



Figure 5.1

A water bath and heater.

The incorporation of ingredients into a cream base

In addition to the preparation of a cream from first principles, it is common to incorporate either liquid or solid ingredients into a cream base.

The incorporation of solids into a cream base

If the cream base has been prepared from first principles (see above), the solid can be incorporated into the cream as it cools. Alternatively, if using a pre-prepared base, soluble and insoluble solids may be incorporated using the method employed for insoluble solids.

- **Soluble solids** should be added to the molten cream at the lowest possible temperature and the mixture stirred until cold.
- **Insoluble solids** should be incorporated using a glass tile and spatula (Figure 5.2). If there is more than one powder to be added, these should be triturated together in a mortar using the 'doubling-up' technique prior to transfer to a glass tile.
- **Coarse powders.** A minimum quantity of cream should be placed in the centre of the glass tile and used to levigate the powders. A considerable lateral shearing force should be applied to avoid a gritty product.