

BALMS AND SALVES

Guidelines on proportions for different consistencies (bear in mind that these will vary depending on the hardness of the wax used).

Reduce the liquid oil by 1% if using 1% of essential oil.

Soft

80% oil

20% wax

Use Olive Oil and Olive Wax or Jojoba Oil and Jojoba Wax to make a vegetable alternative to petroleum jelly.

Medium

65% oil

20% butter/solid oil (NB ensure that some softer ones are included)

15% wax

Firm

13% wax

33% butter/solid oil (NB ensure that some softer ones are included)

54% oil

Macerating Dried Herbs and Flowers

- 1 Fill a wide-necked jar with the dried herb and cover with a light oil (note the weight of each).
- 2 Put a top on the jar and stand it in a sunny place* for 3 - 6 weeks, shaking daily.
- 3 Place 3 squares of fine muslin over a sieve and strain the oil into a jug.
- 4 Gather up the muslin and squeeze/press to extract the maximum amount of oil.
- 5 Strain again through a coffee filter or similar and bottle.

You may see this referred to as an Infusion - but strictly speaking the process of infusion is carried out by pouring boiling water over herbs, as in making tea.

* if there is no suitable windowsill or greenhouse place the jar in the airing cupboard or other warm place.

Using Macerations

During the maceration of an aromatic herb approximately 50% of the essential oil may be extracted in the process and the amount of essential oil in the different species varies. Maceration of such herbs, therefore, requires that not only the percentages of any of the listed allergens contained in the essential oil is known but also the percentage of essential oil obtained from the species in order to calculate whether any allergens should be listed on the label.

Calendula and Chamomile skin soothing balm

Macerate equal parts of each herb together in sweet almond oil

Equipment

Scales

Waxpot, bain marie or bowl/jug and pan

Stirring rod

Wax thermometer

Ingredients

50% strained maceration

15% hemp oil

15% olive wax

10% shea butter

9% coconut oil

1% Vitamin E

Method

Put all the ingredients in a bain marie, waxpot or a bowl over a pan of water

Heat until up to 70C and hold at that temperature for 20 minutes (water the the pan should be barely simmering) in order to avoid any grainy bits forming from the Shea.

Stir well, allow to cool and pour into sterilised jars/pots before it sets

Put pots in a cold place and put lids on when fully cold.

(no allergens to calculate)

BALMS, SOLID LOTION BARS, MASSAGE BARS & BODY BUTTERS

Guidelines on proportions for different consistencies, ranging from balms, through solid lotion/massage bars, to body butters. Since the melting points of different waxes are variable it is worth making up small sample pots using 30% wax and 70% light oil (using the same oil for each) in order to gain an idea of the hardness each individual wax will add to a product.

It may be necessary to make a softer version of of balm/butter for winter and a firmer one for summer and often the desired consistency can be simply attained by using different waxes.

Equipment

Scales

Waxpot, bain marie or bowl/jug and pan

Stirring rod

Wax thermometer

Balloon whisk(s)

Electric whisk/mixer (for whipped butters)ar

Method

Put all the ingredients in a bain marie, waxpot or a bowl over a pan of water.

Heat until up to 70C and hold at that temperature for 20 minutes (water in the the pan should be barely simmering) in order to ensure that all waxes and the hardest butters are fully melted.

Cool as rapidly as possible and stir well during the cooling phase (gentle stirring with a balloon whisk in the early stages can help to ensure that the oils and waxes are well integrated) then pour into sterilised jars/pots before it sets.

Put pots in a cold place and put lids on when fully cold.

Guidelines for Consistencies

These are simply guidelines to use as a starting point, there are no hard and fast rules, no right and wrong re firmness of a product; if a consistency suits you and your customers then that is the right one for you.

Soft

80% liquid oil

20% wax

Medium

60% liquid oil

20% butter/solid oil

20% wax

Firm

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45% liquid oil
35% butter/solid oil
20% wax

Hard

30% liquid oil
40% butter
30% wax

Firm

90% butter/solid oil
10% wax

Medium

20% liquid oil
80% butter/solid oil
(suitable for whipping)

Soft

40% liquid oil
60% butter/solid oil
(suitable for whipping)

Troubleshooting

Improving the "skin feel" - include up to 5% Cetyl Alcohol in place of the same amount of butter(s) and/or wax(es).

Avoiding grainy butter/balm - some butters, notably Shea and Mango, may develop grains if not properly heated and cooled.

1.

For a simple whipped butter this can be avoided by preparing 1 or 2kg of a single butter beforehand by heating and holding at 70C then pouring into containers (e.g. 500g deli containers).

Allow to cool at room temperature for 5 - 10 minutes; place lids in position and stand the containers on a layer of frozen packs with another layer of frozen packs on top inside a coolbag/box.

In a modern refrigerator they can be placed in the salad drawer - providing they are not close to any food; **do not** place the containers in a freezer or an "elderly" refrigerator.

Store in a consistently cool place then, when required, bring to warm room temperature to

soften, then beat and whip without heating (as in making buttercream frosting for cakes).

2.

Where there is a number of butters in the recipe and at least one is a susceptible butter then bring all the ingredients together to 70C and hold at that temperature for 20 minutes.

Remove from heat and stand the container in a bowl with icecubes or freezer packs with water up to just above the level of the molten ingredients,

Stir continuously, ensuring that the colder mixture from the sides of the container is well incorporated, until the consistencey is that of a puree or thick soup.

Pour into sterilised containers and allow to cool before putting on lids or for whipped butters proceed to whip/whisk until desired consistency is reached before spooning into sterilised containers.

Examples

By using more than one oil or butter a product can be developed for a particular purpose or skin type, especially with carefully chosen essential oils.

Simple Avocado and Hemp Soft Balm

A soothing and protective balm which makes a suitable vegetable alternative to petroleum jelly.

50% Sunflower oil

25% Avocado oil

20% Hemp wax

3% Cetyl Alcohol

2% Vitamin E

Emollient Medium Balm

35% Sweet almond oil

18% Jojoba oil

27% Mango butter

15% Jojoba wax

3% Cetyl Alcohol

2% Vitamin E

Lotion Bar

50% Unrefined cocoa butter

20% Shea butter

20% Coconut oil

10% Olive wax

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Massage Bar

- 30% Olive wax
- 30% Sweet almond oil
- 25% Shea butter
- 10% Jojoba oil
- 5% Cocoa butter

Body Butter (suitable for whipping)

- 20% Cocoa butter
- 20% Coconut oil
- 20% Shea butter
- 20% Apriccot kernel oil
- 10% Jojoba oil
- 10% Soybean oil

For any recipe reduce the liquid oil by 1 - 2% if using 1 - 2% of essential oil(s) or fragrance oil and a further 1 - 2% if adding Vitamin E.

Lip Balms

For lip balms in a tube work from the Firm and Hard examples given above; for lip balms in a pot use the Medium and Soft with Castor oil in the recipe if a glossy balm is required, particularly if the balm is intended to be applied with a brush.

Bear in mind that many oils and butters have quite marked flavours, which may not suit the intended flavour to be added to the balm and that using a substantial amount of a green oil is likely to affect the colour of the balm (N.B. green + red 3D brown).

Lipsafe micas or cosmetic colours can be added to lip balms.

Lip balm (tube)

- 20% Wax
- 25g% Shea Butter
- 15% Cocoa butter
- 40% Sweet Almond Oil

Lip Balm (jar or tin)

- 30% Jojoba Oil
- 30% Castor Oil
- 15% Wax
- 15% Cocoa Butter

If a flavour oil or suitable essential oil is to be added to a lip balm then reduce a liquid oil by the same amount.

Macerating Dried Herbs and Flowers

- 1 Fill a wide-necked jar with the dried herb and cover with a light oil (note the weight of each).
- 2 Put a top on the jar and stand it in a sunny place* for 3 - 6 weeks, shaking daily.
- 3 Place 3 squares of fine muslin over a sieve and strain the oil into a jug.
- 4 Gather up the muslin and squeeze/press to extract the maximum amount of oil.
- 5 Strain again through a coffee filter or similar and bottle.

You may see this referred to as an Infusion - but strictly speaking the process of infusion is carried out by pouring boiling water over herbs, as in making tea.

* if there is no suitable windowsill or greenhouse place the jar in the airing cupboard or other warm place.

Using Macerations in Balms, Bars and Butters

During the maceration of an aromatic herb approximately 50% of the essential oil may be extracted in the process and the amount of essential oil in the different species varies. Maceration of such herbs, therefore, requires that not only the percentages of any of the listed allergens contained in the essential oil is known but also the percentage of essential oil obtained from the species in order to calculate whether any allergens should be listed on the label.

Calendula and Chamomile skin soothing balm

Macerate equal parts of each herb together in sweet almond oil

50% strained maceration

15% hemp oil

15% olive wax

10% shea butter

9% coconut oil

1% Vitamin E

(no allergens to calculate)

MASSAGE AND BODY OILS

For a professional massage all that is required is a suitable carrier oil such as Grapeseed Oil; Aromatherpists will select specific Essential Oils, according to the requirements for individual patients, to use in a carrier oil.

General essential oil blends for relaxation, stimulation etc. can be purchased from some aromatherapy suppliers.

The following recipes for Body Oils can be fragranced with your selection of essential or fragrance oils for application after a bath or shower or for home massage.

Equipment

This will depend on whether you are going to measure by weight or by volume.

If measuring by weight you will need scales and jewellers' scales

If measuring by volume you will need measuring jug or beaker and a graduated cylinder (either 100ml with 1ml graduations and/or 10ml with 0.25ml graduations depending on the total volume which you are mixing).

Suitably sized bottle (and funnel, depending on the size of the bottle neck).

Shake the bottle of blended oils from time to time and leave at least a week before bottling into selected bottles for sale.

For Normal Skin

40% Sunflower oil

40% Grapeseed oil

14% Jojoba oil

4% Evening primrose oil

1% Vitamin E

1% EO/FO

For Dry Skin

40% Sweet Almond oil

25% Avocado oil

20% Jojoba oil

9% Hemp oil

4% Evening primrose oil

1% Vitamin E

1% EO/FO

For Oily Skin

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40% Grapeseed oil

40% Hazelnut oil

18% Jojoba oil

1% Vitamin E

1% EO/FO

FACIAL OILS - CONDITIONING AND CLEANSING

Equipment

This will depend on whether you are going to measure by weight or by volume.

If measuring by weight you will need scales and jewellers' scales

If measuring by volume you will need measuring jug or beaker and a graduated cylinder (either 100ml with 1ml graduations and/or 10ml with 0.25ml graduations depending on the total volume which you are mixing).

Suitably sized bottle (and funnel, depending on the size of the bottle neck).

Shake the bottle of blended oils from time to time and leave at least a week before bottling into selected bottles for sale.

Simple Night Serums

For Normal Skin

40% Sweet almond oil
30% Apricot kernel oil
20% Jojoba oil
9% Hazelnut oil
1% Vitamin E

For Dry Skin

40% Olive oil
25% Sunflower oil
20% Avocado oil
10% Evening primrose oil
4% Walnut oil
1% Vitamin E

For Oily Skin

40% Hazelnut oil
20% Rice bran oil
20% Apricot kernel oil
10% Avocado oil
9% Hemp oil
1% Vitamin E

Shake the bottle of blended oils from time to time and leave at least a week before bottling into selected bottles for sale.

Transfer to serum pump bottles as these pumps dispense just a drop or two at a time.

Method of Use

Gently pat four or five drops over the face at night after cleansing.

General Facial Oil

50% Sweet Almond oil

25% Jojoba oil

24.5% Apricot kernel oil

0.5% Essential Oil

Warm in hand - gently massage face and neck - leave for a few minutes then blot with tissue to remove excess.

Cleansing Oils

Deep Cleansing

80% Olive oil

20% Castor oil

(reduce Castor oil by 10% for dry skin and increase by 10% for oily skin)

Method of Use

- Massage into face for 2 minutes
- Leave for 10 minutes
- Wring out a muslin or light facecloth in hot water and hold over face
- As the cloth cools use it to wipe off the oil
- Repeat process with cloth

N.B. In the initial period of use there may well be a higher incidence of facial spots - this is because the oils are drawing out the impurities.

Similarly the skin may initially appear more oily - the action of "unplugging" the pores allows the skin's natural oils to flow.

These results may well worry someone who has not used the method before - but the skin does settle.

It is not advisable to start this cleansing method immediately before an important occasion - commencement of this method should be at least 3 weeks in advance of such an occasion.

General Cleansers

For Normal Skin

50% Jojoba oil

25% Apricot kernel oil

24.5% Sweet almond oil

0.5% Essential oils

For Dry Skin

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50% Jojoba oil
25% Avocado oil
24.5% Sweet almond oil
0.5% Essential oils

For Oily Skin

50% Jojoba oil
25% Hazelnut oil
24.5% Sweet almond oil
0.5% Essential oils

Method of Use

Massage lightly over face, avoiding area close to the eyes; remove with moist warm cloth.

BATH MILKS

Equipment

Scales

Sieve

Small balloon whisk

Jewellers' scales or pipette for measuring Essential/Fragrance oils

Mixing bowl(s)

Basic Bath Milk

38% Dairy Powder

30% Sodium Bicarbonate

30% Cornstarch/flour

2% EO/FO

Method

Sift together the dry ingredients, drizzle with the fragrance/essential oil and stir well with a small balloon whisk.

Bath Milk with Epsom Salts

38% Dairy Powder

20% Epsom Salts

40% Sodium Bicarbonate

2% EO/FO

Method

Sift together the dairy powder and sodium bicarbonate, add Epsom salts and stir with balloon whisk then drizzle in the fragrance/essential oil and stir again.

Oat Bath Milk

15% ultrafine oats (**not** fine oatmeal or oat flour **but** a powder obtained from Body Building suppliers)

20% dairy powder

18% fine sea salt/Dead Sea salt

26% cornflour/starch

16% sodium bicarbonate

3% sweet almond oil

2%FO/EO

Method

Sift together the oats, dairy powder and sodium bicarbonate, add Epsom salts and stir with balloon whisk.

Drizzle in the sweet almond oil and fragrance/essential oil then stir again until well combined.

Fizzing Bath Milk

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20% Sodium Bicarbonate
10% Citric Acid
20% Fine Dead Sea Salt
15% Tapioca Starch
20% Dairy Powder
7% Olive Oil
1% PS80
2% EO/FO

Method

- 1 Sift together the sodium bicarbonate, citric acid and dairy powder then stir with the balloon whiskpar2 Add the salt and stir
- 3 In separate bowl drizzle the olive oil and essential/fragrance oil over the tapioca starch; stir with the whisk and then drizzle and stir the PS80
- 4 Add the tapioca starch mix to the powders and salt and stir well

Herbs or flower petals may be added for visual appeal.

To use - shake half a cupful into the bath under running water.

BATH OILS

Equipment

This will depend on whether you are going to measure by weight or by volume.

If measuring by weight you will need scales and jewellers' scales

If measuring by volume you will need measuring jug or beaker and a graduated cylinder (either 100ml with 1ml graduations and/or 10ml with 0.25ml graduations depending on the total volume which you are mixing).

Suitably sized bottle (and funnel, depending on the size of the bottle neck).

Shake the bottle of blended oils from time to time and leave at least a week before bottling into selected bottles for sale.

Bath Oil for Fragrance

A small amount of oil soluble colour may be added

98% sunflower or sweet almond oil
2% EO/FO

Dispersible Bath Oil for Fragrance

A small amount of oil soluble colour may be added

78% sunflower or sweet almond oil
20% Polysorbate 80
2% EO/FO

Emollient Bath Oil with moisture attracting and retaining properties

If you choose a light golden olive oil then a small amount of oil soluble colour may be added, but bear in mind that the rice bran oil has a light brown colour so "warm" colours should be used in order to avoid a muddy coloured result.

If you choose to add an essential oil or fragrance oil then reduce one or more of the oils by the appropriate percentage for ease of calculating allergens.

30% olive oil (not extra virgin)
25% sweet almond oil
25% rice bran oil
20% sunflower oil

Dispersible emollient Bath Oil with moisture attracting and retaining properties

If you choose a light golden olive oil then a small amount of oil soluble colour may be added, but bear in mind that the rice bran oil has a light brown colour so "warm" colours should be used in

order to avoid a muddy coloured result.

If you choose to add an essential oil or fragrance oil then reduce one or more of the oils by the appropriate percentage for ease of calculating allergens.

25% olive oil (not extra virgin)
20% sweet almond oil
20% rice bran oil
15% sunflower oil
20% Polysorbate 80

A rich, protective and emollient Bath Oil with moisture retaining properties

This will be a green oil, because of the unrefined avocado, and therefore not suitable for adding colour.

If you choose to add an essential oil or fragrance oil then reduce one or more of the oils by the appropriate percentage for ease of calculating allergens.

49% unrefined avocado oil
25% apricot kernel oil
25% jojoba oil
1% Vitamin E

A dispersible rich, protective and emollient Bath Oil with moisture retaining properties

This will be a green oil, because of the unrefined avocado, and therefore not suitable for adding colour.

If you choose to add an essential oil or fragrance oil then reduce one or more of the oils by the appropriate percentage for ease of calculating allergens.

39% unrefined avocado oil
20% apricot kernel oil
20% jojoba oil
1% Vitamin E
20% Polysorbate 80

SOLID BUBBLE BATH BARS

Ingredients

30% Sodium Bicarbonate
20% SCS (the very fine needles - not powder)
15% Citric Acid
15% Tapioca Starch
10% SMC Taurate powder
8% vegetable glycerine
2% EO/FO
colour powder (optional)

Equipment

Scales
Sieve
Mixing bowl
Small balloon whisk (or 2 forks held "face to face" with the tines interlocked)
Disposable gloves
Dustmask
Pipette or measuring glass and jewellersote scales to measure the fragrance
Spray bottle of witch hazel
Small tray
Palette knife (as used for icing cakes) or knife with very fine blade

Method

Wear the dustmask to measure and stir the dry SMC Taurate

- 1 Sift the sodium bicarbonate and citric acid (plus optional colour) into mixing bowl and stir with the whisk to blend thoroughly
- 2 Add the tapioca to the mixing bowl and stir with whisk
- 3 Drizzle in the fragrance and stir well with whisk
- 4 Drizzle in the glycerine and stir well with whisk, the mixture will now look slightly crumbly
- 5 Add the SCS and SMC Taurate - stirring slowly until fully combined
- 6 Make a depression in the centre, drawing the mixture up the sides of the bowl
- 7 Spritz round the surface and quickly stir with (gloved) hands
- 8 Squeeze a handful - it should hold together as a pliable, but not wet or sticky, dough; if not repeat step 7 (there may be a superficial foaming on the surface - make sure this is mixed well into the dough immediately)
- 9 Gather into a rough ball and turn out onto the tray
- 10 By squeezing and rolling form into a cylinder/sausage shape, 50 - 55cm diameter, and leave in dry, dust-free place for a few hours, or overnight at average room temperature away from direct heat
- 11 Cut into 1.5cm slices and lay flat for 24 hours, turning over once or twice.
- 12 Package

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To use crumble under running water - one slice is sufficient for two baths, keep in airtight container between baths.ar

FACE AND BODY SCRUBS

Many scrubs are simply salt or sugar in a single oil with added fragrance; you may like to use a recipe from the Body Oils to make more of a "luxury" salt or sugar scrub. However do bear in mind that such scrubs do settle in the container.

Equipment

Scales

Sieve

Small balloon whisk

Jewellers' scales or pipette for measuring Essential/Fragrance oils

Mixing bowl(s)

Pyrex/st. steel jugs/glass beakers

Wax thermometer

Stirring rod

Spoons

Hand mixer

Fine Textured Scrubs

In addition to the exfoliants these also contain *Ultrafine Oats* (powdered oats with a very fine texture when compared with fine oatmeal or even oat flour; they can be obtained from some Body Building stores).

Suitable as facial scrubs, except on sensitive skin or where there is an eruption of eczema or acne.

For Normal Skin

25% Caster sugar

20% Ultrafine oats

15% Sweet almond oil

15% Coconut oil

15% Babassu oil

10% Jojoba oil

(optional 1% Preservative)

For Dry Skin

25% Ground almonds

20% Ultrafine oats

15% Avocado oil

15% Coconut oil

15% Babassu oil

10% Jojoba oil

(optional 1% Preservative)

For Oily Skin

25% Caster sugar

20% Ultrafine oats

20% Hazelnut oil

15% Coconut oil

10% Babassu oil

10% Jojoba oil

(optional 1% Preservative)

Body Scrubs

These contain sugar or salt and ground almonds or ground rice.

Suitable for use on most areas, except on tender areas, sensitive skin or where there is an eruption of eczema, acne or broken skin.

For Normal Skin

25% Medium and/or Fine Salt (Sea Salt, Dead Sea Salt or Rock Salt)

20% Ground rice

20% Coconut oil

15% Sweet almond oil

10% Jojoba oil

10% Shea butter

(optional 1 - 2% EO/FO, 1% Preservative)

For Dry Skin

15% Granulated or Demerara sugar

15% Ground almonds

15% Medium Ground Oatmeal

15% Coconut oil

15% Avocado oil

15% Shea Butter

10% Jojoba oil

(optional 1 - 2% EO/FO, 1% Preservative)

For Oily Skin

25% Medium and/or Fine Salt (Sea Salt, Dead Sea Salt or Rock Salt)

20% Ground rice

20% Hazelnut oil

15% Coconut oil

10% Jojoba oil

10% Shea butter
(optional 1 - 2% EO/FO, 1% Preservative)

Method (for all above)

- 1 Soften the hard oils/butters and beat with hand mixer (medium speed)
- 2 Gradually add the liquid oils beating continuously (slow speed)
- 3 Sift the powdered ingredients into the other dry ingredients and stir with balloon whisk to combine
- 4 Gradually stir the dry ingredients into the whipped oils
- 5 Put into sterilised pots/jars and keep in cool place

These scrubs will set solid in a refridgerator but will be almost liquid in hot weather; at average room temperature they will be soft enough to scoop with the fingers and will melt on body contact.

Warning

The body scrubs may make the bath or shower base slippery (to help minimise this Polysorbate 80 can be added at 15% of the oils/butters - the ratio of liquid/soft ingredients : dry ingredients will need to be adjusted).

Insoluble dry ingredients, such as Ground Rice, may cause discomfort in a bath.

Bath Salts and Sherbets

Equipment

Scales
Stainless steel, pyrex or ceramic bowl
Measuring spoons
Balloon whisk
Wide-necked funnel
Pipettes

Simple Salts Recipe

98% Sea Salt (medium or coarse)

2% Essential or Fragrance Oil

Optional small amount water soluble powder colour (micas will leave a ring around the bath)

Method

- 1 Weigh salt into mixing bowl
- 2 Measure fragrance and drizzle over the salts using a pipette
- 3 Mix thoroughly with balloon whisk
- 4 If using colour scatter a small amount over the salts and mix thoroughly with whisk
- 5 Store in large foodsafe tub or use funnel to pour into chosen containers, adding a few flower petals (optional)

Mixed Salts Recipe

50% Sea Salt (medium or coarse)

24% Epsom Salts

24% Dead Sea Salt

2% Essential or Fragrance Oil

Optional small amount water soluble powder colour (micas will leave a ring around the bath)

Method

- 1 Weigh salts into mixing bowl
- 2 Measure fragrance and drizzle over the salts using a pipette
- 3 Mix thoroughly with balloon whisk
- 4 If using colour scatter a small amount over the salts and mix thoroughly with whisk
- 5 Store in large foodsafe tub or use funnel to pour into chosen containers, adding a few flower petals (optional)

Colour Banded Salts

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- 1 Follow steps 1 to 3 above
- 2 Divide into 2 or 3 bowls and mix different colour in each
- 3 Pour layers of each into chosen containers, packing firmly right to the top (otherwise the colours will mix when in transit)

Oatmeal Salts Recipe

60% Fine Salts

19% Sodium Bicarbonate

19% Ultrafine Oats

2% Essential or Fragrance Oil

Optional small amount water soluble powder colour (micas will leave a ring around the bath)

Method

- 1 Weigh dry ingredients into mixing bowl
- 2 Measure fragrance and drizzle over the salts using a pipette
- 3 Mix thoroughly with balloon whisk
- 4 If using colour scatter a small amount over the ingredients and mix thoroughly with whisk
- 5 Store in large foodsafe tub or use funnel to pour into chosen containers, adding a few flower petals (optional)

Bath Sherbet Recipe

50% Sodium Bicarbonate

24% Citric Acid

24% Fine Dead Sea Salt/Sea Salt

2% Essential or Fragrance Oil

Optional small amount water soluble powder colour (micas will leave a ring around the bath)

Method

- 1 Weigh dry ingredients into mixing bowl
- 2 Measure fragrance and drizzle over the salts using a pipette
- 3 Mix thoroughly with balloon whisk
- 4 If using colour scatter a small amount over the ingredients and mix thoroughly with whisk
- 5 Store in large foodsafe tub or use funnel to pour into chosen containers, adding a few flower petals (optional)

In any of the above recipes consider using other salts such as Himalayan Rock Salt (normally pink but white forms are available) Atalantic/Celtic salt (grey) - other salts are available but may have a strong mineral odour.

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For total product weight of 2kg and under tiny measuring spoons are more practical for measuring powder colour.

Pocket digital scales with increments of 0.1g or 0.01g are recommended for weighing quantities of 20g and under.