

Spiral Eye Formulations #2

Hand & Foot Scrub

Exfoliate + Repair for Hardworking Skin | Sugar + dlPanthenol + Rich Butters | Rinse-Off | Anhydrous

Document: Formulation Sheet	Type: Hand & Feet Scrub (Anhydrous)
Batch Size: 100g	Difficulty: ■ Easy
Base: Anhydrous — NO water	Active: Panthenol (repair/soothe, optional)
Exfoliant: Fine Sugar 62%	Rinse-Off: Polysorbate 80 (no greasy tub)

■ Anhydrous = No Preservative Needed

This scrub contains no water, so it does not need a preservative. To keep it that way, avoid letting water into the jar — use clean dry hands or a dry spoon to scoop, and do not let the jar collect shower water. If water repeatedly gets in, microbial growth becomes a risk. dlPanthenol is OPTIONAL — if you leave it out, raise the sugar to 63.5% (or split between sugar and oil) to keep the total at 100%. Polysorbate 80 makes it rinse-off. All ingredients should be cosmetic/skin-safe grade.

SECTION 1 — FINAL FORMULATION

PHASE A — Oil & Butter Phase | Gently melt together

Ingredient	%	For 100g	Function
Sunflower / Sweet Almond Oil	15.00 %	15 g	Carrier oil — slip, spreadability, nourishment
<u>Shea Butter</u>	8.00%	8 g	Rich emollient butter — deeply softens dry hand/feet skin
<u>Mango / Cocoa Butter</u>	4.00%	4 g	Adds richness & a protective, smoothing feel
<u>Polysorbate 80</u>	5.00%	5 g	Rinse-off agent — washes oils away cleanly, no greasy residue
<u>Vitamin E Acetate</u>	0.50%	0.5 g	Antioxidant — keeps oils fresh, skin benefit

PHASE B — Dry / Exfoliant + Active Phase | Mix in after slight cooling

Ingredient	%	For 100g	Function
Fine Sugar	62.00%	62 g	Main exfoliant — buffs away dead/rough skin (use FINE sugar)
Kaolin Clay	3.00%	3 g	Cleansing clay — smooth glide, helps clean hardworking skin
<u>dlPanthenol Powder</u>	1.50%	1.5 g	Pro-Vitamin B5 — soothes & supports skin repair (optional)

PHASE C — Fragrance | Add last, after slight cooling

Ingredient	%	For 100g	Function
Fragrance	1.00%	1 g	Scent



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SECTION 2 — INGREDIENT GLOSSARY

Fine Sugar	The main exfoliant at 62%. Fine sugar granules buff away dead, rough skin from hands and feet — areas that build up dry, thickened skin. It partly dissolves during use, so it stays gentle. Use FINE sugar for a smooth feel.
Sunflower / Sweet Almond Oil	The carrier oil that binds the scrub, gives slip and spreadability, and nourishes the skin. Sunflower is light and budget-friendly; sweet almond is slightly richer. Either works well.
<u>Shea Butter</u>	A rich, nourishing butter that deeply softens and conditions dry hand and feet skin, leaving it moisturised after rinsing. A key emollient in the scrub.
<u>Mango / Cocoa Butter</u>	Adds extra richness and a smooth, protective after-feel — helpful for dry, hardworking hand and feet skin. Mango butter is softer and lighter; cocoa butter is firmer and more occlusive — either works.
<u>Polysorbate 80</u>	A rinse-off agent (solubiliser). When the scrub meets water in the shower, Polysorbate 80 helps the oils wash away cleanly instead of coating the skin and tub. This prevents a greasy film and a slippery floor — the key to a pleasant, mess-free scrub.
Kaolin Clay	A gentle cleansing clay (at 3% here) that adds a smooth glide and helps clean hardworking hands and feet, absorbing excess oil and grime for a refined finish.
<u>dlPanthenol Powder (optional)</u>	Pro-Vitamin B5 — it attracts and holds moisture, soothes, and supports the skin's natural repair, making it lovely for rough, dry, hardworking hand and foot skin. dlPanthenol is substantive, so it conditions even on a rinse-off product. Optional: if left out, top up with a little more sugar.
<u>Vitamin E Acetate</u>	An antioxidant that protects the oils and butters from going rancid (extending shelf life) and offers a skin-conditioning benefit.
Fragrance	The scent of the scrub. Use skin-safe fragrance oils at around 1%. Add after the mix has cooled slightly so the scent is not driven off by heat.

SECTION 3 — STEP BY STEP PROCEDURE (Anhydrous)

Step	Action	Temp	Instruction
1	Sanitize	Room Temp	Sanitize all equipment, bowls, spoons and jars with IPA 70%. Everything must be clean and completely DRY — no water in an anhydrous product.
2	Melt Oil Phase	~60–65°C	Gently melt the Shea Butter and Mango/Cocoa Butter with the Sunflower/Almond Oil in a double boiler until just melted. Do not overheat.
3	Add Polysorbate 80 + Vitamin E Acetate	~50°C	Remove from heat. Stir in the Polysorbate 80 and Vitamin E Acetate until fully blended and uniform.
4	Add Dry Phase	Warm (fluid)	Allow the oil phase to cool slightly until warm but still fluid, then add the Fine Sugar, Kaolin Clay, and Panthenol Powder (if using). Stir well until everything is coated into a thick, scoopable scrub. Adjust feel: more oil = looser, more sugar = stiffer.



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Step	Action	Temp	Instruction
5	Add Fragrance	Below 40–45°C	Once the mixture is below 40–45°C, stir in the fragrance evenly.
6	Fill Jars	Room Temp	Spoon into clean, dry jars while still soft enough to pack down. Tap to remove air pockets. It will firm up as the butters fully set.
7	Label	Room Temp	Label with product name, full ingredient list, batch date, use-by (3–6 months for DIY, or 6–12 months after stability testing), and 'For external use only. Keep water out of jar. Use on damp skin, rinse well. Caution: surface may be slippery when rinsing.'

SECTION 4 – HOW TO USE & VARIATIONS

How to Use

For external use on hands & feet. Use on damp skin, rinse well. Avoid broken/cracked/irritated skin. In the shower or bath, scoop out a small amount with dry hands or a dry spoon. Massage onto damp skin in gentle circular motions to exfoliate, then rinse well. Thanks to the Polysorbate 80, the oils rinse away leaving skin soft and conditioned, not greasy. Use 1–2 times a week. Take care — the floor may be slightly slippery while rinsing.

Scent & Type Variations

Edition	Scent / Tweak	Feel
Citrus Fresh (base)	Orange / lemon / grapefruit	Bright, clean hands & feet
Lavender Relax	Lavender + chamomile	Calming, spa-like
Mint Refresh	Peppermint + 0.1% menthol	Cooling, great for tired feet
Tea Tree Fresh	Tea tree + eucalyptus scent	Clean, fresh foot feel
Shea Vanilla	Warm vanilla	Cosy, nourishing
Coffee Hand Scrub	Swap 10% sugar for coffee grounds	Extra scrub for rough hands

Tip: Fine sugar = gentler; for tougher feet/heels you can use a slightly coarser sugar

SECTION 5 – EQUIPMENT LIST

#	Equipment	Spec	Purpose
1	Digital Scale	±0.1g accuracy	Accurate weighing
2	Double Boiler / Bowl	Heatproof	Melting butters + oil
3	Mixing Bowl	Glass / stainless	Combining sugar + oil mix
4	Spatula / Spoon	Silicone/stainless	Stirring the thick scrub
5	Thermometer	0–100°C	Avoiding overheating the butters
6	Jars (wide-mouth)	PET/PP/glass, dry	Final packaging — easy scooping
7	IPA 70% Spray	Standard	Sanitizing all equipment (must be dry after)



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SECTION 6 — FORMULATOR NOTES

Anhydrous — Keep Water Out	Without an emulsifier, an oil scrub leaves skin and the tub greasy and slippery. Polysorbate 80 at ~5% lets the oils rinse away with water, giving a clean, conditioned (not greasy) finish. Keep it in the formula for a pleasant, mess-free scrub.
Polysorbate 80 — The Rinse-Off Key	No water means no preservative is needed, which keeps the formula simple. The whole approach depends on keeping water out of the jar — use dry hands or a dry spoon, and don't let shower water collect inside. If water keeps getting in, add a preservative suitable for scrubs or make smaller batches.
Don't Overheat the Butters	Melt the butters gently (around 60–65°C) just until liquid. Overheating can affect butter texture (graininess) and waste the actives. Vitamin E Acetate and fragrance go in off the heat.
Texture Control	More sugar = stiffer, more scrubby. More oil = looser, more slip. Coarse sugar exfoliates more; fine sugar is gentler. Adjust to the feel you want.
For Hands & Feet	This scrub is designed for the tougher, rougher skin of hands and feet — the sugar level and dlPanthenol suit dry, hardworking skin. It is too abrasive for the delicate face. Avoid broken, cracked, or irritated skin.
dlPanthenol is Optional	dlPanthenol powder adds a soothing, skin-repair benefit that is lovely for rough hands and feet. It is optional: if you leave it out, raise the sugar (or oil) by 1.5% to keep the total at 100%. As a dry powder in an anhydrous base it is stable; it does not need a preservative here.
Slippery Surface Caution	Even with Polysorbate 80, oils can make the shower floor a little slippery. Always include a 'surface may be slippery' caution on the label.
Shelf Life	3–6 months for DIY / small batches (anhydrous, kept dry). With formal stability testing and stable, fresh oils, 6–12 months is achievable. Vitamin E Acetate helps protect the oils. If water gets in, discard. For sale, professional stability and safety assessment is recommended.

Hand & Foot Scrub v1.0

