

Secrets of the cosmetic industry revealed...

THE AROMANTIC GUIDE

to making your own natural skin, hair and
body care products



4th Edition
eBook

KOLBJØRN BORSETH

The Aromantic Guide to making your own Natural Skin, Hair and Body Care products

Kolbjørn Borseth

Precaution

The information published here is not intended as a substitute for personal medical advice. Before making any decision regarding your personal health, please consult a GP, Medical Herbalist, qualified Aromatherapist, other qualified health practitioner or a recommended reference book before using Herbs, Essential Oils or Absolutes. Pregnant women, the elderly, those with skin sensitivities or problems, or those with difficult medical conditions should be particularly careful when taking herbs internally, or when applying the Herbs, Essential Oils, Absolutes and other raw materials externally. It's a good idea to let your GP, Medical Herbalist, Qualified Aromatherapist or Health Practitioner know that you are considering the use of Herbs or Essential Oils as some may cross-react with conventional drugs you are, or may be considering, taking. Report any side-effects to your personal Health Care Practitioner.

Disclaimer

This information is provided for our customers and is obtained from a variety of sources, including the research, knowledge and experience of Kolbjorn Borseth. While we have obviously done our utmost to provide correct information, there may be errors.

USA: These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease.

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Welcome

Welcome to the updated and expanded Fourth Edition of *Aromantic Guide to making your own Skin, Hair and Body Care products*.

I'm very proud to share with you the result of many years of work and dedication. Originally from Norway, I have 29 years of experience in complementary health and had the pleasure of opening my first natural cosmetics manufacturing company in Sweden 26 years ago. After working in Sweden, often in partnership with leading complementary health experts, I decided that I wanted to reveal the secrets of the cosmetics industry to both professional therapists and lay people. This Guide is one of the ways I share this knowledge. Apart from our series of Guides, Aromantic offers this information in a number of other ways: Educational Courses, Recipe Brochures, Newsletters and our website.

After learning everything you need to know about making these popular, natural products, you can then purchase all of the raw materials and equipment you require from Aromantic. We have strong ethical and environmentally friendly policies and endeavour to source the finest quality natural raw materials.

We are constantly improving the quality of what we offer and we hope you enjoy this edition of the Guide and the opportunities it offers to you to make your own Natural Skin, Hair and Oral Hygiene Care products. While I recommend that you attend an Aromantic Education Course, this Guide is packed with information, recipes and step-by-step methods so that you can make your own natural, tailor-made products, whether for your friends, family or therapy clients.

Aromantic's mission is:

- to reveal to you the secrets of how natural cosmetics & skin care products are made professionally.
- to empower you to make your own products, specific to your own tastes and skin care needs, from home - affordably, ethically and naturally.
- to offer you the opportunity to start your own successful business, making and selling natural cosmetics, bath, hair or skin care products.
- to help aromatherapists, salon owners, beauticians and other therapists to tailor-make natural cosmetics specific to their clients' needs. We have a wide range of different raw materials that you can use to make products for certain skin and hair conditions and types, such as essential oils, vegetable oils, vitamins, minerals, anti-aging and other active ingredients suited to your clients. This is bespoke cosmetology.
- to provide our customers with the most up-to-date natural raw materials and information as soon as it is possible.
- to constantly search out, demand and consequently supply more organic raw materials such as essential oils, vegetables oils and herbs. This will encourage more growers to produce organic produce and to be more ecologically aware.
- through our work, to help as many people as possible with their different skin conditions and skin problems.
- to support, encourage and give advice to developers of organic raw materials and actives. Aromantic will always naturally be at the forefront of natural/organic skin care progress.

Acknowledgements

I would like to thank Finn Andersen of Crearome in Sweden, who started me out on this journey, when I attended one of his early courses in Stockholm in the mid-1980s.

To Lilly Johansson, with whom I worked for 10 years in Scandinavia, where she was a health icon. Over 30, 000 patients attended her state-funded alternative hospital, Follingegaarden, over a period of 30 years, from the mid-1960s.

To my wife Helena, and my family, who understand that for me teaching and sharing this knowledge is not a hobby, or even work...but a mission.

To all my loyal and hard-working colleagues at Aromantic, who have always supported me, with special thanks to my 'right-hand' here at Aromantic, Monika Dachs.

To Mike Harmon, for doing such a good job of teaching courses and doing consultancies on Aromantic's behalf.

To Susan Kemp, who is getting good at reading my mind! Thank you for your excellent editing, rewriting and proofreading work on this Guide and my other publications.

And last but not least, to my customers. Many of you are my friends; all of you have inspired me to develop this knowledge further.

Enjoy the adventure!

A handwritten signature in black ink that reads "Kolbjørn Borseth". The script is fluid and cursive, with the first letter 'K' being particularly large and stylized.

Kolbjørn Borseth, Founder of Aromantic

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The insider secrets to making your own natural creams and cosmetics

including information on which vegetable oils, moisturisers and preservatives to use...

As well as information, recipes and step-by-step methods for making your own natural

creams, lotions, cleansers, peelers, exfoliates, skin toners, gels, ointments, lip balms, sun creams & lotions, skin & massages oils, 2-in-1 shampoo & conditioners, shower gels & liquid soaps, face masks, toothpastes & mouth washes...

PLUS Information on essential oils & absolutes

How to use them safely, recipes for natural perfumes, using essential oils and absolutes in the home and all you need to know about adding fragrances to creams & gels!



About the Author

Originally from Norway, Kolbjørn Borseth is the founder of Aromantic Natural Skin Care and has been working with and developing natural skin, hair and body care products since he started his factory in Sweden in 1985. His passion is to reveal the secrets that the cosmetic industry would rather hide from us. He now teaches others how to make their own products using natural raw materials tailor-made for their friends, family or clients. He does this by providing in-depth information about raw materials on his website, in recipe brochures, press articles, educational guides such as this one, and running educational courses. He is the author of *The Aromantic Guide to the use of Herbs in Skin, Hair and Health Care products*, *The Aromantic Guide to Unlocking the Powerful Health and Rejuvenation Benefits of Vegetable Oils* and *Natural Spa Products: How to make your own Professional and Home Spa Products using Natural Ingredients*.

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