



## Quick & Easy Exfoliating Shower Gel Recipe



Are you looking for simple gifts to make or something extra for your craft market table? Using this special Clear Suspension Shower Gel Base couldn't be easier, and it's a great way to show off visually pleasing additives and exfoliants without having them sink to the bottom of your jar or bottle. It's very versatile and can be used as a shower gel, bubble bath and body wash. Your skin will love how gentle this feels - the surfactants used are derived from coconut.

It's all ready to use, so there's no fussing with dilution. The pretty air bubbles you see are designed to be there. Add botanicals, vitamins, jojoba beads, pumice, crushed walnut shells, or even layer different colors in a jar. Testing of individual additives (and fragrances) is recommended, as some oily additives may cloud your base.

Use fragrance-free unscented (as-is) or add your own fragrance or essential oil at a ratio of 0.5 - 3%. As little as 1/2 to 1 oz. of fragrance may be sufficient for a whole gallon of base. Please note that noticeable scent can take up to 48 hours to develop in this base after fragrance is added. It may be slightly warmed to facilitate scenting and pouring, but don't overheat.

## INFORMATION

- Difficulty: Beginner
- Yield: 2 x 8 oz Bottles
- Shelf Life: 2 Years

## TIMING

- Prep Time: 15 Minutes
- Perform Time: 45 Minutes
- Total Time: 1 Hour

## SUPPLIES

- [Scale](#) (Optional if you know the amount of base you are using)
- Measuring Cup / Mixing Bowl
- Funnel
- Mixing Spoon / Spatula
- [Pipette](#) for adding Essential Oil or Fragrance
- Measuring Spoon
- [Bottles](#) of Your Choice
- [Lids](#) of Your Choice



## INGREDIENTS

- [Clear Suspension Gel Base](#)
- [Fragrance Oil](#) or [Essential Oil](#)
- [Colorant](#) (Optional)
- [Jojoba Beads](#), [Botanicals](#), or Other Exfoliants (if you are using a pump closure, make sure your exfoliants are small)



## DIRECTIONS

### Step 1

Add your base to the mixing bowl and slightly heat in the microwave (20-30 seconds). (If you have trouble getting all of the base out of the bottle, carefully cut bottle in half and use a spatula to get remaining base from the bottle.)





## Step 2

Measure 0.08 to 0.48 oz. or 2.2 to 13 g (that's 0.5-3%) fragrance or essential oil per pound of product (amount may vary depending upon IFRA regulations for fragrance and essential oils). Mix into your base gently, without making large air bubbles.

## Step 3

Add your exfoliants to your base; very little is needed for a nice visual effect. (For this tutorial, 1/2 teaspoon per pound of base was used.)



## Step 4

Add your blended product to your jars, again being careful not to incorporate any large air bubbles. Label and you're done! It's that easy.



## Note:

You may use any fragrances and colors that you wish. Have fun while you mix and match fragrances with colors, for example for this tutorial you could use [Rosemary Mint \(Aveda type\) Fragrance](#) for the green, [Sensuous Black Rose](#) for the red and [Lavender Essential Oil](#) for the purple!