



Soothing Summer Oat Oil Lotion

Enjoy this summer skin-soothing oat oil lotion made from scratch. The finished lotion absorbs into your skin easily and is super soothing for sunburn, poison ivy/oak, and anything else that can make your skin angry in the summer.

Skill Level: Intermediate

Duration: 30 minutes

Makes: 24 oz.

Ingredients:

Oil Phase:

- 2 oz. Oat Oil
- 1.5 oz. Emulsifying Wax
- 0.5 oz. Cetyl Alcohol

Water Phase:

- 1.2 oz. Vegetable Glycerin
- 0.3 oz. Panthenol
- 16 oz. Helichrysum Hydrosol

Cool Down Phase:

- 15 ml Camphor Essential Oil
- 0.25 oz. Germall Plus Preservative
- 0.5 oz. Oat Extract

Equipment:

- Small Metal Pouring Pitcher
- Microwave safe mixing bowl
- Container for measuring ingredients
- Griddle
- Scale
- Mixing Spoon
- Thermometer
- Bottles or jars for packaging
- Mini mixer
- Gloves



Instructions:

1. Gather equipment and materials and sterilize with isopropyl alcohol including your countertop. Put on gloves to keep everything sanitized.
2. Combine all Oil Phase ingredients into the small metal pitcher and place on griddle until fully melted. Once melted make sure the temperature is 150 °F.
3. Combine all Water Phase ingredients in the microwave safe mixing bowl and heat in the microwave until 150 °F.
4. Time to make lotion! Retake temperatures to make sure both oil and water phases are 150 °F. Combine oil phase into mixing bowl and begin to blend with mini mixer. Blend until smooth and creamy, the mixture will be very liquid at first.
 - a. Tip: Over mixing can cause foaming. Blend until mixed but not foamy.
5. Allow the lotion to cool until 110 °F mixing occasionally.
6. Add Cooling Down Phase ingredients and mix thoroughly.
7. Bottle your lotion while it is still pourable for bottling ease! Leave any caps or lids off so the lotion can continue to cool for 24 hours.
 - a. Tip: Covering the top with a paper towel will help to make sure no debris gets into the bottles but always the moisture to escape.
8. Cap lotions and enjoy!

Why did we use Oat Oil?

- Over 35% omega fatty acids
- Rich in unsaturated fatty acids & linoleic acid
- Contains antioxidants, glycolipids and Vitamin E
- High levels of ceramides compared to other oils which help with moisture retention
- Soothes and nourishes sensitive, mature and damaged skin