

DIY COSMETICS GUIDELINE

A practical guide for anyone who wishes to engage in this beautiful, creative and rewarding activity of hand-made and homemade cosmetics.

For more detailed information on how to work clean, organised and effectively, please refer to our extended version: Good Manufacturing Practices for small Labs.

Tools and equipment

Use dedicated tools and use them only for the purpose intended. Store them separately from kitchen tools in a clean space.

Use pharmaceutical alcohol or an isopropyl alcohol solution to sanitise your work surface, tools and containers.

Raw materials

Buy your ingredients from specialised suppliers of cosmetic ingredients, store them as directed and use them within the stated shelf life.

Suspicious ingredients, such as having changed colour, texture or smell, should be discarded.

Avoid any contamination of raw materials. For dispensing use separate and clean tools.

Recipes

When you're just starting out on your DIY journey, take inspiration from the websites of specialized companies, books or blogs of well-known cosmetics formulators.

Stick to the original recipe at first and don't change it until you feel confident in the formulations.

Beware of preparations containing potentially allergenic ingredients such as those with essential oils: before using the product, do a patch test on the elbow crease and observe within 24-48 hours if redness, itching or other signs of irritation form – in which case you should stop using the cosmetic preparation.

Make a habit of saving your formulas in digital format or in an analogue workbook.

Arrangements and organized work

Be sure you can work undisturbed, do not eat or drink during this time. Do not allow kids and pets in the area.

To avoid interruption in the middle of your work, prepare everything you need in advance.

Prepare your working surface by cleaning and sanitizing it properly.

Adequately sanitize your tools by immersing them in boiling water for 10 minutes (except for plastic containers and tools) or by rinsing with pharmaceutical alcohol / IPA solution and air drying.

Wear protective goggles and masks if specified in the raw material description.

Wash your hands before you start and wear nitrile gloves. Avoid touching the preparation and ingredients with your hands.

Always label and date your preparations.

Discard any product when you notice mould, an unpleasant smell or changes in appearance.

Use this document as a guideline and upgrade it according to your own needs and specific activity.

