



Peppermint Foot Cream Recipe



Who doesn't need a rich, thick cream to get your feet through the winter? This foot cream is made with nourishing shea butter, cocoa butter and rice bran oil and is scented with cool, refreshing peppermint essential oil. Cocoa butter is an especially nice ingredient in a foot cream because it is an occlusive ingredient, meaning it prevents moisture loss. Glycerin and sodium lactate are used in this recipe as humectants to hydrate the skin. Allantoin is included in the recipe to soften and protect the skin. You can leave it out if you don't have it—just increase the distilled water you use in the recipe by an equal amount.

This recipe is emulsified with emulsifying wax, NF—it's the ingredient that allows the oil and the water to form a stable, emulsified mixture. You cannot substitute beeswax in this recipe. Germaben II is used as a preservative. You must include a preservative in all body products that contain water to prevent bacterial and fungal contamination.

INFORMATION

- Difficulty: Intermediate
- Yield: 4 x 4 oz. jars

TIMING

- Prep Time: 15 Minutes
- Perform Time: 1 Hour
- Total Time: 1 Hour 15 Minutes

SUPPLIES

- [Digital Scale](#)
- [Digital Thermometer](#)
- Immersion Blender
- 2 x [Funnel Pitchers](#)
- Large Pot or Skillet
- Wire Rack to fit inside pot
- Spatula
- Spray Bottle with 70% Isopropyl Alcohol
- [Pipette](#) for Preservative and Essential Oil
- Paper Towels
- Stovetop or Portable Burner
- Timer
- 4 x 4 oz [Plastic Jars](#)
- 4 x [Black Straight Jar Lids](#)

INGREDIENTS

Heated Oil Ingredients

- 0.8 oz (7.5%) [Cocoa Butter](#), cut into chunks
- 0.8 oz (7.5%) [Shea Butter, Refined](#)
- 1.1 oz (10%) Rice Bran Oil
- 0.85 oz (8%) [Emulsifying Wax, NF](#)
- 0.32 oz (3%) [Stearic Acid](#)

Heated Aqueous Ingredients

- 0.63 oz (6%) Glycerin
- 0.21 oz (2%) Sodium Lactate
- 1.1 oz (10%) Aloe Vera Juice
- 0.05 oz (0.5%) Allantoin
- 4.5 oz (42.5%) Distilled or Deionized Water

Cool Down Ingredients

- 0.21 oz (2%) [Peppermint Essential Oil, 2x Distilled](#)
- 0.1 oz (1%) [Germaben II Preservative](#)



DIRECTIONS

Before starting this tutorial please make sure to read all instructions. Spray work surface, utensils and funnel pitchers with 70% isopropyl alcohol and wipe with paper towels. Use caution when handling heated oils. Use disposable pipets when dispensing essential oils. Do not place undiluted essential oils in plastic ware. Carefully weigh all ingredients before you start working. Place wire rack in the bottom of pot or skillet and fill with 2-3 inches of water and bring to a simmer on stovetop.

Step 1 – Heat and hold ingredients

Combine heated oil ingredients in one funnel pitcher and heated aqueous ingredients in a second funnel pitcher. Place funnel pitchers in pot of water simmering on the stove.



Heat both pitchers to at least 158° F (70° C) and hold for 20 minutes, maintaining the water in the pot at a simmer. Remove the pitchers from the water bath.

Step 2 – Make the Emulsion

Pour the contents of the aqueous pitcher into the oil pitcher. Insert the immersion blender into the combined ingredients. Tap the head of the stick blender to remove any air bubbles. Blend on high speed until a stable emulsion forms and the ingredients are fully mixed, about 1-2 minutes.



Step 3 – Add the Cool Down Ingredients

Allow the mixture to cool until it is below 115° F (45° C).



Hand stir in the preservative and peppermint essential oil.



Divide into jars, label and enjoy! For cleanup, wash all containers and utensils with hot, soapy water. Alternatively, use a dishwasher with appropriate detergent. Carefully wipe the tip of the thermometer clean with a paper towel. Do not immerse the thermometer in water.