

Face & Body Oil

This quick guide gives you everything you need at a glance when making the formula — tools, containers, ingredient lists, and step-by-step directions. Use it as your working page while you formulate. There's space to check off steps, record notes, and customize your batch if you enjoy experimenting.

For your first batch, you only need the Test Version and the core directions — print those pages and skip the rest until you're ready to scale up or customize. The Full Formula, Minimalist Blend, and Custom Blend tables can be printed later.


After printing, use the notes column to jot adjustments or observations directly onto the directions table — it's designed as your working surface while you formulate.

Difficulty: Easy

Required Ingredients: 3

Optional Ingredients: 3

Prep Time: 10 minutes

 **IMPORTANT:** This quick guide is for formulation only. Before beginning, please **read the full description of the Face and Body Oil** for detailed safety precautions, ingredient explanations, and usage instructions.

Suggested Container Options

- 1 [Amber Boston Round Glass Bottle with Black Pump \(4 oz/118 mL\)](#)
- 2 [Natural HDPE Bottles with Flip Top \(2 oz/59 mL each\)](#)
- 4 [Amber Boston Round Glass Bottles with Black Treatment Pumps \(1 oz/29 mL each\)](#)

Suggested Tools & Equipment

- gloves (optional)
- spray bottle with 70% isopropyl alcohol
- large-capacity scale (5000 g × 0.01 g)
- milligram scale (100 g × 0.001 g)
- 1 glass beaker (~250 mL)
- beakers to aid pouring (50–100 mL)
- several stainless-steel lab spatulas
- stainless-steel spoons
- skewers or disposable pipettes (optional)
- flexible silicone scrapers
- sanitized, completely dry final container
- labels

Formulation Notes

¹ Substitute for MCT Oil: Olive Squalane (Malassezia-safe), Fractionated Coconut Oil, or Jojoba Oil.

² Substitute for Meadowfoam Oil: Jojoba Oil.

³ Optional. See ***Plant Oils for Skin Care***.

⁴ Substitute for Mixed Tocopherols: Use Rosemary Extract (25% standardized) at 0.1–0.3%. The “25%” refers to the strength sold by suppliers, not the amount you use in the formula.

⁵ Optional. Certain essential oils add calming, purifying, or antioxidant effects. Use at 0.25–0.5% for eye-area safety; choose gentle options such as copaiba, chamomile, rose, or lavender, or omit if sensitive. See Essential Oils for Skin Care. If omitted, increase the main oil.

⁶ Optional. Substitute for Bisabolol: Chamomile CO₂ (has a noticeable herbal scent). If omitted, increase your main oil.

TEST FORMULA

Makes 20 g Face & Body Oil

This version is designed for testing. Making a small batch first lets you check texture, scent, and skin feel before committing to a larger amount. Once you're happy with the results, you can make the larger batch for general use.

Phase	Ingredients	Function	%	Grams
A	Caprylic/Capric Triglycerides¹	Softens	40.00%	8.00
A	Meadowfoam Oil²	Supports the barrier	39.00%	7.80
A	Specialty Oil(s) ³	Targets concerns	19.00%	3.80
A	Mixed Tocopherols⁴	Keeps oils fresh	1.00%	0.20
A	Essential Oil ⁵	Scents and supports	0.50%	0.10
A	Bisabolol ⁶	Calms skin	0.50%	0.10
			100.00%	20.00

FULL FORMULA (Includes Optional Ingredients)

Makes 120 g Face & Body Oil / Fills one 4 fl oz (118 mL) bottle

Phase	Ingredients	Function	%	Grams
A	Caprylic/Capric Triglycerides¹	Softens	40.00%	48.00
A	Meadowfoam Oil²	Supports the barrier	39.00%	46.80
A	Specialty Oil(s) ³	Targets concerns	19.00%	22.80
A	Mixed Tocopherols⁴	Keeps oils fresh	1.00%	1.20
A	Essential Oil ⁵	Scents and supports	0.50%	0.60
A	Bisabolol ⁶	Calms skin	0.50%	0.60
			100.00%	120.00

MINIMALIST FORMULA (Required Ingredients Only)

Makes 120 g Face & Body Oil / Fills one 4 fl oz (118 mL) bottle

This version uses only the two base oils needed for a smooth, fast-absorbing blend. It doesn't include the added targeted benefits, freshness support, or customizable scent that the full version provides. Even so, you still get a balanced, conditioning oil with a lightweight feel, and it remains easy to customize.

Phase	Ingredients	Function	%	Grams
A	Caprylic/Capric Triglycerides¹	Softens	60.00%	72.00
A	Meadowfoam Oil²	Supports the barrier	39.00%	46.80
A	Mixed Tocopherols⁴	Keeps oils fresh	1.00%	1.20
			100.00%	120.00

How to Use the Custom Blend Table

This table is provided to help you customize your blend. Only fill it out if you enjoy experimenting and feel comfortable working with percentages. The full formula above is already balanced and ready to use.

You may choose any batch size you like. Percentages always stay the same; only the grams change. Enter the percentage you want for each ingredient and adjust the values until your total reaches 100%. Then calculate the grams so they add up to your chosen batch size. Add the % column to ensure it equals 100%, and add the grams column to ensure it equals your batch size. Items shown in bold are required components of the formula.

One percentage is already filled in because this ingredient must stay at a fixed level for safety, stability, or performance. Only adjust the blank cells.

Examples of the math:

- If you choose a 50 g batch and an ingredient is 7%, multiply: $50 \times 0.07 = 3.5$ g
- If you choose a 200 g batch and an ingredient is 1%, multiply: $200 \times 0.01 = 2$ g
- If you choose a 112 g batch and an ingredient is 0.5%, multiply: $112 \times 0.005 = 0.56$ g

MY CUSTOM BLEND

Face & Body Oil

Phase	Ingredients	Function	%	Grams
A	Caprylic/Capric Triglycerides¹	Softens		
A	Meadowfoam Oil² (20-60%)	Supports the barrier		
A	Specialty Oil(s) ³ (Max 20%)	Targets concerns		
A	Mixed Tocopherols⁴	Keeps oils fresh	1.00%	
A	Essential Oil ⁵ (Max 0.5% Eyes, 1% Face, 2% Body)	Scents and supports		
A	Bisabolol ⁶ (Max 1%)	Calms skin		
			100.00%	

Date:

Formulation Method	Notes	✓
<p>Prepare your workspace and a sanitized, completely dry container. Wash and dry your hands or put on gloves. Spray all tools and equipment with 70% Isopropyl Alcohol and let them air-dry before beginning.</p>		
Phase A: Combine Oils		
<p>1. Place a clean beaker that holds at least twice the amount of product you plan to make on the large-capacity scale. If making the sample batch, use a milligram scale.</p>		
<p>2. Press Tare. Use a spoon or small beaker to carefully drizzle Caprylic/Capric Triglycerides (MCT) into the beaker to reach the target weight.</p>		
<p>3. Press Tare. Use a spoon or small beaker to carefully drizzle Meadowfoam Oil into the beaker to reach the target weight.</p>		
<p>4. Optional. Press Tare. Use a spoon or small beaker to carefully drizzle your Specialty Oil(s) into the beaker to reach the target weight.</p>		
<p>5. Press Tare. Use a small spoon, skewer, or a disposable pipette to add Mixed Tocopherols drop by drop to the same beaker to reach the target weight. Let the scale stabilize after each drop.</p>		
<p>6. Optional. Press Tare. Use a small spoon, skewer, or a disposable pipette to add the Essential Oil drop by drop to the beaker to reach the target weight. Let the scale stabilize after each drop. If your bottle has a dropper insert, remove it before measuring (see Making a Formula Work).</p>		
<p>7. Optional. Press Tare. Use a small spoon, skewer, or a disposable pipette to add Bisabolol drop by drop to the same beaker to reach the target weight. Let the scale stabilize after each drop.</p>		
<p>8. Stir with a lab spatula to combine until uniform.</p>		

Package	Notes	✓
1. Use a funnel or just a steady hand to carefully pour the oil blend into a clean, completely dry bottle.		
2. Wipe the rim, then cap tightly.		
3. Label the container(s) with the product name and a 12-month expiration date.		
4. Store in a cool, dark place away from moisture and sunlight.		

Cleanup	✓
Tools	
1. Immediately after making the product, wipe down tools with a clean, dry paper towel.	
2. Rinse all tools under warm running water to loosen residue.	
3. Wash with hot, soapy water using a soft sponge or bottle brush.	
4. For stubborn residue, soak tools in warm water with dish soap for 10–15 minutes before scrubbing.	
5. Sanitize tools in a dishwasher if they are dishwasher-safe.	
Workspace	
1. Wipe down counters and scales with a damp cloth.	
2. Sanitize surfaces with 70% isopropyl alcohol (spray or wipes), then allow to air-dry.	
3. Store clean tools in a covered container or drawer to prevent dust and contamination.	