



# Breast milk lotion with calendula & orange

From [naturalbeautywithbaby.com](http://naturalbeautywithbaby.com)



## Ingredients

### Water phase

- Distilled water 14.7g
- Glycerin (optional) 1.5g
- Xanthan gum (optional) 0.1g
- Aloe vera concentrate (optional) 2.5g

### Oil phase

- Sweet almond oil 3.5g
- Jojoba oil (optional) 2g
- Shea butter 1.5g
- Cocoa butter (optional) 0.5g
- OliveM1000 emulsifier 2g

### Cool down phase

- Breast milk 20g
- Calendula CO2 extract (optional) 0.5g
- Orange essential oil (optional) 0.25g
- Saliguard PCG at 2% (optional but recommended) 1g

## Method

Preparation is so much of this formula!

### Preparation

1. Wash and sterilise your equipment, container, and glassware. Leave it to air dry or use kitchen paper to dry things.



2. Assemble the ingredients according to phase - oil, water, and cool down.



3. Measure out your ingredients. Start with the oil phase. Measure all the oil phase ingredients into your first heatproof jug. Set aside.



4. If you're using glycerin and xanthan gum, make a slurry. Measure and mix them well in your second heatproof jug. Use a silicone spoon to fully mix. Set aside.





5. Measure the distilled water and aloe vera (if using) into the same beaker. Measuring the distilled water can be tricky, so I use a smaller beaker to help rather than struggle with a large bottle on the scale. Swirl well.



6. Weigh out the breast milk into a separate beaker. Set aside.



7. Weigh the preservative, calendula CO2 (if using), and orange essential oil (if using) into the same small beaker or bowl. Set aside.



8. In a large saucepan, set up a bain-marie to go about half way up your jugs. Be careful the water doesn't upend the jugs!

9. In another saucepan, set up a cool water bath. This helps in your cool down phase to ensure everything is cooled down at the same rate and you get a silky smooth emulsion. Use cold water and throw in a few ice cubes.

## Heating

1. Now it's time for heating! Heat the distilled water and aloe vera mix to about 75 celsius.



2. Once you've hit 75c, put your water phase jug with the xanthan gum/glycerine slurry into the bain-marie, then tip the distilled water and aloe vera mix into it. Give it a gentle but thorough mix. Too much mixing creates air bubbles. It should be a thin gel consistency.





3. Now add the oil phase jug to the bain-marie. Heat both phases up to 75 celsius, gently stirring to mix occasionally.



4. Once you've hit this target temperature, it's time to make your emulsion! Slowly pour the water phase to the oil phase, I usually do this in the bain-marie. You will start to see the emulsion forming and the mixture turning a whiter colour. There may be some gelatinous lumps, just keep on whisking! You can lift the emulsion out of the bain-marie at this point.





## Cooling

1. Once you're sure the whole thing has come together, put the jug in the cool water bath. Keep whisking, only gently, and monitor the temperature until it's at 40 celsius. The texture should be thick and creamy. Remove from the cool water bath.



2. Now it's time to add your cool down phase ingredients! Start with the breast milk. Add the breastmilk a splash at a time, stirring or whisking thoroughly between each addition until everything has come together. You should now have a lotion consistency!





3. Finally, add the preservative, calendula, and orange essential oil mix. What a delight! It looks and smells great!





4. Pour into your chosen container immediately. OliveM1000 tends to thicken over 24 hours so I like to package mine up while it's still easy to pour from the jug and enjoy!

