

Relaxing Sleep Balm

A natural blend of calming essential oils and nourishing ingredients designed to promote relaxation, enhance sleep quality, and support overall well-being.

Ingredients

Phase	Trade Name	INCI name	% w/w	Supplier
A	Sapogel® Q	Glycerin, Aqua, Quillaja Saponaria Wood Extract, Saponaria Officinalis Leaf/Root Extract	20.00	Alchemy Ingredients
B	Shea Butter	Butyrospermum Parkii (Shea) Butter	7.00	
B	Cocoa Butter	Theobroma Cacao (Cocoa) Seed Butter	7.00	
B	Oat Kernel Oil	Avena Sativa Kernel Oil	2.00	
B	Argan Oil	Simmondsia Chinensis (Jojoba) Seed Oil	5.00	
B	Sweet Almond Oil	Prunus Amygdalus Dulcis Oil	56.90	
C	Gatuline® In-Tense MB	Caprylic/Capric Triglyceride, Acemella Oleracea Extract	1.00	Gattefossé
C	Tocopherol	Tocopherol	0.20	
C	Lavender Essential Oil	Lavandula Angustifolia Oil	0.30	
C	Frankincense Essential Oil	Boswellia Carterii Oil	0.20	
C	Geranium Essential Oil	Pelargonium Graveolens Oil	0.10	
C	Blue 1	CI 42090	0.10	
C	Red 33	CI 16185	0.20	

Formulation Code: 104-04-00-00/1

Ingredient Benefits

Sapogel® Q

- 100% natural origin
- NATRUE approved
- Palm free
- COSMOS Approved
- Enables the creation of palm-free balm textures without wax
- Creates variable textures from honey to thick balms
- Cold process manufacturing

Method

- Add phase A to a beaker.
- Combine phase B in a separate beaker and heat until all solids are fully melted.
- Using an overhead stirrer, add phase B to phase A very slowly over 5 minutes.
- Add phase C mix by hand until fully combined.

Characteristics

Stability

Stable for 3 weeks at 50°C and 3 months at 40°C

Appearance

Pale Purple Balm

PH

4-6

Viscosity

Brookfield DV-E T-Bar D (94) @ 10RPM, 20°C (±5 °C) & Fill Size 100g: 80,000-130,000 cP

✓ PEG Free

✓ Vegan

✓ Preservative free

Adapt the Formula

- Change the oil phase for a different texture.
- Change the essential oils to give a different scent and benefits.
- Change the colour.

The formulation above is intended for information purposes only based on the best of our knowledge. It is the responsibility of the customer to undertake the appropriate testing to determine the suitability of the product for their intended use.