



Mixing Herbal Lotions

using a base cream

What is a Herbal Lotion?

A herbal lotion is simply a mixture of water, plant oils and an emulsifying agent to hold them together. Lotions are easily absorbed and are used to soothe, moisturise and nourish the skin; the properties will vary depending on what you add to them.

How to Make a Herbal Lotion Using a Base Cream

A very simple and effective way to make your own herbal lotions is to start off with a base cream. You can easily mix in either water based products like herbal teas or tinctures and/or oil based products to make your own customised lotion. You can also buy base creams which already have some herbs in them - calendula, chamomile, comfrey, chickweed and arnica are all commonly available ones. **You can add up to a quarter of the weight of your cream in oil or water products without compromising the base cream. If adding essential oils, you can add one drop of essential oil per 5gms or cream.**



Popular Ingredients in Lotions

To enhance the moisturising properties of the base cream, you can add more oil based products. Oils can be easily infused with herbs to bring further medicinal qualities to your lotion. Below is a list of commonly used oils which can be added either on their own, or after they have been infused with herbs.



- **Sunflower Oil:** a light, inexpensive and readily available oil that makes a good carrier for herbs. Odourless and fairly colourless. Softening and moisturising
- **Olive Oil:** thicker, stickier oil with more colour and odour to it which can override the odour of the herbs. Soothing, nutritive properties
- **Sweet Almond Oil:** a very common carrier which moistens, soothes and conditions the skin. Bland odour, light in colour. One of the most versatile oils for skin care.
- **Coconut Oil:** a deliciously fragranced, white oil which is a solid at room temperature. Coconut oil is excellent for the skin with nourishing and moisturising actions.
- **Aloe vera Gel:** a wonderful, cooling moisturiser that also firms and tones the skin. Soothes burns, rough or irritated skin and wounds.
- **Cocoa Butter:** cocoa butter is the fat surrounding the cacao bean, which carries a deep chocolately smell. It is thick and solid and a very rich oil. Not suitable for oily skin, but excellent for dry or mature skin. It will thicken up a lotion too.

The other way to include herbs in your lotion are by mixing in herbal teas, tinctures or adding essential oils.

Herbs Commonly Included In Lotions

- **Calendula** - one of our greatest skin herbs. Soothing, moisturising, antibacterial, prevents itching, heals the skin. Consider using a calendula base cream for even more of it!
- **Comfrey leaf and root**- slippery and soothing with a huge reputation for healing damaged tissues and bones
- **Plantain** - antimicrobial, relieves itching and insect bites, and promotes wound healing
- **Rose** - a soothing, calming and cooling feminine herb
- **Arnica** - an excellent herb for bruises and sprains
- **Cayenne** - stimulating, pain relieving, good for aching muscles and sprains
- **Mint** - tingly and stimulating, excellent for relaxing and refreshing after a long day
- **Lavender** - beautiful smelling Lavender is a superb relaxant, helping you calm down and release tension and aiding with sleep
- **Sea Buckthorn** - wonderfully moisturising, Sea Buckthorn is full of essential fatty acids that are great for the skin. It also grows abundantly on our East Lothian coastline!
- **Horse Chestnut** - a traditional vein tonic, Horse Chestnut supports varicose veins and helps circulation to cold feet



Preservation and Storage

Oils & lotions can remain unchanged for long periods of time if they are kept in cool, airtight containers. Many base creams will contain preservatives of some sort, but if not you can add a herbal preservative such as benzoin essential oil, vitamin E, or ascorbic acid. Exposure to air or water will encourage rancidity. Keep them in a cool place in tightly sealed bottles. Amber bottles will minimise light exposure.