



TRUTH KNOWLEDGE BEAUTY

MINERAL MAKE UP KIT
ATTACHMENTS

RECIPES FOR PROJECT #1

The following recipes are in two parts: First you must choose and mix up your color concentrate. Then you must add these to a blend of white base powders.

To measure your products, use teaspoon measures which you provide as well as the white plastic scoops which come with your kit. These scoops come in three sizes: Large (0.5g), Medium (0.10g) and Small (0.05g). Be sure to fill the scoops packed and level with powder.

COLOR CONCENTRATE BLENDS

Cream. The lightest shade; for very fair skin

- 1 tsp. yellow oxide
- 2 medium scoops brown oxide
- 2 medium scoops red oxide
- 2 small scoops chromium oxide green

You may further adjust the color with a little red oxide if this blend is too yellow for your skin.

Beige. A common skin tone

- 1 1/4 tsp. yellow oxide
- 1/4 tsp. red oxide
- 3 medium scoops chromium oxide green
- 2 medium scoops ultramarine blue

You may further adjust the color with a little yellow oxide if this blend is too pink for your skin.

Tan. For dark tones with reddish hues.

- 1 tsp. yellow oxide
- 1/2 tsp. brown oxide
- 1/4 tsp. red oxide
- 1/4 tsp. chromium oxide green
- 1 medium scoop ultramarine blue

Caramel. For dark tones with yellow hues

- 1 1/4 tsp. yellow oxide
- 1/4 tsp. brown oxide
- 4 medium scoops red oxide
- 1 medium scoop ultramarine blue
- 2 medium scoops chromium oxide green
- 2 small scoops black oxide

COMPLETE RECIPES

Recipes for Cream Foundations

1. Traditional. This recipe uses talc, which is traditionally used in cosmetic powders because it offers excellent translucency and slip. It also includes titanium dioxide and zinc oxide for sun protection.

Recipe: 4 tsp. talc, 1 tsp. kaolin clay, 1 tsp. titanium dioxide, 1 tsp. zinc oxide, $\frac{1}{2}$ - $\frac{3}{4}$ tsp. cream concentrate.

2. Pure Matte. This recipe avoids use of talc and is purely matte with no extra sheen. Recipe: 1 $\frac{1}{2}$ tsp. titanium dioxide, 1 $\frac{1}{2}$ tsp. lo-micron zinc oxide, $\frac{1}{2}$ - $\frac{3}{4}$ tsp. cream concentrate.

3. Shimmer Foundation. This recipe avoids the use of talc and is shimmery. Recipe: 1 tsp. bismuth oxychloride, $\frac{1}{2}$ tsp. titanium dioxide, $\frac{1}{4}$ - $\frac{1}{2}$ tsp. cream concentrate. This is a fairly shimmery recipe.

To reduce sheen, use sericite mica instead of bismuth oxychloride.

Recipes for Beige Foundations

1. Traditional. This recipe uses talc, which is traditionally used in cosmetic powders because it offers excellent translucency and slip. It also includes titanium dioxide and zinc oxide for sun protection. Recipe: 4 tsp. talc, 1 tsp. kaolin clay, 1 tsp. titanium dioxide, 1 tsp. zinc oxide, $\frac{1}{2}$ - $\frac{3}{4}$ tsp. beige concentrate.

2. Pure Matte. This recipe avoids the use of talc and is purely matte with no extra sheen. Recipe: 1 $\frac{1}{2}$ tsp. titanium dioxide, 1 $\frac{1}{2}$ tsp. lo-micron zinc oxide, $\frac{1}{2}$ - $\frac{3}{4}$ tsp. beige concentrate.

3. Shimmer Foundation. This recipe avoids the use of talc and has a low sheen. Recipe: 2 tsp. sericite mica, 1 tsp. kaolin clay, $\frac{1}{2}$ tsp. titanium dioxide, $\frac{1}{4}$ - $\frac{1}{2}$ tsp. beige concentrate.

Recipes for Tan Foundations

1. Traditional. This recipe uses talc, which is traditionally used in cosmetic powders because it offers excellent translucency and slip. It also included titanium dioxide and zinc oxide for sun protection. Recipe: 4 tsp. talc, 1 tsp. kaolin clay, $\frac{1}{2}$ tsp. titanium dioxide, $\frac{1}{2}$ tsp. zinc oxide, $\frac{1}{2}$ - $\frac{3}{4}$ tsp. tan concentrate.

2. Neo-Traditional. This recipe avoids the use of talc but has a similar look and feel of a talc-based recipe. It is extremely lightweight and translucent. Recipe: 1 tsp. *micronized* titanium dioxide, 1 tsp. cornstarch, $\frac{1}{4}$ tsp. zinc oxide, $\frac{1}{2}$ - $\frac{3}{4}$ tsp. tan concentrate.

3. Shimmer Foundation. This recipe avoids the use of talc and has a low sheen with good coverage. Recipe: 1 tsp. bismuth oxychloride, 1 tsp. sericite mica, $\frac{1}{4}$ tsp. titanium dioxide, $\frac{1}{4}$ - $\frac{1}{2}$ tsp. tan concentrate.

Recipes for Caramel Foundations

1. Traditional. This recipe uses talc, which is traditionally used in cosmetic powders because it offers excellent translucency and adhesion and it has a wonderful feel going on. Recipe: 4 tsp. talc, 1 tsp. kaolin clay, $\frac{1}{2}$ - $\frac{3}{4}$ tsp. caramel concentrate.

2. Neo-Traditional. This recipe avoids the use of talc but has a similar look and feel of a talc-based recipe. Recipe: 1 tsp. *micronized* titanium dioxide, 1 tsp. cornstarch, $\frac{1}{4}$ tsp. zinc oxide, $\frac{1}{2}$ - $\frac{3}{4}$ tsp. caramel concentrate.

3. Shimmer foundation. This recipe avoids the use of talc and is shimmery. Recipe: 1 tsp. bismuth oxychloride, 1 tsp. sericite mica, $\frac{1}{4}$ - $\frac{1}{2}$ tsp. caramel concentrate.

BASIC BASE FORMULARY

Disclaimer: These recipes are based on recipes provided by raw material vendors and historical references. Not all of them have been tested to verify that they are the best they can be. Some formulas will perform better than others. At this time, they are provided for your consideration only. Any feedback you would like to give is always welcome!

FOUNDATION BASES

General Formula:

4 tsp. talc or talc substitute, 3 tsp. sericite mica or bismuth oxychloride, 1 tsp. titanium dioxide, $\frac{1}{2}$ tsp. zinc oxide.

Traditional:

4 tsp. talc, 1 tsp. kaolin clay

Neo- Traditional

1 tsp. *micronized* titanium dioxide, 1 tsp. corn starch. Note: To increase coverage for lighter skin tones, add zinc oxide or titanium dioxide (not micronized).

Various Shimmer Bases:

Light Skin Tones: 4 tsp. sericite mica or bismuth oxychloride, 1 tsp. titanium dioxide, 1 tsp. zinc oxide. Add $\frac{1}{2}$ tsp. kaolin clay for oily skin formulations.

Medium Skin Tones: 4 tsp. sericite mica or bismuth oxychloride, 1 tsp. zinc oxide, 1 tsp. kaolin clay.

Dark Skin Tones: 4 tsp. sericite mica or bismuth oxychloride, 1 tsp. zinc oxide. Add $\frac{1}{2}$ tsp. kaolin clay for oily skin formulations.

All Skin Tones: 1 tsp. bismuth oxychloride, $\frac{1}{2}$ tsp. *micronized* titanium dioxide

Oily Skin: 2 tsp. sericite mica, 1 tsp. kaolin clay, $\frac{1}{2}$ tsp. titanium dioxide (not micronized).

All Skin Tones: 1 tsp. bismuth oxychloride, 1 tsp. sericite mica. Note: For lighter skin tones, you may wish to add titanium dioxide.

Various Matte Bases:

Light Skin Tones (also good for sensitive skin): 2 tsp. zinc oxide, 2 tsp. titanium dioxide. Add $\frac{1}{2}$ tsp. kaolin clay for oily skin formulations.

Light Skin Tones (lightweight formula): 1 tsp. talc or talc substitutes, 1 tsp. kaolin clay.

Medium Skin Tones (also good for sensitive skin). 1 tsp. zinc oxide, 1 tsp. titanium dioxide, 2 tsp. talc. Add $\frac{1}{2}$ tsp. kaolin clay for oily skin formulations.

Dark Skin Tones (also good for sensitive skin). 4 tsp. talc or 3 tsp. talc substitute (cornstarch, arrowroot, silk or rice powder plus 1 tsp. kaolin clay.

All Skin Tones: 1 ½ tsp. *micronized* titanium dioxide, 1 ½ tsp. zinc oxide. Note: To increase coverage for lighter skin tones, add more zinc oxide or titanium dioxide (not micronized).

Light Skin Tones: 1 tsp. titanium dioxide, 1 tsp. zinc oxide.

BLUSH, BRONZER AND COLOR BOOSTER BASES

These formulas are generally more translucent than foundation bases.

Traditional Shimmer Base:

4 tsp. talc or talc substitute*; 2 tsp. bismuth oxychloride or sericite mica or a blend of the two; 1 tsp. Adhesion booster: kaolin clay.

Talc- Free Shimmer Base:

1 ½ tsp. bismuth oxychloride or sericite mica, ½ tsp. Kaolin clay.

Talc- and Bismuth Free Shimmer Base:

2 tsp. sericite mica, ½ tsp. Kaolin clay (optional)

Traditional Matte Bases:

4 tsp. Talc or talc substitute, 1 tsp. zinc oxide, 1 tsp. Kaolin clay, or
1 ½ tsp. Talc or talc substitute, 1 tsp. kaolin clay, or
2 tsp. Talc or talc substitute

EYESHADOW BASES

If a color additive is approved by the FDA (Food and Drug Administration) for use on the eyes, then it may be used "as is" as an eye shadow. Many color additives fit this bill. However, iron oxides and ultramarines tend to be too strong on color and usually need to be mixed with fillers. Similarly, colored micas can be expensive, and it is nice to "thin" them down with less expensive fillers.

Following are recipes for a filler mix which you might add to your iron oxides or colored micas. These mixes may also improve adhesion, bloom and slip. For a matte line, start with one of the bases below and add iron oxides or ultramarines. If you are looking for more shimmer, use the colored micas.

Traditional Formulary For Light Eye Shadows:

5 tsp. talc or talc substitute*, 1 tsp. shimmer additive as bismuth oxychloride or sericite mica, ¼ tsp. adhesion additive such as kaolin clay. To this you will add about 1-2 tsp. color additive.

Traditional Formulary For Deep Eye Shadows:

1 tsp. talc or talc substitute*, ½ tsp. zinc oxide, 1 tsp. bismuth oxychloride. To this you will add about 6 tsp. color additive.

Shimmer Base:

1 tsp. sericite mica or bismuth oxychloride

Matte Base:

1 tsp. talc or kaolin clay

FORMULARY CHEAT SHEET

Ingredient	Coverage	Absorbency	Adhesion	Bloom	Slip	Notes
Titanium Dioxide White	Highest	Good	High	Matte	Heavy; Sticky; Tends to clump	Whitener. 3x the covering power of zinc. Natural UV protection. Naturally soothing to the skin. Not used much in dark formulas.
Micronized Titanium Dioxide	Average	Good	High	Matte	Mid weight; Fine	Micronized T.D. is more costly, more translucent, and offers better UV protection and slip than regular. Highly water resistant.
Zinc Oxide	High	High	High	Matte	Mid weight; Creamy	Absorbs 1 - 1/2 x its weight in water. Natural UV protection. Anti-inflammatory and healing to acne.
Kaolin Clay	Average	High	High	Matte	Light weight; Creamy	Absorbs 1 - 1/2 x its weight in moisture. Use in small amounts (up to 5%) for adhesion or oil absorption. Avoid on dry skin.
Talc	Translucent	Good	High	Average	Light weight; Silky; Creamy	Less dehydrating than Kaolin or starches. Often avoided because of health concerns (see other side of page re. "talc substitutes")
Cornstarch, Arrowroot Powder	Very Translucent	Good	Poor	Average	Light weight; Silky	Can cause breakouts or allergic reactions. Higher risk of bacterial growth. Can be used as a talc substitute (see other side of page re. "talc substitutes")
Rice Starch	Translucent	Good	Fair	Matte	Light weight; Silky	Demulcent (soother) and emollient, and forms a soothing protective film when applied.
Boron Nitride	Average	Fair	High	Matte	Light weight; Silky	Added to formulas to improve slip and adhesion.
Magnesium Stearate	Average	Fair	High	Matte	Mid weight	Used in small amounts to increase adhesion (5% or less).
Bismuth Oxychloride	Translucent	Fair	Good	Shiny	Mid weight; Silky; Creamy	Can cause breakouts or allergic reactions. Some manufacturers pre-blend with titanium dioxide to give more coverage and better adhesion.
Sericite Mica	Translucent	Fair	Good	Shiny	Mid weight; Silky	Used as alternate to Bismuth. Somewhat less shiny

TALC SUBSTITUTES

Talc is a natural mineral (silicate of magnesium) with a soft, soapy feel which makes it popular for use in cosmetics. It offers excellent adhesion, slip, and bloom and it is relatively inexpensive. However, because talc is mined from the same areas where asbestos is found, it can be contaminated with asbestos. Asbestos is a known carcinogen.

Many people wish to avoid the use of talc. Here are the common talc substitutes:

- Cornstarch (vegetable)
- Arrowroot Powder (vegetable)
- Oat Starch (vegetable)
- Rice Powder (vegetable)
- Silk Powder (animal)

There are two disadvantages to using a talc substitute.

The first disadvantage is that these substitutes do not have as good adhesion as talc. For this reason, you may wish to blend your talc substitute with any of the following additives:

- Kaolin clay
- Bentonite clay
- Magnesium stearate

These additives should be about 2%, while the "talc substitute" is about 98%.

The other disadvantage involves potential for bacterial or fungal growth. The substitutes are plant/animal based materials which are "food" for the bacteria and fungi. Therefore, extra care should be given to working with talc substitutes to make sure they are kept dry and that they are used within a three month period.

Troubleshooting Application Tips

Chalky, Mask Like or Too Heavy

Cause: Over application, too light of a color, or use of an incorrect application tool.

Solution: Custom blend two colors together, use a darker color, or utilize a fluffier facial brush.

Drying Appearance

Cause: Surface of skin is dry.

Solution: Utilize a heavier moisturizer, blend your moisturizer and minerals together - creating a liquid foundation, and/or mist with mineral water.

Pores Appear Larger or Powder is Lying in the Fine Lines

Cause: Over application and/or the product has been applied with a brush.

Solution: Utilize a Setting Powder before and /or after foundation, smooth powder with damp sponge using a pressing rocking motion to set the mineral makeup and lift any excess powder. Also, try mixing the minerals with an oil free moisturizer and apply as a creamy foundation.

Shiny or Oily Appearance

Cause: Over application, moisturizer is too heavy, or tendency to oily skin type.

Solution: Use oil free moisturizer or apply Setting Powder under and/or over the mineral makeup.

Streaked, Blotchy, or Uneven Appearance

Cause: Over application, moisturizer is too greasy, moisturizer may contain alpha hydroxy acids (minerals will drag on the skin) or the moisturizer is not completely penetrated before mineral powder is applied.

Solution: Minimize amount of foundation powder used, blend with Setting Powder, experiment with different moisturizers, and if the powder is mixed in your moisturizer make sure that the beads of mineral powder are completely mixed in.

OVER ALL POWDER BASES

These bases may be used for over all powders such as setting powders, body powders or mineral veils.

Rice Face Powder:

1 tsp. Sericite mica, 1 tsp. Rice powder, 1 tsp. Cornstarch, $\frac{1}{2}$ tsp. Bismuth oxychloride $\frac{1}{2}$ tsp.
Micronized Titanium dioxide, $\frac{1}{2}$ tsp. Zinc oxide.

Matte Primer Powder (a translucent, matte oil control powder for problem areas).

1 tsp. Kaolin clay, 1 tsp. Calcium Carbonate, $\frac{1}{2}$ tsp. Sericite mica. Apply to problem areas with a sponge, or wetted brush.

Body Powder.

74% talc or talc substitute, 15% kaolin clay, 6% color.

Shimmery Mineral Veil:

90% Sericite Mica, 10% color

Matte Mineral Veil:

90% Cornstarch, 10% color

Earth Tone Veil: 33% Talc or talc substitute, 33% Bismuth oxychloride and 33% color additive.