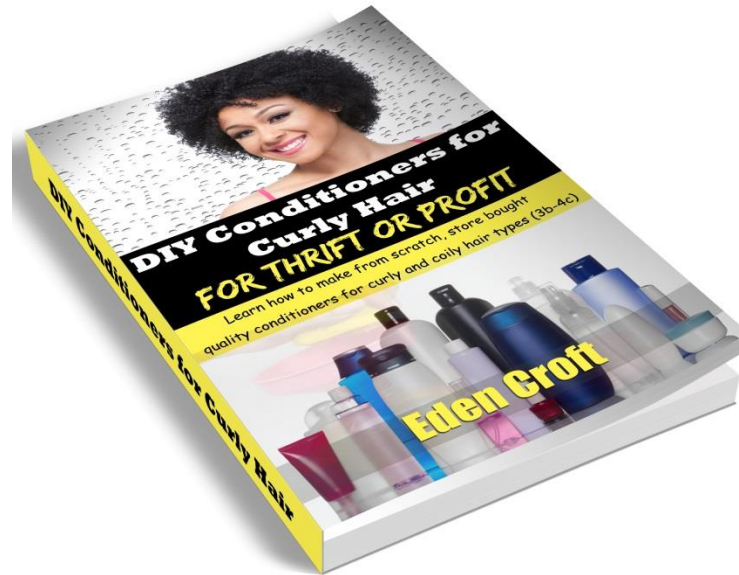


SNEAK PEEK #1

Table of Contents

Introduction

Chapter 1: Components of a Conditioner	6
Chapter 2: Conditioner Base Blocks - The Foundation of Formulating With Ease	11
Chapter 3: Amazing Botanicals for Curlies	14
Chapter 4: Incredible Oils for Curlies	26
Chapter 5: Ingredients to Avoid	41
Chapter 6: Intuitive and Insightful Ingredient Mapping	44
Chapter 7: Templates	49
Chapter 8: Formulas	54
Chapter 9: Resources	64
Chapter 10: Other Courses Worth Considering	68



SNEAK PEEK #2

What is a conditioner?

A conditioner is basically a lotion for your hair. At least that is what it is from a formulator's perspective. So what is a lotion? A lotion in the most basic terms is an emulsion – or a mixture of oil and water that is bound together by an emulsifier.

There are numerous emulsifiers on the market that are suitable to use for our purpose for making conditioners for curly hair, but in the formulas I share, the focus will be on the mildest and gentlest ingredients that get the job done.

In the “Components of a Conditioner” chapter, I will go into a little bit more detail, without starting a chemistry lecture, on how a conditioner actually works on your hair. This will give you a firmer grasp of the purpose of each component and make your learning process feel more relevant and empowering.

How this course is structured

I have deliberately designed this course to be as user friendly as possible. I do not want anyone to open this book and think that because they didn't take organic

chemistry in college, that the information shared here is somehow inaccessible to them. That would be sad and untrue.

All you need is the ability to read, follow instructions and do some basic math. You might not even need to do some basic math if you never innovate using the templates provided, and just decide to stick to the tried and true formulas that I have also shared.

Here is the breakdown of how I teach this e-course.

1. Components of a Conditioner

I go over the different components that make up an effective and high quality hair conditioner for curls that are tight or thick or both. This will help you understand the basics of how to choose ingredients when shopping for your DIY concoctions, or considering bulk bases or other branded hair products.

Understanding ingredients and how they function will also be useful for assessing whether other formulas you find on the internet might be worth trying or for understanding how other products besides conditioner might work for you.

2. Conditioner Base Blocks: The Foundation of formulating with Ease

In my own process of designing and formulating products for Oggboo, I discovered a great short cut that saves time, space and creative energy in product formulation and production. This method is especially useful when your conditioner contains an extensive laundry list of ingredients. It would be criminal for me not to share that with you!

3. Amazing Botanicals For Curlies

When it comes to discerning whether a conditioner, or any beauty product really, is ordinary or outstanding, it all comes down to this: What are the active botanical ingredients? Truthfully, the products with the best ingredients can easily go out of budget range for most working or middle class families. I have also seen the reverse where a product with nothing amazing in it, really, has a wickedly high mark up and a notorious following due to beautiful packaging and

what I can only conclude is a brilliant marketing campaign. Just visit any drugstore, or high end beauty supplier, after completing this course and see for yourself.

I have included a long list here of botanicals that I have tried or are on my “must be tried” list to help you start building up a pantry of exquisite ingredients.

4. Incredible Oils for Curlies

The same goes for oils. As curlies we know how using a sufficient amount of the right type of oil, at the right place in our regimen can be a serious game changer. It goes without saying that knowing how different oils and butters work and interact with our hair shaft goes a long way towards constructing the perfect conditioner for your purposes.

This chapter will also include a long list of oils that I have tried that will give you an idea of how to weave together a functional oil and butter blend for your hair type and your product’s intended purpose.

5. Intuitive and Insightful Ingredient Mapping

“Given the plethora of ingredients to choose from when formulating a conditioner, how would I even know where to start?” This is a question that may cross your mind if you are new to this craft. For your benefit, I have created an ingredient and function cheat sheets and quick reference templates.

I will also show you how to discern toxicity levels of certain cosmetic chemicals and share a list of ingredients that I personally have chosen to never work with.

6. Templates

The templates that I have created in this e-course will allow you to follow a basic structure for creating several different kinds of conditioning products. The advantage of using a template versus a proven formula is that it frees you to be creative and allows you greater room to experiment with substitutions and additions of ingredients of your choosing. The basic percentages indicated will

prevent you from going too far off the deep end while you are in your learning process, thus lessening greatly your chances of creating kitchen disasters.

7. Formulas

It goes without saying that everyone wants a proven formula that will work for their intended purposes – which in our case is healthy, soft, defined, adequately moisturized and conditioned curly hair. I have tested these recipes on family and friends, as well as with total strangers who have purchased products from our Oggboo product line from our website and on Amazon. They remain popular and effective to this day, and are the recipes that I continue to use for my own family's hair maintenance needs. I am sharing these beauty secrets with you without holding back.

8. Resources

This is a comprehensive list of various websites that ship worldwide from where you can source ingredients, access additional learning materials and find free formulas. This section alone will cut your research time by as much as eighty percent. I kid you not.

9. Other Courses Worth Considering

I talk about other courses and resources (paid and free) along the same vein that I offer in my for Thrift or Profit Series that could benefit you and advance your knowledge basis.

Now that you know what is in store for you – let's get started!

[SNEAK PEEK #3](#)

Chapter 1: The Components of a Conditioner

So What Should A Decent Conditioner Do for Your Hair?

There is a really great article over at Making Cosmetics (www.makingcosmetics.com) on how to make hair conditioners. Early on in the

article, the author outlines the properties of hair conditioners so completely that it would just be vanity on my part if I tried to elaborate on that. Basically, according to this article, and all cosmetic chemists I am sure would agree, a decent conditioner should impart the following properties to the hair:

- Improved wet combing.
- Improved dry combing.
- Reduced frizz – (which would be called an antistatic property.)
- Increased gloss and shine.
- Increased volume and body.
- Enhanced curl retention.
- Repaired hair shaft.
- Improved moisturization.

To get the rich creamy liquid known as conditioner, that we curlies have come to cherish, you will need to throw together a mixture of most or all of the following components.

1. A Conditioning Emulsifier

This right here – is the key. It may comprise a mere 10% or less of your desired end product, but if you don't have this – then you are going to be hard pressed to call your lotion a conditioner.

Most of these emulsifiers are quaternary ammonium compounds, commonly known as quats. They are large, positively charged, water repelling molecules that are attracted to the negatively charged hair shaft. The shampooing process leaves a negative charge on your hair follicle, and roughs it up so that the cuticle does not lay flat. The conditioner's ability to; bind to the hair shaft because of this positive-negative attraction; to coat the hair shaft and make the cuticle lay flat; and to trap water inside the shaft and repel water outside the shaft, is in large part thanks to these "quats."

Quats are also considered cationic (positively charged) surfactants (cleansers/ degreasers.) These are the components that help make conditioners suitable for “washing” hair – or the phenomenon known as co-washing.

2 mild quats that are easily sourced by the DIY home conditioner maker are:

- **Behentrimonium Methosulfate with Cetearyl Alcohol**

(Known by different names at each cosmetic chemical cosmetics provider. At Making Cosmetics it is sold under the name CreamMaker Cat, while at Lotioncrafter it is called Lotioncrafter BTMS, for example.)

- **Stearalkonium Chloride and Cetearyl Alcohol**

(Known as Crafters Choice Hair Conditioner Concentrate at Wholesale Supplies Plus.)

This is a really great development because stearamonium chloride bases used to come automatically with PEG Castor Oil included. While I love castor oil for thick curly hair, the PEG Castor oil has polyethylene glycol in the formulation to make it water soluble. Anything with PEG as a prefix is something I personally avoid like the plague. Therefore I choose not to teach about it.

In a future chapter I will guide you to the EWG Skin Deep Scale where you can figure out your own comfort level with various cosmetic chemicals on the market and make the wisest decisions according to your own conscience.

There are other kinds of quats that do not necessarily emulsify, (like stearamidopropyl dimethylamine for example), but I prefer to focus on the emulsifying quats because you can just add oil, water and a preservative for a super basic conditioner, in a crunch. This is easiest and realistic for most people.

- **Olive Waxes**

These are relatively new to the market and consist of olive oil combined with olive oil unsaponifiables. (This term comes from the soap making process. The chemistry of soap making is known as saponification, whereby oils react with lye

and are converted to soap. The portions of the oils or butters that do not turn into soap are called unsaponifiables.)

Olive wax products are exceptionally mild and highly conditioning – especially for curlies! These are not the kind of waxes that we usually caution against overusing (like beeswax) that can potentially clog the pores.

2. Ammonium Salt(s)

These are also cationic quats, but do not necessarily emulsify. Many of them have excellent curl.....

[AND SNEAK PEEK #4](#)

Chapter 3: Great Botanicals for Curlies

Here is a good list of botanicals that are curl friendly to help you get started mapping out your initial formulations. Botanicals that are marked with an asterisk* are those that I had tried to date, at the time this e-course was being written. Look on our blog and membership sites to see or watch new botanical reviews as soon as they are done.

***Algae**

As you will probably discover as you work through this chapter – I am a big fan of seaweed extracts and marine botanicals in general, for the hair. Most algae extracts have a slight humectant effect and are also film forming. My favorite algae extract is Alg-MoistEAU from FSS (Formulator Sample Shop – another excellent shopping site for extracts.) I use it in two of the items from our OGGBOO line of kids hair care products.

The website promises that **“For hair care applications FSS Alg-MoistEAU will act as a film former providing natural conditioning benefits. These benefits are realized as increased gloss and improved body. Also acts as an emollient.”** I can testify that it delivers.

It is also a great alternative to glycerin can work well with or replace aloe and a little bit goes a very long way. FSS Alg-MoistEAU will also thicken your product – so is great for use in gels and shampoos as well.

The overall effect of adding this to your conditioner is increased volume, enhanced curl retention and definition. The hair will also appear shinier and more moisturized, and it is a **superior curl clumper**. It does cause a little shrinkage in tighter curls though – be warned – as most curl defining products do.

There are also other kinds of algae extracts from the blue-green algae family of algae, like spirulina for example, that have no moisturizing ability per say , but do have a high mineral, antioxidant and protein content. These blue- green algae are subsequently useful for deep conditioners that are meant for repairing damaged hair, or boosting protein.

***Aloe Vera**

The countless benefits of aloe for skin and hair care have been touted for years and you probably know them already. I have to assume, however, to make sure that everyone is on the same page, that you have never heard of such a thing in your entire life 😊

Aloe is an **excellent film former**, whose hair coating effect makes it a very natural conditioner for all types of hair from the straightest to the curliest. It is highly nourishing to the scalp and hair due to its high nutrient level and its abundant level of silica helps to fortify the hair shaft and prevent and alleviate split ends.

It is useful in relieving itchy scalp conditions and helps to moisturize the hair due to its extraordinary humectant and moisture loss prevention properties. (An uncut aloe leaf can survive for weeks at room temperature and even longer in a refrigerator, long after it has been separated from its parent plant. So now imagine what it can do for your hair!)

This is why aloe is excellent for all kinds of conditioner applications including, leave in and deep treatments.)

***Bamboo**

Bamboo is one of my forever loves. It is an **excellent film former**. It is also chock full of silica which helps to fortify the hair shaft. Bamboo is excellent for creating volume, adding slip, shine and a polished look to the hair. The film forming property also makes it great at enhancing curls.

Bamboo is versatile in its application in both skin and hair products, and is suitable for use in everything from shampoos to treatment and styling products.

For creamy applications like conditioner – I most love it in its biofermented form. FSS carries a great bamboo bioferment which I use at up to 10% in my formulas!

Beet extract

This extract is highly hydrating for the hair. Beets are rich in betaine, which is found naturally in the hair, and is responsible for its natural shine.

In addition to being a natural humectant, *Ingredients to Die For* claims that people who use their beet extract (*VegeMoist*) at a minimum of 5% in shampoos for 6 weeks, will see an increase in betaine of up to 40%!

***Bioferments**

Oh, how I love thee and let me count the ways! When I first heard of Bioferments let me tell you, they had me at probiotics. Probiotics are one of nature's most powerful contribution to the health of all organisms, including the human being. They are known for being able to correct all kinds of skin issues ranging from diaper rash to acne, when taken internally.

Cosmetics scientists are now getting hip to how powerful they can be in skin and hair applications when applied topically. (This is part of the reason why yogurt makes such great hair and skin masks.)

When an extract is biofermented, the added probiotics make whatever goodness was already in that plant even more bioavailable and thus even more effective. The benefits will not stop at the increased potency, but extend to the fact that these probiotics are being left on the scalp, which in turn may help with scalp

balance issues. Balancing the scalp will in turn reduce dandruff, inflammations and promote healthy hair growth.

FSS carries the best selection of bioferments that I have found for the at home chemist. I have only tried.....

And so, so much more! This is just the tip of the iceberg.