



THE COLD CREAM

The stuff that legends are made of - Hollywood leading ladies swore by cold cream as part of their beauty regime. A versatile and traditional face cream with just 4 ingredients, you will wonder why you didn't discover this whippy delight sooner!

It takes just minutes to make and can be used to remove make-up AND as a rich overnight face treatment.

INGREDIENTS

- Almond or Apricot Kernel Oil - 120ml/4fl.oz
- Yellow Beeswax - 7.5g/0.26oz
- Rose essential oil - 6-10 drops
- Rose water (room temp) - 50ml/1.7fl.oz

APPARATUS

- Scales
- Double boiler
- Measuring jug
- Bamboo skewer
- Small coffee whisk (the IKEA one is perfect)
- Spoon

METHOD

1. Have the rose water measured out and ready in a jug and the essential oil bottle open.
2. Have your coffee whisk at the ready!
3. Add the beeswax and almond oil to a bain-marie and put on a high heat until fully melted (don't let the pot of water underneath boil dry).
4. Give the mixture a stir with a bamboo skewer.
5. Remove from the heat onto a protected surface.
6. Start to whisk the mixture and VERY slowly stir in the rose water, whilst whisking the entire time.
7. Add the drops of essential oil and keep whisking, make sure there are no lumps
8. Carefully pour the mixture into the cream pot, spoon in the rest of the mix and screw on the lid.
9. Place the pot in the fridge for 1-2 hours to solidify.
10. Put a label with the expiry date on the bottom of the pot, the shelf life is 1 month.
11. Store in the fridge to keep fresh and reduce the risk of microbial growth.
12. Add a label and gift it!

CAUTION

When using water and no preservatives in natural skincare products, the shelf life is much shorter than other products without water.

USES

- Face cleanser
- Make-up remover
- Overnight face cream

