natural Haircare Formulation.

WHEN TO ORDER MATERIALS

When it comes to ordering ingredients and materials for this course, you have three options:

1. Wait until you have completed Module 5 Haircare Ingredients and Raw Materials, which is a large module that covers a vast amount of different ingredients. It is where we also provide some recommendations of where to buy more specialist ingredients such as emulsifiers. If you order ingredients after you have completed Module 5 then you can order those that best meet your needs and preferences.

2. Complete the theory first

You can wait until you have completed the theoretical side of the course, looked through the formulation examples and guidelines, and researched ingredients in detail. At that point you can select which ingredients and materials you would like to purchase in order to practice your formulations. You could do this on a module-by-module basis, for example by going through the lessons and examples in Module 6 and then deciding what materials to order.

3. Order a small starter supply of ingredients

You can order a small starter supply of ingredients before commencing the course or early on in your studies. Then you have the basics to practice with and can order a greater variety or more specific ingredients when you have discovered more ingredients and have decided the types of product you wish to formulate.

INGREDIENTS TO START WITH

If you would like some suggestions for ingredients to start with, we have compiled the following list. These ingredients will enable you to practice formulating and making a range of shampoos and conditioners.

ACTIVE INGREDIENTS

If you are just starting out, you can skip more advanced active ingredients at first and buy the ones that are useful in various different products, such as:

- Aloe vera extract (the concentrated, powder version such as aloe vera powder 200x).
- Panthenol.
- Vitamin E (tocopherol).
- Hydrolyzed protein (wheat, corn, oat, silk).
- Glycerin.

CATIONIC INGREDIENTS

The emulsifiers used in making hair conditioners are cationic – this is how they provide conditioning to the hair. To make conditioners, you can start with just one cationic emulsifier, for example:

- **Varisoft EQ 65 (INCI: Distearoylethyl Dimonium Chloride, Cetearyl Alcohol)** which is also sold under other trade names, for example Soft EQ 65. Varisoft is a naturally derived and biodegradable cationic emulsifier that is permitted in Ecocert and COSMOS standards. It creates thick emulsions with good conditioning properties. You can find Varisoft at Alexmo Cosmetics (DE), Bayhouse Aromatics (UK), Lotioncrafter (USA), Gracefruit (UK), Formulator Sample Shop EU (IT), Save on Citric (USA), Windy Point Soap (CA).
- **BTMS-50 (INCI: Behentrimonium Methosulfate, Cetearyl Alcohol)** which is one of the most commonly used and easy to find cationic emulsifiers. It creates stable mixtures of oils and water, plus it conditions the hair and makes it silky smooth. It is naturally derived, but due to manufacturing processes it is not permitted in most organic certifications.

If you wish, invest in other cationic ingredients as well, such as cetrimonium chloride, honeyquat and cationic guar gum.

ESSENTIAL OILS

If you already have some essential oils you like on hand, you can just use those; otherwise, some suggestions that will be useful in haircare products are:

- Lavender essential oil.
- Sweet orange essential oil.
- Rosemary essential oil.
- Thyme essential oil.
- Tea tree essential oil.
- Lemon essential oil.



EMOLLIENTS

When formulating haircare, we typically add emollients to conditioners, masks or treatments, rather than to shampoos. Some useful carrier oils and butters for hair include:

- Fractionated coconut oil.
- Olive oil.
- Jojoba oil.
- Argan oil.
- Cocoa butter.
- Shea butter.

Cetyl alcohol is another useful emollient.

PH ADJUSTERS

Citric acid and sodium hydroxide will suffice for any pH adjustment needs.

PRESERVATIVES

We suggest you start with a reliable broad-spectrum preservative blend. Some suggestions are:

- **Preservative Eco (INCI: Benzyl Alcohol (and) Salicylic Acid (and) Glycerin (and) Sorbic Acid).** This is a broad-spectrum preservative that meets Ecocert and COSMOS standards. Available from Aromantic (UK). Also sold as Geogard ECT, available from Voyageur Soap and Candle Company (USA), and Plantaserv M, available from New Directions (Australia). It is usually used at 1% in water-based products. Not permitted in products for children under the age of three years. It is most effective at a pH below 5.5.
- **Geogard 221 (INCI: Benzyl Alcohol (and) Dehydroacetic Acid).** This is a broad-spectrum preservative that meets Ecocert and COSMOS standards. Available from Naturallythinking (UK), Making Cosmetics (USA) and Go Native (NZ). It is water soluble and most effective at a pH below 5.5. Typical recommended use level is 0.2-1.0%.
- **Geogard Ultra/Microguard/Neodefend (INCI: Gluconolactone (and) Sodium Benzoate).** This is a broad-spectrum preservative that meets Ecocert and COSMOS standards. Available from The Soap Kitchen (UK), Lotioncrafter (USA) and New Directions (AUS). It is water soluble with an effective pH from 3.0 to 6.0. Typical recommended use level is 0.75-1.50%.



PURIFIED WATER

Deionized or distilled water.

SURFACTANTS

Surfactants are important in shampoos; they provide the cleansing and foaming properties. You can start with only three surfactants – one anionic, one amphoteric and one non-ionic. With them you can make most of the shampoo types.

Examples of ingredients to choose from are:

- Anionic: sodium coco sulfate; sodium lauryl sulfoacetate; disodium/sodium cocoyl glutamate.
- Amphoteric: cocamidopropyl betaine; disodium cocoamphodiacetate.
- Non-ionic: coco glucoside; decyl glucoside; lauryl glucoside.



THICKENERS

Start with an easily accessible natural gum, such as xanthan gum, guar gum or sclerotium gum, for example.



EQUIPMENT TO START WITH

If you would like some suggestions for the equipment you'll need, we have a video and blog post that shows you the basic equipment you'll need to make haircare and skincare products at home: www.schoolofnaturalskincare.com/equipment-you-need-making-natural-skincare-products-home



DIPLOMA IN *Natural Haircare* FORMULATION

WE WOULD LOVE TO SHOW YOU HOW TO MAKE A GREATER VARIETY OF PRODUCTS AND TAKE YOUR KNOWLEDGE AND SKILLS TO THE NEXT LEVEL!

Our accredited, online [Diploma in Natural Haircare Formulation](#) takes you step by step through everything you need to know to formulate your own custom, high-performance shampoos and creamy, perfect conditioners. Learn from experienced formulators and professional cosmetic chemists and be supported by them each step along the way.

Study with us for your own enjoyment and learning, or to establish or grow a successful beauty business.

ENROLL HERE

WWW.SCHOOLOFNATURALSKINCARE.COM/HAIRCARE

In this course, you'll learn:

- How to formulate shampoo without harsh sulfates like SLS, and instead discover a wide variety of gentle, natural surfactants.
- How to make conditioners that leave the hair smooth, soft and silky, with a natural shine (and not weighed down or greasy).
- All about the characteristics and needs of different hair types, and how to customize your formulations to suit them.
- Real information about what the scalp needs to be healthy.
- The functions, properties and benefits of a wide range of natural and organic haircare ingredients, so you can select ingredients for your formulations with confidence.
- How to formulate effective and professional shampoos, conditioners, hair treatments and styling products that leave hair strong, healthy and shiny.

Read the course curriculum and enroll here:

www.schoolofnaturalskincare.com/diploma-in-natural-haircare-formulation



“ Before taking the Diploma in Natural Haircare Formulation, I had no idea about formulations. I tried some recipes on the internet, but nothing can compare with the knowledge you get from this course. It is a wonderful way to attain the essential knowledge required to begin your journey as an organic haircare formulator.

A wealth of information about individual ingredients, formulation and legal requirements is provided. I found the course thoroughly enjoyable and worthwhile. The modules have a perfect structure. It's very well put together and I highly recommend it.”

Camelia Cherry, UK

“ I have been working on haircare formulas for my thick, kinky hair for two years and I realized that I was lacking some knowledge. Some other products I used just didn't work, either. I was struggling with measurements and I did not know how to naturally thicken my products. Upon taking the course, I learned more than I imagined. I learned about ingredients that I never even knew about. I am able to formulate for myself and make better products. I do still need to work on it but I'm getting better all the time and my knowledge is improving. I loved the videos and course tutors.”

Tiffanie Fleming, USA



“ I am in the process of starting my own product line, and I really wanted to know the ins and outs of formulating. I didn't want to follow DIY methods but instead I wanted my products to be professional, so I felt the Diploma in Natural Haircare Formulation would do just that.

I wasn't confident in making shampoos, hair butters or masks, and I didn't really know what information or materials I would need to launch my business.

Thanks to studying the course, I now know the exact break down of each type of product and I have a good understanding of what ingredients to use in my products and how much of each for the different product types. I also learned how to label my products properly and about cosmetic regulations for my country, which has helped me to launch my business.”

Morgan Brooks, USA



TAKE YOUR STUDIES FURTHER WITH OUR DIPLOMA IN NATURAL HAIRCARE FORMULATION





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