

Malassezia Moisturizer

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 (with its essential oil blend options) and the core directions — print those pages and skip the rest until you're ready to scale up or customize. The Full Formula 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: 1

Optional Ingredients: 8

Prep Time: 10 minutes

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

Suggested Container Options

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

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 (~100 mL) with written measurements
- 1 small beaker to aid pouring (optional)
- several stainless-steel lab spatulas
- skewers or disposable pipettes (optional)
- flexible silicone scrapers
- small funnel (optional)
- sanitized, completely dry final container
- labels

Formulation Notes

¹ Optional. Substitute for Bisabolol: Chamomile CO₂ (has a noticeable herbal scent). If omitted, increase MCT Oil.

² Mixed tocopherols are only needed if an essential oil is used. Substitute: 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. See the ***Ingredient Guide*** for fungal-safe details.

³ Optional. Certain essential oils add calming, purifying, or antioxidant effects. The preset essential oil levels in this formula (1%) are not suitable for use near the eyes. For eye-area use, reduce total essential oils to 0.25–0.5% and choose only gentle options such as copaiba, chamomile, rose, or lavender. If sensitive or unsure, omit the essential oil. See ***Essential Oils for Skin Care*** for more information.

⁴ Substitute for Caprylic/Capric Triglycerides (MCT Oil): Olive Squalane.

TEST FORMULA

Makes 20 g Malassezia Moisturizer

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	Bisabolol ¹	Calms skin	0.40%	0.08
A	Mixed Tocopherols ²	Keeps oils fresh	0.50%	0.10
A	Essential Oil Blend ³	Scents and supports	1.00%	0.20
B	Caprylic/Capric Triglycerides⁴	Softens skin	98.10%	19.62
			100.00%	20.00

Suggested Essential Oil Blends for a 20g TEST Batch

Important! Choose only one blend. Do not combine blends.

Rose and Copaiba Blend (1%):

Ingredients	Function	%	Grams
Copaiba Oil	Calms skin	0.80%	0.16
Rose Flower Oil	Scents and supports	0.20%	0.04

Mint and Manuka Blend (1%)

Ingredients	Function	%	Grams
Manuka Essential Oil	Microbiome support	0.50%	0.10
Peppermint Essential Oil	Calms skin	0.20%	0.04
Spearmint Essential Oil	Scents and supports	0.20%	0.04
Copaiba Oil	Calms skin	0.10%	0.02

FULL FORMULA (Includes Optional Ingredients)

Makes 60 g Malassezia Moisturizer / Fills one 2 fl oz (59 mL) bottle

Phase	Ingredients	Function	%	Grams
A	Bisabolol ¹	Calms skin	0.40%	0.24
A	Mixed Tocopherols ²	Keeps oils fresh	0.50%	0.30
A	Essential Oil Blend ³	Scents and supports	1.00%	0.60
B	Caprylic/Capric Triglycerides⁴	Softens skin	98.10%	58.86
			100.00%	60.00

Suggested Essential Oil Blends for a 60g FULL Batch

Important! Choose only one blend. Do not combine blends.

Rose and Copaiba Blend (1%):

Ingredients	Function	%	Grams
Copaiba Oil	Calms skin	0.80%	0.48
Rose Flower Oil	Scents and supports	0.20%	0.12

Mint and Manuka Blend (1%)

Ingredients	Function	%	Grams
Manuka Essential Oil	Microbiome support	0.50%	0.30
Peppermint Essential Oil	Calms skin	0.20%	0.12
Spearmint Essential Oil	Scents and supports	0.20%	0.12
Copaiba Oil	Calms skin	0.10%	0.06

MINIMALIST FORMULA

If you prefer the simplest possible routine during Malassezia-related concerns, you can skip the additives and use plain MCT oil or squalane on its own. The full formula adds soothing ingredients and optional scent blends, but the base oil works on its own as a lightweight moisturizer.

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.

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

Malassezia Moisturizer

Phase	Ingredients	Function	%	Grams
A	Bisabolol ¹ (Max 1%)	Calms skin		
A	Mixed Tocopherols ² (Max 0.5%)	Keeps oils fresh		
A	Essential Oil ¹⁴ (Max 0.5% Eyes, 1% Face, 2% Body)	Scents and supports		
B	Caprylic/Capric Triglycerides⁴ (remainder)	Softens skin		
			100.00%	

Essential Oil Blends in MY CUSTOM BLEND

Important! Essential Oil Safety

This moisturizer includes a customizable essential oil blend. For facial use, keep total essential oils at 1% or less. For body use, up to 2% total may be comfortable for many people. These levels are not suitable for use near the eyes. For eye-area application, reduce total essential oils to 0.25–0.5% and choose only gentle options such as copaiba, chamomile, rose, or lavender. Always stay within the maximum percentages shown in the Custom Blend table. If sensitive or unsure, omit essential oils entirely. If you increase one essential oil, decrease the others so the total stays within the recommended limit.

Rose and Copaiba Blend (Max Total: Face 1% / Body 2%)

Ingredients	Function	%	Grams
Copaiba Oil (Max 0.75% Face, 1.5% Body)	Calms skin		
Rose Flower Oil (Max 0.25% Face, 0.5% Body)	Scents and supports		

Mint and Manuka Blend (Max Total: Face 1% / Body 2%)

Ingredients	Function	%	Grams
Peppermint Essential Oil (Max 0.5% Face, 2% Body)	Calms skin		
Spearmint Essential Oil (Max 0.5% Face, 1% Body)	Scents and supports		
Manuka Essential Oil (Max 1% Face, 2% Body)	Microbiome support		
Copaiba Oil (Max 1% Face, 2% Body)	Calms skin		

Date:

Formulation Method	Notes	✓
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.		
Phase A: Combine Oils		
1. Place a clean beaker that holds at least twice the amount of product you plan to make on the large-capacity scale. If you're making the test batch or if your beaker weighs less than 75 g, use a milligram scale.		
2. Optional. Press Tare. Use a small spoon, skewer, or a disposable pipette to add Bisabolol drop by drop to reach the target weight. Let the scale stabilize after each drop.		
3. Optional if omitting essential oils. Press Tare. Use a small spoon, skewer, or a disposable pipette to add Mixed Tocopherols drop by drop to reach the target weight. Let the scale stabilize after each drop.		
4. Optional. Press Tare. Use a small spoon, skewer, or a disposable pipette to add each Essential Oil in your chosen blend (see below) drop by drop to reach the target weight. Let the scale stabilize after each drop. Remove the beaker from the scale. If your bottle has a dropper insert, remove it before measuring (see Making a Formula Work).		
5. Use a spoon or small beaker to carefully drizzle Caprylic/Capric Triglycerides (MCT) into the beaker until the mixture reaches the 60 mL (2 oz) line. For this simple oil-only formula, measuring by volume works well. If your beaker does not have measurements, place it on the large-capacity scale, press Tare, and weigh to reach the target weight.		
6. Stir with a lab spatula to combine.		

Package	Notes	✓
1. Use a funnel or just a steady hand to carefully pour the oil serum 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. If buildup persists, 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.	