

# CREATIVE COSMETICS



**Experiment Manual**

# KIT CONTENTS



Your Thames & Kosmos Creative Cosmetics kit contains these parts.

No.	Description	Qty.	Part No.	No.	Description	Qty.	Part No.
1	Cream Base	1	770900	10	Lip Gloss Color: Neon Star	1	770 965
2	Lotion Base	1	770 902	11	Glitter: Star Dust	1	700 927
3	Shower Gel Base	1	770 901	12	Perfume Oil: Rainbow	1	700 903
4	Deep Blue Color Gel	1	770 928	13	Jar with Cover (5 ml)	3	770 931
5	Makeup Base	1	770 921	14	Mini Bottle with Cap (40 ml)	2	770 933
6	Makeup Color: Sahara	1	770 972	15	Flower Palette	1	121 818
7	Makeup Color: Hazel	1	770 923	16	Measuring Cup	2	065 099
8	Lip Gloss Base	1	770 925	17	Stirrer	3	700 831
9	Lip Gloss Color: Purple Star	1	770 926		Sheet of Labels	1	702 668

# TABLE OF CONTENTS

<b>Information for Parents and Adults</b> . . . . .	<b>3</b>
<b>Stop! Read This Before You Begin Working</b> . . . . .	<b>4</b>
<b>The Skin, Our Largest Organ</b> . . . . .	<b>6</b>
<b>Skin Care and Protection</b> . . . . .	<b>10</b>
<b>Oils, Pastes, and Ointments: What's What?</b> . . . . .	<b>16</b>
<b>Lotions, Shampoos, Gels, and Body Washes.</b> . . . . .	<b>20</b>
<b>Make Your Own Makeup</b> . . . . .	<b>25</b>
<b>Ruby Red Lips</b> . . . . .	<b>29</b>
<b>Fun Masks and Super Baths</b> . . . . .	<b>31</b>
<b>Cosmetic Chemical Compositions</b> . . . . .	<b>Inside Back Cover</b>



## FROM THE SUPERMARKET, PHARMACY OR HEALTH FOOD STORE

Most of the required ingredients are included in the kit, or they are common items that are probably already in your home. Here is a complete list of all the items that you may need that do not come with the kit. You won't need everything in this list. Depending on your skin type or hair color, you will use different oils and herbs. Therefore, we suggest you first read through the experiments and decide which ones are right for you.

### Tools:

- Bowl
- Kitchen towel
- Knife
- Pots, large and small
- Teaspoon
- Tablespoon
- Coffee filter paper
- Cosmetic tissue
- Pencil
- Mixer
- Cup
- Makeup sponges
- Nail file

### Teas:

- Peppermint Tea
- Green tea
- Sage tea

### Oils:

- Cooking oil
- Joboba oil
- Wheat germ oil
- Avocado oil
- Sesame oil
- Calendula oil
- Almond oil
- Thistle oil
- Rose oil
- Grape nut oil

### Plant Juices:

- Blueberry juice
- Red beet juice
- Cherry juice
- Spinach juice
- Red cabbage juice

### Plants:

- Lemon balm
- Walnut leaves, dried
- Birch leaves, dried
- Chamomile flowers
- Stinging nettle
- Lavender
- Rosemary needles
- Yarrow
- Leaves, dried
- Lime tree blossoms
- Calendula flowers
- Arnica
- Rose petals
- Thyme
- Witch hazel (Hamamelis virginiana)

### Other Grocery Items:

- Cucumber
- Honey
- Apples
- Banana
- Sea salt
- Buttermilk
- Milk
- Cream
- Apple cider vinegar
- Oat flakes
- Egg, raw

### Pharmacy Items:

- Aloe Vera
- Cocoa butter

### Cleansers:

- Detergent
- Soap, mild

## OCEAN BODY LOTION

### BEAUTY RECIPE

#### you will need

lotion base, measuring cup, Deep Blue color gel, perfume oils, mini bottle, stirrers, possibly jojoba or sesame oil, label, pencil

#### instructions

Say goodbye to boring body lotions and make something that is totally yours. How about a fragrant blue lotion to match your shower gel?

1. Squeeze about 20 ml of lotion base into the measuring cup.
2. With the stirrer, add a pea-sized drop of Deep Blue. The more color you stir in, the darker blue your lotion will be.
3. When you are satisfied with the color, you can add fragrance with 1 or 2 drops of the perfume oil.
4. The lotion will provide a special healing treatment if you add 5 ml of jojoba or sesame oil to it.
5. Finally, pour the lotion into the mini bottle, seal it, and stick on a label.

## FOR YOUR SKIN TYPE

As you have already seen, many additional ingredients can be mixed into the cream, lotion, or shower gel. Starting with the basic recipes you can:

- add 2 ml of oil or herbal extract for each teaspoon of cream. If it becomes too runny, make it thicker with more cream base.
- stir 5 ml of oil or herbal extract into 20 ml of lotion.
- add 20 ml of shower gel base to 5 ml of oil or 5 to 10 ml of herbal extract.

Here are the recommended oils and herbal extracts for each skin type:

### Combination and Normal Skin

- oils: almond oil, sesame oil, wheat germ oil, and jojoba oil
- herbal extracts: yarrow, lime blossom, chamomile blossom, and rose petal

### Dry and Sensitive Skin

- oils: avocado oil, thistle oil, grape seed oil, wheat germ oil, calendula oil, rose petal oil
- herbal extracts: witch hazel, stinging nettle, calendula (marigold)

### Oily Skin

- oils: calendula oil, rose petal oil
- herbal extracts: arnica, sage, thyme, lime blossom, chamomile blossom, peppermint

### Damaged Skin

- additive: Aloe Vera



The juice of the agave-like desert plant Aloe Vera is truly magical. It supports the formation of new skin cells, helps heal lesions, provides antibiotic action — important for dirty skin — and provides moisture to the skin. Native Americans already knew about Aloe Vera and its active ingredients about 3,500 years ago.

# MAKE YOUR OWN MAKEUP



## THE SECOND SKIN

The primary reason we wear makeup is to give our faces more color, and a fresher, healthier appearance. The art of makeup is to do this so that it looks natural, without changing the natural tone of the skin.

**Makeup** is any substance applied to the skin to improve or alter its appearance. Most often, the word makeup refers to coloring added to the face. In this kit, you will be experimenting with **foundation**, a type of makeup that is applied as a base color on your face, and is intended to closely match your skin color. Small blemishes, red spots or a pale complexion can all disappear under a good foundation.

## A CREAM WITH COLOR

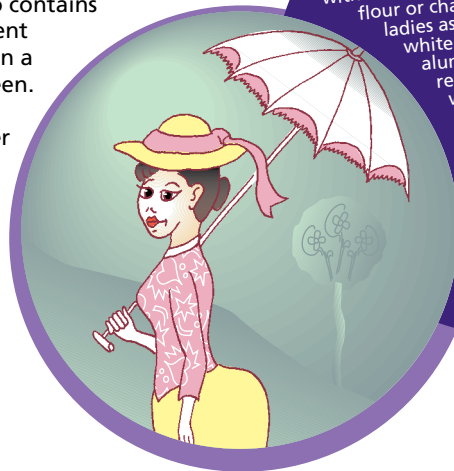
Makeup consists of two important components: an emulsion of greases and watery ingredients, as you have already learned about with creams, and a colored paste, a mixture of powder and color pigments.

In addition, it also contains some skin treatment products and often a protective sunscreen. Incidentally, the higher the powder content, the better the makeup will cover.

## The Power of the Pigments

The covering ability of a foundation depends on its pigment content. In foundations, there are white pigments like zinc oxide or titanium oxide and color pigments like iron oxides and iron hydroxides.

Pigments consist of tiny particles. They are insoluble and are often used in cosmetics. They add color to makeup, and since they both reflect and absorb light, they make the skin appear natural and radiant.



Slightly tanned skin is popular now, but it was not always desirable and cool. During the classical times, Greek ladies made their complexion lighter with ointments of silver white, gypsum, flour or chalk. During the 18th century, ladies as well as gentlemen put a white paste made of lead white or alum on the faces. Until relatively recently, pale skin was equated with wealth and high societal standing because tanned skin implied that you had to work outside in the sun like a lower class farm worker.