



## Mixing Your Own Herbal Creams from a Base Cream

### What is A Herbal Cream?

A cream or lotion is simply a mixture of water and oils held together with an emulsifying agent. Lotions tend to be runnier in consistency than creams, but their composition is essentially the same. Creams are easily absorbed and are used to soothe, moisturise and nourish the skin. Their individual properties will vary depending on what you add to them. You can make your own creams from scratch by blending your chosen plant oils and water extracts, or you can add your chosen herbs to an existing base cream.



When mixing herbs into a base cream you first have to prepare your herbs into either a water-based or oil-based preparation to then add them to the cream:

### Water Based Ingredients

Water based ingredients include herbal infusions, herbal tinctures, gels like aloe vera or seaweed gels, glycerin and glycerites. (See our separate sheets on Infusions & Herbal Tinctures for instructions on how to make these).

### Oil Based Ingredients

To enhance the moisturising properties of the cream, you can add more oil based products. Oils can be easily infused with herbs to bring further medicinal qualities to your cream. Below is a list of commonly used oils which can be added either on their own, or after they have been infused with herbs. (See our separate sheet on Herbal Infused Oils for instructions on how to make these).

- **Sunflower Oil:** a light, inexpensive and readily available oil that makes a good carrier for herbs. Odourless and fairly colourless. Softening & moisturising
- **Olive Oil:** thicker, stickier, with more colour and odour to it which can override the scent of herbs. Very nutritive
- **Sweet Almond Oil:** a very common carrier which moistens, soothes and conditions the skin. Bland odour and light in colour. Very versatile. May be an issue for nut allergy sufferers.
- **Wheatgerm Oil:** very high in vitamin E, and great for healing scar tissues and tightening stretch marks

