



MINERAL MAKE UP KIT INSTRUCTIONS

Welcome to the world of handcrafted color cosmetics. This kit will introduce you to the basics of how to make your own foundation (and matching concealer, setting powder and tinted moisturizer), blush, bronzer, color booster and eye shadow. Included in this kit are most of the raw materials that you need to make mineral cosmetics based on our recipes and or recipes which you invent.

In addition to the raw materials in this kit, you will need some equipment. Here is what you need for the pre-designed recipes provided in this kit:

- 1) Metal measuring spoons and mini-scoops (the mini-scoops come with the kit)
- 2) A flat pallet knife or similar utensil
- 3) Something to mix in, such a small coffee bean grinder (about \$10 - \$20 in your local variety store)
- 4) A dust mask (a few bucks at your local paint or hardware store)
- 5) Latex or vinyl gloves (about \$7 for a box of 100 at your local paint or hardware store)
- 6) A clean surface to work on (marble, granite or glass which you don't mind getting stained, or any flat surface covered with clean Kraft paper)
- 7) Rubbing alcohol (easiest if used in a spritzer)
- 8) A couple of sheets of clean white paper (regular bond is fine)
- 9) Some zip lock bags for storage (or small, clean containers)



Once you advance and start formulating your own recipes, you will need some additional equipment, including:

- 1) A small paintbrush or makeup brush
- 2) A glass of water for cleaning the brush
- 3) A white paper plate to blend on (or a piece of white paper)
- 4) A color cosmetic which you want to match

When you are ready to get started, we suggest you sit in an area with good natural light and expect to spend about an hour or two in experimentation.

This is not a kit for pre-teens, but tidy teenagers will manage just fine.

What Is Mineral Makeup?

Mineral makeup is makeup crafted (for the most part) from powdered minerals. Its historical roots are ancient, as women (and men) have been putting “colored earth” on their skin since the beginning of time.



In modern day, the concept of using mineral makeup has been popularized by such companies as Bare Escentuals, Jane Iredale, Youngblood and Leeza Gibbons. These companies promote the numerous advantages of mineral makeup over its alternatives:

- 1) It is a natural and effective sun block if the formula includes Titanium dioxide and Zinc oxide. In light applications, the SPF is around 10, in heavier applications, the resulting SPF is around 20
- 2) Coverage is lightweight and complete, which is great for skin with color problems such as rosacea or hyper pigmentation
- 3) Many of the ingredients have special properties. For example, zinc oxide is a proven anti-inflammatory, which makes it great for skin fresh from beauty treatments such as chemical peels
- 4) Mineral Makeup is typically very water-resistant and long lasting. You can even swim in it! It is a great choice for people who are active or who live in hot, humid environments
- 5) Because it is non-comedogenic and oil free, you can even sleep in it!
- 6) In many cases, it is not necessary to add any chemical preservatives (the raw materials are inert minerals and cannot support bacteria, mold or fungi)
- 7) Mineral makeup is fast and easy to apply, and very forgiving

What they don't mention, but you'll soon find out, is that it is also very easy and inexpensive to make at home! With this kit, you will be able to make:

- 1) **Foundation.** Applied all over to create an even skin tone, smooth texture and a flawless finish. It may also offers UVA and UVB protection.
- 2) **Concealer.** Used to cover blemishes, dark circles and the like.
- 3) **Finish Powder.** Also known as Setting Powder, Face Powder or Mineral Veil, it gives an over all translucent glow to the face and is applied last.
- 4) **Blush.** To color the cheeks
- 5) **Color Booster,** to give extra color where the sun hits the face either as a bronze or rosy hue
- 6) **Eye Shadow,** to give extra attention to your eyes.

Not included in this kit, but certainly within the realm of possibility, is making your own lip coloring products, eye liners and mascaras! Making your own cosmetics is really fun, really inexpensive, and really easy. Really! Let's get started!

Before You Start: **Organizing Your Work Space**

Before you start making the recipes in this kit, I'd like to encourage you to make a serious commitment to cleanliness and hygiene. Be sure to spray down your work surface and all of your equipment with rubbing alcohol. Also wipe down and spray your empty cosmetic containers with alcohol as well. Promise that you will protect your health by wearing a mask and gloves. Please also plan on spending an hour of uninterrupted time and keep children and pets away from your work area. While not terribly hazardous, the materials – especially the color additives – can wreck havoc if spilled.

PROJECT #1: **Jump Right In and Make A Foundation**

Later in these instructions, we teach you how to design your own foundation to an exact color match. But if you are impatient and/or eager to see how this all works, we suggest you jump right in and make one of the prepared recipes. Please look for the recipes included in this kit titled:

"RECIPES FOR PROJECT #1"

Pick the recipe you would like to work with and then follow the instructions below.

Step One. Gather your equipment and prepare your work area.

- a) Your equipment will include all the raw materials required by your recipe, the two scoops that come with the kit (large and small scoop), a flat pallet knife or similar utensil, measuring spoons, a coffee bean grinder, two sheets of paper (folded in half), a zip lock bag, a container to store your finished product in, a dust mask and protective gloves.
- b) To prep your work area, simply cover the work surface with paper or spray down with alcohol, spray down all your tools and container for storing the finished product with alcohol.



Step Two. Prepare your Color Concentrate

- a) Using the recipe as a guide, measure your color ingredients directly into the coffee bean grinder. When measuring in your colors, be careful to not overfill the small and large scoops. You want to try to keep the proportions of colors consistent batch to batch.
- b) Place the lid on the grinder and run it for 3-4 short bursts (10 seconds each).
- c) With the lid still in place, turn the coffee bean grinder upside down and slap on its bottom with your hand. This will send the entire color blend down into the lid of the container.
- d) Open the lid and pour the contents onto a sheet of paper, folded in half. Use this paper to pour the color concentrate into your zip lock bag. I suggest you label the bag (something like "Tan Color Concentrate"). You will be able to use this concentrate to make your foundation, as well as other products such as concealer, a finishing powder and a tinted lotion.

Step Three. Blend your Foundation Ingredients

- a) Measure and place your "base" ingredients into the coffee bean grinder (it is not necessary to clean the coffee bean grinder out between steps two and three).

- b. Measure out the recommended amount of color concentrate and put approximately half into the coffee bean grinder (it is easy to add more color so we are suggesting you add only a portion to start, once it is mixed you can see if it is dark enough. If not, you can add more).
- c. Place the lid on the grinder and run it for several short bursts (10 seconds or so), regularly tapping and shaking to make sure that all the ingredients are being mixed in. In total, run for about 1 minute.
- d. Allow to sit for a minute before removing lid, so as to keep the product from dusting into the air. Open and look at the color.

Step Four. Adjust Color as Necessary.

- a. If the color is too light, add a little extra color concentrate and blend again. Repeat this step until you are satisfied.

Step Five. Fill your Container.

- a. With the lid still in place, turn the coffee bean grinder upside down and slap on its bottom with your hand. This will send the entire product down into the lid of the container.
- b. Open the lid and pour the contents onto a sheet of paper, folded in half. Use this paper to pour the product into your prepared container. We suggest you label the container with a "best by" date. The recommended "best by" date is three months from date of manufacture.

Before you clean up, tackle the next three projects to make a matching finishing powder, concealer and a tinted lotion using the same color concentrate!

PROJECT #1a:

Make a Finishing Powder

A finishing powder is the powder which goes on last as you apply your makeup. It is also called a "setting powder", a "mineral veil" or a "face powder". The purpose of the finishing powder is to create a soft, diffused look. It is intended to be transparent and offer just a hint of color. We suggest you make your finishing powder right after you make your foundation. This is because the base ingredients in the finishing powder will collect up the left-over color in your coffee bean grinder, making cleanup a breeze.

For the following recipe, prep your work area and use the blending techniques described in Project #1. Then:

Recipe for Finishing Powder

- a. Blend together the following ingredients directly into your mixer: 1 Tablespoon cornstarch, 1/4 teaspoon kaolin clay (optional), 1 scoop color concentrate of your choice.
- b. Place the lid on the grinder and run it for several short bursts (10 seconds or so), regularly tapping and shaking to make sure that all the ingredients are being mixed in. In total, run for about 30 seconds.
- c. If the color is too light, add a little extra color concentrate and blend again. Repeat until you are satisfied.
- d. Remove from coffee bean grinder as before, pour product into your prepared container. Label the container with a "best by" date. The recommended "best by" date is three months from date of manufacture.

Note: Finishing Powder is largely cornstarch. Cornstarch is excellent for giving an overall glow and oil-free look to a finished face. However, cornstarch is a vegetable starch, not an inert mineral like many of the other ingredients used in mineral makeup. As such, it has a definite "shelf life" regardless of how carefully you keep the product. Also note that some people find that vegetable starches cause them to break out.

PROJECT #1b: **Make a Concealer**

A concealer is simply your foundation with the following added qualities: 1) It is lighter by a couple of shades; 2) It has more "coverage" and is therefore less translucent; 3) It is more matte and less shimmer.

For the following recipes, prep your work area and use the techniques described in Project #1.

Measure directly into the coffee bean grinder $\frac{1}{4}$ teaspoon titanium dioxide and $\frac{1}{2}$ teaspoon of your finished foundation. Blend well and check the color. The color should be a couple shades lighter than your foundation. Continue to add foundation until you get to the shade you desire.

To apply the concealer dry: First, apply your foundation, then use a small brush to apply directly on problem areas. Use a larger "kabuki" or similar brush to blend.



To apply the concealer wet: Put a small amount of concealer in the palm of your hand or in a container and add a small amount of water. Apply with a brush or sponge. By applying wet, you can target problem areas. Allow to dry and then apply powdered foundation over the concealer.

As you become more confident in making your own cosmetics, you can experiment with making color correctors, as follows:

To $\frac{1}{2}$ teaspoon titanium dioxide, add approximately $\frac{1}{4}$ teaspoon of the following color (you may increase or decrease the amount of color to suit your purposes):

Yellow Oxide. Brightens dull complexions or pale skin; or counteracts redness.

Chromium Oxide Green. Counters redness from rosacea, acne, or irritated skin.

Ultramarine Violet. Counters yellow or sallow skin tones; minimizes yellowish bruises.

Ultramarine Blue. Counters orange tones which may result from sunless tanning products.

Tip: Consider adding these colors directly to your concealer, rather than to titanium dioxide. In this way, you can make a special "color correcting concealer".

PROJECT #1c: **Natural Eye Shadow**

A very natural eye shadow can be made by making it just a few shades darker than your foundation color. It can be either matte or shimmer. For extra interest, make two different shades of "natural eye shadow", one that is two shades darker than your foundation, and one that is four shades darker.

Shimmer Eye Shadow: Measure directly into the coffee bean grinder ½ teaspoon bismuth oxychloride or sericite mica, add one scoop of color concentrate of your choice. Blend well and check for color. Add more color concentrate as required.

Matte Eye Shadow: Measure directly into the coffee bean grinder ½ teaspoon kaolin clay or zinc oxide, add one scoop of color concentrate of your choice. Blend well and check for color. Add more color concentrate as required.

Tip: If you want to use your eye shadow color as an eye liner, tap a bit of the color off onto a clean surface, wet your brush and mix together. By applying wet you are able to draw a clean, straight line. You may also apply with a sponge. Do not pre-mix your colors with water and leave them for later, as this will allow bacteria to grow in the standing water.

PROJECT #1d:

Make a Tinted Lotion

A tinted lotion is simply your foundation powder mixed into your favorite lotion. What you need: a small zip lock bag, a pair of scissors, your favorite face lotion, some of your pre-made foundation, a clean container to put your tinted lotion into.

Step One. Mix everything together.

Step One. Mix everything together.

- a) Squirt approximately 1 tablespoon of lotion into the zip lock bag, measure in approximately 1 teaspoon of your foundation. Zip the bag closed and work the two ingredients together with your fingers for about a minute.

Step Two. Put into container

- a) When sufficiently mixed, snip off one of the bottom corners of the bag and squeeze the contents into your clean container, just like you are squeezing pastry out of a pastry tube.

Tip: Instead of lotion, add your foundation to a blend of Aloe Vera Leaf Juice, Lavender or Rose Water and Vegetable glycerin.

Tip: Make your own UV protecting “self tanning” lotion by blending your foundation into a sunscreen lotion.

ADVANCED FOUNDATION MAKING:

Step One, Formulating the Base

So far, you have simply followed a recipe. But if you want more control over making your cosmetics, you need to learn how to come up with your own blends.

Makeup is essentially a two-part product. First, there is a “base”, and to that base is added “color”. Therefore the first step is to formulate your “base”. Please pull out and study the sheet of paper titled: **"FORMULARY CHEAT SHEET"**

The Formulary Cheat Sheet lists some of the common raw materials used to make the "base"

and it describes what these ingredients offer to your recipe. As you will see on the Formulary Cheat Sheet, the ingredients are defined by these characteristics: coverage, absorbency, adhesion, bloom and slip.

- 1) Coverage. This refers to how much the product covers the underlying skin. If you suffer from rosacea or hyper pigmentation, you will want more coverage and less translucency in your foundation. You will also want a lot of coverage if you are making a concealer. On the other hand, if you are making a blush, or if you want a very natural look, you will want more translucency in your product.
- 2) Absorbency. If you have oily skin, you will want your raw materials to absorb that oil. For dry skin, or for products around the eyes, you will probably want to avoid absorbent raw ingredients.
- 3) Adhesion. Your makeup needs to adhere to your skin so that it is long-lasting and does not need to be constantly reapplied. (In some cases, you may increase adhesion by adding some jojoba oil to the final product).
- 4) Bloom. Bloom refers to whether the product is completely matte, super shiny or somewhere in between. Older women tend to prefer more matte finishes, while younger women tend to like more sheen.
- 5) Slip. Slip refers to how the product feels as it goes on the skin. It should feel lightweight, and silky with minimal drag on the skin.

As you study the Formulary Cheat Sheet, we encourage you to also open the various bags of ingredients that came with your kit (excluding the colors) and rub the ingredients between your fingers or on the back of your hand. You will be able to see exactly what is meant by coverage, adhesion, bloom and slip by making this physical comparison.

Also, consider the following ingredients lists provided by well-known manufacturers. Remember, the first ingredient on the list is the one that there is the most of (by weight).

Bare Escentuals i.d. bareMinerals All-Over Face Color - Bismuth Oxychloride, Mica, Titanium Dioxide, may contain Kaolin Clay.

Jane Iredale's Amazing Base - Bismuth Oxychloride, Mica, Titanium Dioxide, Zinc Oxide.

Leeza Gibbon's Sheer Cover Mineral Foundation - Titanium Dioxide, Bismuth Oxychloride, Mica.

As well, refer to the sheet of paper in this kit titled “**RECIPES FOR PROJECT #1**” and to the recipes in the handout titled “**BASIC BASE FORMULAS**”.

Finally, using the knowledge that you now have, take the plunge and either invent your own recipe, or take one our recipes and adjust it to suit your purposes (for example, if a recipe is too shiny, reduce the amount of the raw ingredient which makes it shiny and add ingredients which make the base matte, and so forth). For the most part, raw ingredients may be substituted for each other in this way.

Before moving on to the next section of this kit (coming up with your own color blends), please pre-make approximately 3-4 tablespoons of the base recipe that you have decided to work with by following these steps:

- a) Measure your "base" ingredients directly into the coffee bean grinder.
- b) Place the lid on the grinder and run it for several short bursts (10 seconds or so), regularly

skins, this will include Yellow Oxide, Red Oxide, Brown Oxide, Copper, Bronze, Gold Fine, Chromium Oxide Green, and Ultramarine Blue. If you aren't sure, just pull them all out!

Around the outside edge of the plate (or the top of the paper), place a large scoop of each color. Wet these colors down with a little bit of water. Be sure to keep the brush clean between colors.

You are now ready to start making a color match. Place 4 teaspoons of your Basic Foundation Base into the mixer. Step back and take a look at the foundation that you are trying to match. Which color along the top row looks like the closest in shade or tone? Put one large scoop of this color into the mixer and mix. Make sure you jot down what you have done so that you have a record of your recipe.

Open the mixer up and look at what you have so far. Take a large scoop of this color and place it just above the foundation sample in the center of the paper at the 12 o'clock position. Add a dab of water to this and compare. Is it too yellow? Too red? Too light? Look again at the colors across the top of the page and consider what to add next.

Repeat this process slowly. Each time you have added a new color, take a scoop and test it next to the foundation you are trying to match. Your second test sample will be at the 1:00 position, your third sample at the 2:00 position and so forth.

As you get closer and closer to being a spot-on match, you may wish to use smaller quantities than the large scoop. In that case, switch to using the small scoop.

As soon as you are very close, you are ready to actually test it on your skin. Dip your finger or a small dry brush into the powdered foundation and apply it on your face along the jaw line. The color should essentially disappear.

Tip #1: We have found that most recipes will require a larger proportion of yellow oxide. So, we suggest you start with that color or with Oriental Beige or Gold Fine.

Tip #2: There are basically two "types" of colors in front of you: Pure Hues which include the iron oxides and the ultramarines, and Colored Micacals such as the Oriental Beige, Gold Fine, Bronze, etc. The Pure Hues are much more intense and a little will go a long way so add them in small increments. The Colored Micacals all have shimmer in them, so if you want a totally matte foundation, you need to avoid using them.

Tip #3: As you will see from our "Recipes for Project #1", you can actually make most foundation colors using just a handful of Pure Hues (Yellow Oxide, Red Oxide, etc.). But it is easier to work with the Colored Micacals, and so we are including them in this kit.

Tip #4: You may wonder why we have you work with water and wet all the colors down. The reason for this is that the more you blend and mix, the darker the shade will be because the color is being better mixed into the base and covers the base better. As you color match, you tend to not mix for very long periods of time – usually just short bursts. If you wet down the samples of your work in progress you "activate" or enliven the color, making it easier to see what you are going to get as a final result. If you prefer to not wet the product down, you can work dry, just make sure that you blend at least 30 seconds between each addition of more color.

Tip #5: Generally, you will start with colors that are close to the shade you want, such as the yellow, reds, browns and beiges. As you get closer to being a “perfect match”, you are likely to want to adjust your color. Our experience is that usually you want the color to be a little duller, and less bright. To accomplish this, you add the “complementary color” as listed below:

- a) If your color is too pink or is too bright and with a pink shade, add Chromium Oxide Green.
- b) If your color is too orange, or too bright and with an orange shade, add Ultramarine Blue.

Project #2: **Blush, Bronzers and Color Boosters**

Making a blush is just like making a foundation. The main difference is that you will tend to use more transparent or translucent raw materials for the base, and the colors will be different. Refer to the handout titled “BASIC BASE FORMULAS” that comes with this kit. The handout starts with some foundation bases, but then also offers some bases for blush, bronzers and color boosters. Pick a recipe that looks interesting to you. Generally, if you are younger you will want more shimmer. If you are older, you will look better in a matte base.

Using your measuring spoons, measure the raw materials into your coffee grinder. Mix well. Dip your index finger into the base and rub it with your thumb. You will see that you have created a lightweight, fairly translucent powder. Remove it from the mixing container and place it in one of the zip lock baggies provided in your kit. If you like, label the bag with a pen so that you remember what it is. This base can be used for a variety of products, including blush, bronzer, and an overall color booster.

Take 3 teaspoons of your base and put it back into the mixing container.

Add color to get the product you want. Here are some suggestions:

Slight Shimmer Blush or Color Booster: to 3 teaspoons of base add 2 large scoops of red oxide and 1 large scoop of gold fine mica.

Very Matte Blush or Color Booster: to 3 teaspoons of a matte base, add 2 large scoops of red oxide and 1 large scoop of yellow oxide

Dark Bronzer: to 3 teaspoons of base 1 large scoop each of brown oxide, bronze mica and antique copper mica

Light Bronzer: to 3 teaspoons of base add 1 large scoops of bronze mica

Tip: The FD&C colors (e.g. Red #40, Red #7) are often used in blushes because these dyes are more vibrant than iron oxides. However, some people with sensitive skin prefer to avoid the FD&C dyes because they are less natural than iron oxides and have been known to cause breakouts. For colors, you may wish to stick to the iron oxides. We have included one sample of an FD&C color in this kit for your use in blush making.

Get all the supplies you need to make your Mineral Cosmetics at

www.tkbtrading.com

My Mineral Makeup Formulas

Recipe for:		
QTY	Measure	Ingredient

Recipe for:		
QTY	Measure	Ingredient

Recipe for:		
QTY	Measure	Ingredient

Recipe for:		
QTY	Measure	Ingredient

My Mineral Makeup Formulas

Recipe for:		
QTY	Measure	Ingredient

Recipe for:		
QTY	Measure	Ingredient

Recipe for:		
QTY	Measure	Ingredient

Recipe for:		
QTY	Measure	Ingredient