Lotion Bars with CBTV Live

Chapter 1 - Lotion Bars

Lotion Bars

(upbeat music) - Hi, everybody, it's Faith from Creativebug, coming at you live like we do every Thursday. Great news, my shirt's covered in dachshunds. I have a great project today that is perfect for these cold winter months, DIY lotion bars and if you've never made lotion bars or if you've never even used lotion bars, they're similar to Lush's massage bars, they're solid at room temperature and they are perfect for your carry-on luggage if you want to bring some lotion on the airplane, but you're worried that TSA's gonna get all riled up about your very large bottle of lotion. I also, I like to swim at the Y, it's my favorite place in the world, 'cause it's crazy there. And I always bring a lotion bar in my bag because who knows what's gonna happen to my bottle of lotion, it might explode all over my swim cap and it makes it so slippery and really difficult to put on and you don't want those things slingshotting across the locker room because it's a locker room. The supplies you'll need are a silicone mold, or you can use a cupcake mold. I got this from Our Lady of Amazon. It was probably 10 bucks and if you use a cupcake mold, you're gonna want to line those with cupcake wrappers or you can use a loaf pan and you'll just be slicing it. You'll also need a little bit more obscure materials. Shea butter, 100% unrefined and raw. You can find these at an African market or also online. Mango butter or you can, if you use coconut oil, but I thought mango butter would be really fun and delicious. Spoiler alert, it's not delicious. Don't taste it. Ew, yuck, gross. You'll also need some beeswax. This is definitely a do as I say, not as I do situation. I got the bar of beeswax and grated it. I lost a bit of finger. Sadly and it's just, it's very labor intensive and you kind of ruin your grater. And so it comes in pellets and pellets are just as easy. You also need some essential oils, a double boiler. This is prematurely steaming. I hope I look really spooky behind these mists of steam on the double boiler. And the essential oils, you'll just use your whatever blend you are currently digging. Look at me assuming that everyone has an essential oil blend that they're currently digging. You can start simple with some lavender, orange oil, peppermint, cedar, people really seem to jive with those, maybe you're a wild and crazy patchouli person. If you're watching Creativebug you probably are and we'll be using a ratio of one to one to one Shea butter, beeswax and mango butter. You can swap out both the Shea butter and the mango butter for coconut oil. Heavens to Betsy, this really is going off here. But you're going to want to make sure you have the beeswax. I also tried to skimp on the beeswax because I was bleeding and didn't want to grate anymore of it and then the resulting bars were extra oily and liquidy, so if you want them to be nice and firm, you're going to want to make sure you have as much beeswax as you do the other two oils. I also, one of my favorite craft tools is a kitchen scale. They're very inexpensive. You can find them at Bed, Bath and Beyond or get a whole bunch online. I swear to you I tried for a really long time to like stand on the scale and then like hold the beeswax and be like, oh, it says it's a pound, this must be a pound of beeswax. Don't be a Faith. Be a scale user. So we're going to use equal portions. A lot of the recipes I've seen on line, too, have said, one cup each of beeswax, Shea butter and mango butter, but I find that that really varies a lot, especially if you have this big frothy mess of beeswax and finger, you're going to want to weigh it out to make sure you have equal proportions. So while I'm doing that, I'm going to preheat our double boiler, even though you already, you know what preheat is. You'll want an inch of water and this does not have any water in it, that's really important. Inch of water on the bottom boiling, and it's heating it up. You can use a mason jar, like a glass mason jar in a bigger

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bowl of water, but the double boiler is really handy. And I'm going to start with a cup of the mango butter. Or actually I'm gonna start with a half of a pound of the mango butter. Near blasphemy. So I'm laying down this parchment paper and we're tearing it, which is just resetting it to zero. And I'm going to start off with about a cup. This mango butter has the consistency of sugar cookie dough, doesn't taste like sugar cookie dough. I can't possibly be the only person who tastes their craft supplies. If I'm not, please let me know. If I am, don't tell me, I don't need to know. It really, it has the most amazing texture. It gets real messy and I love that part. This is a pretty simple craft. 'Cause it's just about the measuring, the balance of a proportion. So, we have about a cup and it's just about a half a pound, perfect, bravo. Congratulations to me. I'm putting this in the double boiler. I'm gonna get the same amount of Shea butter. Also we are live, so feel free to write in with any questions or comments. I love to hear if you've made these projects already or have you even heard of lotion bars. I did, my poor co-workers, any time that people would walk by the table and say ooh, what are you making, I would have to rub it on them, which now that I'm saying it out loud might be an HR violation, but I wanted to show them, you know, how it works, it's like a lotion. It also it seeks into the skin really nicely and if I haven't made it clear already by my affection for patchouli and the YMCA, I'm a full-blown hippy dippy lady. I like knowing what's in my body products and bath products and have been looking into clean beauty and while you can find a lot of companies that don't have additives in their products, you could just make it from scratch yourself and then you know exactly what's in it. And I really like the balance of Shea butter and mango butter. It does on greasy, I will admit that, but then it quickly sinks into the skin. You'll also probably a knife for your Shea butter, 'cause it's not crumbling as delicately as the mango butter was. Oh, my gosh, my band-aid's coming off, you're gonna see my grater wound. I do have those steel gloves that I feel like they might use when the feed sharks. I use those for grating things at home. It's just like a lack of attention. This actually happened because I was grating the beeswax and I had to ask Karen what song the grating sounded like. It was like the beginning of I'm not gonna sing it, I always make the mistake and do and then watch it later and I'm so upset for everybody who had to watch at home. But I think it was the beginning of Edward Scissorhands and then of course I cut my hand. So we're at a half a pound of this as well. I'm going to add it to my double boiler. One thing that did make me feel better about my cheese grater wound is our company founder confessed that she had. - [Sally] A mandolin slicer. - A mandolin slicer, yes, and all the mandolin slicer wounds, but we don't bring that up because that was very, that was scarifying. But a tin foil, a recent tin foil wound because the kitchen is a dangerous place. Now the final, there's the beeswax. I'm not gonna tear out this thing because I don't, it really grows and it's very dramatic and I obviously have feelings with the beeswax. Yeah Sally. - [Sally] We have questions. Phil wants to know is this safe to use on your lips? - Phil wants to know is this safe to use on your lips. Absolutely Phil, make sure you pour this into a tin and not necessarily a bar because then you would be rubbing in on your lips, but if you have those, what are those circle lip balms, the EOS, if you use those up, you can pour this into those and it works perfectly. So that's a great question, is it safe to use on your lips, absolutely. You will want to check on the oils you use. Some are definitely more face friendly than others, but if you just want like a steady winter balm and don't even want to add anything, like any oils, you just want moisturizing power, this should work beautifully. - [Sally] Next question comes from Sybil and Sybil wants to know are you going to be adding color? - Next question comes from Sybil, Sybil wants to know if we're going to add color. That's a great question Sybil. I have seen people make these with a little bit of mica powder if you want like a shimmer or even people who use cocoa powder to act as a bronzing bar. I personally am not going to add color. I feel like that's too risky for someone of

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my clumsy countenance, but I suppose you could use, yeah, if you wanted to make it into a lip balm you could add something rosy and that would be really pretty. Great question, thank you so much. And now we're just waiting for this all to melt down. This should take about four more minutes. So let me tell you about my blend that I'm using, I'm very excited about this cedarwood oil and frankincense is amazing for skincare products. Yes, it smells great, but it's always really good for allegedly reducing free radicals. I had seen in my research a lot of recipes online, there was one for gold, frankincense and myrrh bars, which got me so excited, because I know I did Bible crafts growing up, it usually involved stitching around the edge of a sheep, but you could do like gold, frankincense and myrrh bars, you could do Lot's wife looked back and turned into a pillar of salt scrub. You can even do Bible bath, that was bubble bath. If you have more ideas for me for this Bible themed body, I was going to call it a body party, Bible themed body crafts, please let me know 'cause I sure could have used them when I was a Bible crafting youth. This would have a been a lot more glamorous than those fish and loaves prints. Vacation Bible Body Butter. See, that's when you add a bit more Shea butter and you whip it before pouring it into molds, but that's for a different live shoot. Also one where Courtney is away because I don't know if you noticed, when Courtney's not here is when I get real messy because she's not here to look ever so slightly disappointed at my trail of debris. We miss you Courtney. Sorry in advance for the mess. Courtney's out of town this weekend. And we're still waiting for this all to melt and once it melts, you can see it on camera, it looks, kind of looks like risotto, but it'll be perfectly clear once the wax is all melted and I'm gonna add just a bit more and one thing that's super fun about, so of course, I exhaustively research these crafts we're working on and try a bunch of different recipes and a bunch of materials and see what I like the best, but if you've been to a Lush, they have those great bath bombs. They have a lot of videos online on how they make their product and it actually gives you a whole lot of respect for them because they have these big machines and everyone who makes them is like really cool and tattooed and like hip, but also they're handling like 30 gallons of like purple glitter. It's a really fun late night YouTube binge. You've gotten so many secrets about myself today. And their lotion bars have a lot more additives in them. So really the sky's the limit and the more you nerd out in more exciting, you can make these lotions bars. You can use vitamin E oil, up to a tablespoon for extra healing, that would definitely be great for the lip balm. You could use tea tree oil if you wanted to make like a deodorant bar. I was going to get some rose essential oil, but that's very expensive. Start small with essential oils and get like one bottle at at time because they are a little pricey, and they add up, you know. Treat yourself, if you treat yourself enough, then you have a large pouch that says love across the front in glitter letters that's full of four different kinds clary sage. - [Sally] All right, Diane is just joining us and Diane wants to know what's in the pot. - Diane is just joining us and she wants to know what's in the pot. Great timing Diane because it's finally looking like it's supposed to. I was panicking for a minute there. We have equal parts by weight of beeswax, mango butter and Shea butter. If you can't access mango butter, you're going to want to replace that with coconut oil, but that is easily available on Amazon. So now we're going to, I have these two great molds, these are for big honking bars, so this is like if you really like someone and you want to give them a lovely present, I'm gonna use this one, too. Oh, how many of you panicked when I reached over the hot bubbly pot just now. Sorry to make you worry. By you I mean Mom. Sorry to make you worry Mom. My mom is currently with my little sisters in Jackson Hole where it's 30 degrees and Mom, if you get too cold, you should come here. It's 63 degrees. So I have this tray just so that I can put this on because once it's full of the hot molten, there's no T at the end of it, molten, thank you Ally. Our butter mixture, we're going to want this to be well supported and I'm gonna turn off the

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heat and I'm gonna take it off the heat actually. I'll leave it on the heat because it's off camera and you can't see these last few melting beautifully. But now I'm going to add my oil and for this amount if you're using one cup each, you'll want between 60 and 90 drops of oil. Now I like to do my blends ahead of time in a little, in a separate container because like I had too much Ylang Ylang or Ylang Ylang, I always get confused with those Ys and so then I had to balance it out a little bit more. So before you add it directly to the pot, make your blend separately and as it is cooling, we'll let this cool for about 30 seconds, I'm going to add my essential oils and slowly blend. I was trying to be, I was over ambitious earlier and I had poured the mixture into the mold and then put the drops into the individual mold so that I could like capitalize and have as many different blends as I could. But I think it was a little impractical and then it concentrates the oils in the middle of the bar and by then you've already used a lot of it, so you know, just grow up and put them all in here before you pour them into the molds. The molds don't need any special treatment. And if you are using a smaller amount or if you have a bigger one of these, this is a really great piece of equipment to melt stuff in and then it has these spouts you can pour. I'm just gonna use a quick hand. Sometimes when my boyfriend is pouring boiling water into the sink and he'll do it really gently and then it'll fall to the ground when I usually end up shouting to him commit, commit, which is not the thing you should shout at someone pouring boiling water. He loves it. And I don't want any water to get into my mold. Another great thing about these lotion bars is if you were to make actual lotion, there needs to be an emulsification process and that can be a bit trickier. So this is really, if you're like getting into DIY lotions, this is the way to do it, I'm telling you. And these will last for a really long time, like a year easy. I think I have enough to make two more of these big ones, but remember how I mentioned, I was gonna say harassing, the truth of the matter is educating my co-workers on the luxuries of body butter, so I'm gonna use this silicone mold and this something that you find like in the cupcake section or the cake section of your Joann, 'cause they're used, yeah, they're Wilton brand, so they're food grade. And I'm going to use these, so that everyone gets a lotion bar and then I'll get to hand them out like Oprah and say you get a lotion bar and you get a lotion bar. Maybe the trickiest part of this whole process is making sure there's enough space in your refrigerator so that they can all cool. My lotion bars kept getting knocked into by a bottle of champagne because we are so fancy here in craft town. And make sure you use up every last bit because you'll find yourself if you are me, like scraping it up and casually rubbing it into your cuticles, like it's all very useful and if you just pour it out, that's like so much dry skin you don't have to suffer. And it's better to under fill than to over fill your molds, this is a not as I say not as I do moment because look at this guy, he's ready to fall over. This will be fine once it's cooled and I'll be able to just scrape off the edge. So, now we stick this in the refrigerator. Don't you wish you could watch me like carry these down the stairs and like go into the fridge and then the camera stays in the fridge and you're like what even happened at Creativebug, it's crazy over there. Sorry, not this time around, but I can show you what it looks like when you pop them out of the molds. This is the real exciting part. This is the part you've been waiting for. Sometimes when I do these demos, I'll say later, people will write like comments, will you just show us already and it's my favorite thing because I think no. You have to wait until the end 'cause it's the best part. Aside from using it and using it on other people. So the molds pop out really simply. They just, that's why I like these flexible ones, you just push them up from the bottom and look how lovely they are. They're so pretty, they look basically edible. This one has, I had to take pictures for my Instagram of course, so this one's a little bit duller, but when they're fresh out of the mold, they're really shiny and really beautiful and really useful. If you do end up making this, please send us a photo, put it on Instagram, tag us at

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Creativebug. We'd love to see your work. Thank you so much for joining us and we will see you next week. (upbeat music)

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