



THE PERSONAL  
CARE COACH  
AND TRAINING COMPANY

# FORMULATION GUIDELINES

## Cooling Foot Gel

RAW MATERIALS	% USED
DEIONISED WATER	TO 100%
DISODIUM EDTA	0,01
ACRYLATES/C10-30 ALKYL ACRYLATE CROSSPOLYMER	1
SODIUM HYDROXIDE 20% SOLUTION	QS
DEIONISED WATER	5
PEG 12 DIMETHICONE	0,2
BLUE # 1 ((0.1% SOLN)	0,35
YELLOW #5 (0.1% SOLN)	0,52
ETHANOL	20
PHENOXYETHANOL AND CAPRYLYL GLYCOL	1
FRAGRANCE	0,5
POLYSORBATE 20	1

### METHOD:

1. Hydrate the Acrylates crosspolymer by dropping it gently on surface of water and allow it to wet out for 45 mins.
2. After 45 minutes add the Disodium EDTA to the mix.
3. Add the sodium hydroxide solution to neutralise until pH 7 or desired thickness.
4. Slowly add the premix of PEG 12 Dimethicone and stir in.
5. Slowly add ethanol mix in small increments so as not to shock system.
6. Premix fragrance and Polysorbate 20 and add to gel slowly.