Lotion bar

Mumbai Fashion Academy

What is Lotion bar?

- A lotion bar is a solid block of lotion, used for moisturizing skin as part of your personal care routine.
- Lotion bars are typically made with natural ingredients that stay solid at room temperature, but melt a little from body heat, making it easy to apply the lotion bar as needed and store in a reusable container.

Benefits of Lotion bar:-

- Many dermatologists and skin care experts recommend using a moisturizer right after showering or bathing, to lock in water left on the body and use it to hydrate skin throughout the day.
- An important go-to skin care product any time skin feels dry, cracked, or irritated.
- Lotion bars do not contain water and are far more concentrated than traditional liquid lotions.
- Because they do not contain water, lotion bars do not require preservatives.
- No plastic bottle/ Environmental Footprint
- Use IN the shower/ Efficiency of Application and Increased Moisturizing
- Purity/No Fillers

How to use lotion bar

- Using a lotion bar is easy; just take the lotion bar into hands and warm it with body heat, this will melt a small portion of the bar.
- One then can either rub the lotion onto the body part that needs moisturizing, or get enough in hands to put lotion bar down and use hands to cover skin.
- Lotion bars are especially effective in the shower, or right out of the shower when pores are open.
- Shelf Life: 8 months 18 months

Sanitizing the Equipments

- Remove food bits or dirt on the surface
- Wash the surface using dish washer
- Rinse the surface
- Sanitize the surface
- Allow the surface to air dry.

Rose lotion bar

- Dried rose petals 7 gm
- o Olive oil 10 ml
- Rose infused oil 5 ml
- Beeswax 15 gm
- Shea butter 20 gm
- Rose EO 4-5 drops
- Pink Pigment (Optional)

Rose Infused Oil

- Place the rose petals in a mason jar and cover completely with Olive oil.
- Cover and place in a sunny window for a few weeks. (Petal loose its colour)
- Once the oil is fully infused, strain out the rose petals, reserving the oil to make your lotion bars.

- Use a double boiler, Bring the water to a simmer and gently heat the oil, beeswax and shea butter until everything has dissolved together.
- Once everything has completely dissolved, let it cool for a minute or two before stirring in the rose essential oil and pigment
- Pour the mixture into your mold of choice, and wait a few hours for them to completely harden before removing.

- o Rose: Help retain moisture in the skin. This results in your skin feeling smooth and soft. The sugars in rose petals especially benefit those with sensitive skin. A rich source of vitamin C, rose petal paste makes for a beautiful, shiny glowing skin. Has a variety of vitamins, antioxidants, and minerals and its oil are fantastic for tackling dry skin. It also offers astringent properties, making it an excellent combatant of acne, redness, and inflammation.
- Olive oil: Antioxidant content. Prevent premature signs of aging on the skin. Vitamin content. Olive oil contains the fat-soluble vitamins A, D, E, and K. Antibacterial effects. Moisturizing effects.

- on the skin. It's also a humectant, which means that it attracts water. Both of these qualities can help the skin stay hydrated. Beeswax is also a natural exfoliator, ideal for sloughing away dead skin cells.
- o Shea butter: High concentrations of fatty acids and vitamins make shea butter an ideal cosmetic ingredient for softening skin. Shea butter also has anti-inflammatory and healing properties. Using shea butter on your body, especially your face, can condition, tone, and soothe your skin.

Vanilla Latte lotion bar

- Cocoa butter 30 gm
- Shea butter 5 gm
- Almond Oil 5 ml
- Vanilla essential oil 2-3 drops
- Vitamin E oil 5 capsules/ 10 drops

- Melt the cocoa butter and Shea butter in a double boiler.
- Take your double boiler off the heat and add oils.
- Pour in mold and let it set.
- Ready to set.

- o Cocoa butter: Cocoa butter is also rich in natural plant compounds called phytochemicals. These substances may improve blood flow to the skin and slow skin aging by protecting against damage from the sun's harmful UV rays. One common use of cocoa butter is to smooth scars, wrinkles, and other marks on the skin.
- Almond Oil: Reduces puffiness and under-eye circles. Improves complexion and skin tone. Treats dry skin. Improves acne. Helps reverse sun damage. Reduces the appearance of scars. Reduces the appearance of stretch marks.

- Vanilla essential oil: Vanilla is rich in antioxidants which neutralise free radicals and reverse skin damage caused by them. It helps to slow down signs of ageing like fine lines, wrinkles and age spots. It not only leaves your skin feeling rejuvenated but also smelling lovely.
- Vitamin E oil: Reduce inflammation and make your skin look younger.

Coffee lotion bar

- Shea butter 50 gm
- Beeswax 50 gm
- Virgin Coconut Oil 5 ml
- Coffee Grounds 10 gm
- Coffee Extract 3 ml

- Double boil shea butter, coconut oil and beeswax.
- Once melted, add coffee grounds and extract and stir to combine evenly.
- Pour quickly into mold, sprinkle additional coffee and allow it to set.

- Coconut Oil: Hydrates. Protect skin. Smooths skin. Minimizes the look of fine lines and wrinkles. Calms temporary redness. Provides antioxidants. Absorbs easily. Great base for exfoliates.
- Coffee: Cellulite reduction. Coffee may help reduce the appearance of cellulite on the skin. Calming effects. Anti-aging benefits. Vitamin B-3 for skin cancer. Reduced inflammation. Acne treatment. Dark circles. After-sun care.

Calendula Lotion Bar

- Calendula-infused grapeseed oil 10 ml
- Virgin coconut oil 5 ml
- Beeswax 20 gm
- Cocoa butter 20 gm
- Dried calendula petals Pinch (optional)
- Lavender essential oil 3-4 drops

- Double boil cocoa butter, oils and beeswax.
- Once melted, add essential oil and petals. Stir to combine evenly.
- Pour quickly into mold, sprinkle additional petals and allow it to set.

- o Calendula: Calendula oil is a natural oil extracted from marigold flowers. Calendula oil has antifungal, anti-inflammatory, and antibacterial properties. Useful in healing wounds, soothing eczema, and relieving diaper rash. It's also used as an antiseptic.
- Grapeseed oil: Protect Yourself Against Sunburn and Sun Damage. Powerful antioxidants. Reduce the Appearance of Wrinkles and Other Signs of Aging. Soften and Smooth Your Skin.
- Lavender essential oil: Fights acne. Eczema and dry skin. Skin lightening. Wrinkles. Antiinflammatory.

Strawberry lotion bar

- Rosehip seed oil 10 ml
- Beeswax 15 gm
- Shea butter 20 gm
- Strawberry EO 4-5 drops
- Straw berry seeds (optional)
- Pink Pigment (Optional)

- Use a double boiler, Bring the water to a simmer and gently heat the oil, beeswax and shea butter until everything has dissolved together.
- Once everything has completely dissolved, let it cool for a minute or two before stirring in the Strawberry essential oil and pigment
- Pour the mixture into your mold of choice, and wait a few hours for them to completely harden before removing.

- o Strawberry: Strong astringent, antiinflammatory, and anti-oxidants properties
 that treat burns, protect your skin from UV
 rays, and delay ageing. Strawberries are
 packed with alpha-hydroxylic acid that can
 help you get rid of dead skin cells. Those who
 have acne can use strawberries to get rid of
 the skin condition.
- Rosehip Seed Oil: Excellent option for hydrating dry, itchy skin. The skin also easily absorbs the oil, allowing its antioxidants to travel deep into the skin's layers.

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Thank You Mumbai Fashion Academy