

Natural cream making



Course booklet

This is a sample course booklet to show a snapshot of this course.

Welcome

Hello and welcome to the course,

The aim of this course is to provide you with a basic knowledge of natural cream making and some practical skills so that you can start making remedies at home.

This course is an introductory level course and is really a starting point in the exciting world of medicinal plants.

Safety

Herbs and medications

Herbs are often seen as 'safe' because they are natural but that is not the case, and when someone is taking medications they can interact with herbs (as well as a wide range of supplements and vitamins).

If you are taking any medication I do not recommend you take any herbs internally without first consulting a medical herbalist to check for interactions.

Herbs and particular medical conditions

In these courses we will only be looking at self limiting conditions, things that you would generally not seek medical attention for. e.g. coughs and colds.

It is important to seek medical attention when appropriate, either through a local doctor or local medical herbalist.

Herbs, pregnancy and breastfeeding

While there are some herbs that are beneficial in pregnancy and breastfeeding, they must be strictly controlled and for that reason I recommend anyone who's pregnant to see a medical herbalist for advice before taking any herbs (internally) at any stage of pregnancy (or breastfeeding).

External preparations can be used for pregnant women but if you are ever in doubt check with a local medical herbalist.

What is herbal medicine?

Herbal medicine is the use of plant based medicines to restore and maintain health.

Herbal medicine is the oldest form of medicine in the world, with over 80% of the world's population using herbal medicine as their only form of medicine (WHO statistic).

In the UK, herbal medicine is often seen as a 'complementary' medicine, as it can be used safely alongside orthodox medicine.

Many orthodox medicines in use today originated from medicinal plants, for example aspirin from willow bark, and digitalis from foxglove.

Medicinal plants have been used for thousands of years for health and nutrition, and modern scientific research is now starting to explain how that works. For example, Valerian has been shown to improve sleep in several studies* and is now available to buy over the counter as an alternative to sleeping tablets.

Ginkgo (*Ginkgo biloba*) is another herb that has been studied extensively in recent years, research has shown that Ginkgo can improve brain function in people with Alzheimer's and Dementia*.

Why use a natural cream?



Most people want to use a natural herbal cream because they do not want something that has a synthetic preservative in it (this can be irritating to people with allergies, but it can also be painful for people with eczema etc).

What is the difference between an ointment and a cream?

[Sign up to the course to find out more](#)

How do creams work?

[Sign up to the course to find out more](#)



Most creams work by providing moisture and nutrients to the epidermal layer of the skin.

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find out more**

The two main methods of cream making



The ‘Traditional method’
 The traditional method involves making an ointment and then whisking in a water portion to form an emulsion.

Pros	Cons
Beeswax and oil are cheap and readily available.	There is a high failure rate as the mixture is highly volatile.

Quick and easy and does not involve chemicals or special equipment.	Only a small water portion can be added without the mixture splitting, this means that they can only contain a low amount of medicinal properties.
	Shelf life is 3 months and it must be kept in the fridge. Can be difficult to clean up.

The 'Ireland method'

The Ireland method is a modern method of herbal cream making where a cream is made in the same way that soap is made but with different ingredients. The fats and water components are kept separate, heated and then emulsified together.



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Avoiding mould the natural way



Mould is always going to be a problem, the ideal environment for mould is somewhere where it has food, the correct temperature and the correct pH, and most herbal creams are the ideal

place for moulds to grow.

Some of the ingredients we use are naturally antimicrobial and antibacterial, for example beeswax. That's why an ointment has such a long shelf life; it is not a hospitable place for mould to grow.

Any form of **infused oil** made with herbs will have some antimicrobial properties to some extent, some more than others.

Essential oils are highly antimicrobial and they also change the pH of a cream which can make all the difference in mould prevention.

Additional natural anti-microbial agents that can be added

Rosemary extract – antioxidant, antimicrobial

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Herbal preparations

For a full list and recipes of different herbal preparations, please see my free [eBook Kitchen Pharmacy Recipes](#).

Formulating your own creams

Making a cream using the ‘traditional method’



Basic recipe

25g beeswax

100ml herbal infused oil

Benzoin essential oil (3 drops)

Rosewater or distilled witchazel or warm herbal infusion (1dsp)

Clean glass pots (mixture makes approx 120ml)

For a cream, melt the beeswax and herbal infused oil together as above, once fully dissolved, remove from the heat, add the rosewater/distilled witchazel or warm infusion and essential oil and beat well until the mixture begins to thicken. Spoon the mixture into the pots and allow to cool, then label.

Formulate your own 'Ireland method' cream

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Making a cream using the 'Ireland method'

Sign up to the course to find out more

Can you sell your creams?



etc.

Firstly I would recommend going on a cosmetic making course. They can give a lot more information regarding sourcing good ingredients, the equipment you need, the licences you need

Sign up to the course to find out more

What next?

Other courses you may enjoy

If you've enjoyed this course I have lots more. You can take a look [here](#).

Recommended further reading

Herbal Cream making by Dawn Ireland

Women's Herbal by Anne McIntyre

Herbal medicine by David Hoffmann

Hedgerow medicine by Julie and Matthew Seal

The herbal medicine makers handbook by James Green

The complete illustrated holistic herbal by David Hoffmann

The Fragrant Pharmacy by Valeria Ann Worwood

Suppliers

Herbs and sundries

- www.baldwins.co.uk
- www.indigo-herbs.co.uk
- www.aromantic.com

Essential oils

- www.baldwins.co.uk
- www.essentialoilsdirect.co.uk