Shopping *List*

Cream Lotion Base · 16 oz batch · Live on December 6, 2026

Gather everything below before December 6 so you can make a 16 oz batch of lotion (2 cups) live with us. We measure with spoons and cups, so you won't need a scale. Most supplies come in bigger sizes than the recipe uses, so a small bottle or bag is plenty.

Ingredients

Distilled water	14 tbsp ¾ cup + 2 tbsp
Vegetable glycerin	7 tbsp
Avocado oil	7 tbsp
Emulsifying wax Not beeswax: beeswax won't hold oil and water together.	3½ tbsp
Geogard 221 Preservative	about 1 tsp
Vitamin E	about 1 tsp

Avocado oil is nut-free, so this base is a good choice if you or anyone you'll share with has a nut allergy.

Optional *Extras*

- ◇ **Essential oils,** about 35 drops of your favorite blend, if you want it scented. Leave them out for fragrance-free or sensitive skin.
- ◇ **Polysorbate 20,** about ¾ tsp, only if you add essential oils. It helps the scent blend into the lotion.
- ◇ **A hydrosol** (rose, lavender or chamomile) to replace some or all of the water.
- ◇ **An herb-infused avocado oil** (calendula, plantain or chamomile) to replace the plain avocado oil.

Tools

- ☐ Measuring cups and spoons
- ☐ Two heat-safe glass containers, such as Pyrex measuring cups
- ☐ Saucepan for a water bath
- ☐ Thermometer that reads in °F
- ☐ Stick blender
- ☐ Silicone spatula
- ☐ Jars or pump bottles for 16 oz of lotion, plus labels
- ☐ 70% isopropyl alcohol in a spray bottle, for sanitizing
- ☐ Paper towels and gloves

Where to *Buy*

- ◇ **Bramble Berry** · brambleberry.com
  Geogard 221, emulsifying wax, oils
- ◇ **Lotioncrafter** · lotioncrafter.com
  Vitamin E, polysorbate 20, formulating ingredients
- ◇ **Mountain Rose Herbs** · mountainroseherbs.com
  Dried herbs, hydrosols, essential oils, carrier oils

Before *Class*

1. Wash every tool in hot soapy water, dry it fully, then spray with 70% alcohol and let it air-dry.
2. Set out your ingredients and measuring spoons.
3. Have your saucepan, water and thermometer ready by the stove.