

Goat Milk Lotion

What makes goat milk lotion so good for your skin??

One cup of whole Goat's milk contains on average: 10 g of fat 139.08 mcg vitamin A, 3.2 mg vitamin C, and 3.17 mcg vitamin D.

Vitamin A helps with anti-aging by repairing damaged tissue. It also contains alpha-hydroxy acids, such as lactic acid, that help exfoliate dead skin cells, leaving healthy new cells behind.

Vitamin C is a powerful antioxidant and helps to reduce stress. It also helps in wound healing and aids in fighting infection. Vitamin C works to build the skin's immune system and prevent premature aging.

Vitamin D for anti-aging and fighting inflammatory skin diseases.

That said, if you're making lotion for sale, you cannot make any medical claims about your product without having it tested through the FDA! The above information is common information shared online by skin care companies and dermatologist websites.

HOW TO MAKE GOAT MILK LOTION (GENERAL INSTRUCTIONS)

Important! Measure all your ingredients using a kitchen scale.

1. SANITATION. PREP YOUR AREA, EQUIPMENT

Since goat milk lotion is known for easily spoiling due to its high-water concentration, AND milk spoils easily, it is critical important to remove any possible contaminants. Bacteria can be introduced by your utensils and your hands. A simple 10% Chlorine bleach solution works just fine.

2. THE BASE. GOAT MILK AND DISTILLED WATER.

Measure out equal parts of goat milk and distilled water in a stainless steel pot. The milk can be raw, but it must be fresh and filtered. Distilled water because it is pure water, free of minerals. Never use chlorinated water or even tap water. Slowly, heat the water and milk to 165 degrees. Remove it from heat. Essentially, this is pasteurizing the milk! It helps kill off any bacteria that may cause your lotion to spoil. Be careful not to heat too quickly, otherwise you can scorch the milk.

3. OILS, EMULSIFIERS & THICKENERS

In a separate stainless-steel pot, or glass bowl, add the butter, oils, thickener (stERIC acid), and emulsifying wax. Heat until melted. Sweet almond oil and avocado oil are popular for their properties and vitamins. Sweet Almond contains vitamin E, (known to decrease inflammation, decrease UV damage and to hydrate the skin). Avocado oil is rich in vitamin A, and D both known to help collagen production and improve skins elasticity. There are many other options - avocado, jajoba, shea, coconut, and even rosehip. Each has their own benefits and will change the consistency of your recipe.

4. COMBINE THE THICKENER/STABILIZER



Michele Kline
michelelynnkline@gmail.com
www.nelliesknoll.com

Stearic Acid is used as a preservative and as an emulsifier in skin care products. Stearic acid help soften your skin, it also helps create a barrier to keep harmful irritants out. Emulsifying wax is used to bind the oil and water components in most cosmetics, specifically lotions.

5. ADD THE OILS TO THE MILK/WATER.

Make sure that the temperature of both solutions is closely similar. Once combined, blend for 2-5 minutes using a handheld immersion blender. The mixture will be thin initially! As it cools it will thicken. I suggest mixing several times as it thickens.

6. REMEMBER TO USE A PRESERVATIVE

Goat milk lotion contains a large quantity of water, which can help breed bacteria and mold. Even though preservatives help prevent bacteria and mold growth, it cannot kill existing bacteria. Proper sanitation is essential in ensuring a long shelf-life. There are many options for preservatives. Know the pH of your lotion before you choose. I like Optiphen Plus as it is paraben-free, formaldehyde-free broad-spectrum preservative. When the lotion is at about 150 degrees, add the preservative. Blend for another 1-2 minutes.

7. LASTLY, YOUR FRAGRANCE/ESSENTIAL OILS

Finally, you may choose to scent your lotion. Whether choosing essential oils or a fragrance, this should be your last step. Make sure you mix thoroughly for a solid minute, to evenly disperse the scented oil.

8. LET COOL AND BOTTLE

Let fully cool for 12-24 hours before adding lids/caps.

RECIPE (CHOOSE YOUR OWN INGREDIENTS!)

SERVINGS: Approx 28 oz of lotion | PREP TIME: 20 | TOTAL TIME: 30

Ingredients:

10.5 oz Goat Milk

10.5 oz Distilled Water

1.2 oz Butter (cocoa, shea, etc.)

2.7 oz Oil (sweet almond, sunflower, jojoba, etc)

1.2 oz Emulsifying wax (bees wax, other commercial type)

1 oz Stearic Acid

0.4 Opthiphen Preservative

0.2 Fragrance Oil