



Colloidal Oatmeal

Please read the disclaimer on the last page of this document before using this product.

How does it work?

When skin is itchy and irritated, its pH level may be higher. Colloidal Oatmeal helps bring the pH back down to normal levels, calming 'the need to scratch.' Thus it helps to smoothen and soften dry, itchy, skin and is found in sensitive skin-care products, lotions and creams, bath powders and hair-care products.

Applications:

It is normally added to your bath water, so as you relax in a warm tub for 10 to 15 minutes, this all-natural product will help to moisturize, soften and protect your skin. It is also used by manufacturers of creams and lotions and anybody else who wants relief from eczema, psoriasis, chicken pox, acne, bug bites, sun burn and other minor skin irritations.

About its constituents:

Its two active ingredients are Beta Glucan, which acts as a natural, deeply penetrating moisturizer, and Avenanthramides, a natural antihistamine that reduces skin irritations and itching.

Recipe: Anti-Itch Cream

Imperial	Ingredients	Metric
	Oil Phase	
4 t.	Emulsifying Wax	20 ml
4 T.	Oat Oil	60 ml
	Water Phase	
3/4 c.	Distilled Water	187.5 ml
¼ t.	Grapefruit Seed Extract	1.5 ml
28 drops	*Bergamot or **Chamomile Essential Oil (<i>Optional...see below</i>)	28 drops
2 t.	Colloidal Oatmeal	10 ml



Both the oil phase and the water phases are very gently heated in separate pots to between 60 - 70 °C, and swirled while they heat.

- Begin by sterilizing your equipment with some alcohol.
- Add the e-box to the oil. As soon as the emulsifying wax is melted, take it off the heat.
- As soon as tiny bubbles appear at the bottom of the pot and steam begins to rise from the surface, take the water off the heat.
- Cool both just until you can hold your hands to the side of the pots without pulling them away.
- Begin to emulsify the cream by pouring it back and forth between two pitchers, or drizzling the oil phase into the water phase while using sterilized stick blender.
- Blend in the Colloidal Oatmeal and GSE (and Essential Oil, if using).
- Pour into sterile jars, cover tightly, and let sit undisturbed for four hours.
- Label with the ingredients of the cream, from the greatest amount to the smallest.
- Store in the fridge until opening, then use within the next couple of weeks.

Lab Notes: Q&A

'Oats have been used over centuries as a cure for eczema and other skin diseases, and therefore are beneficial to the majority of people. However Oat Cosmetics are careful to check that our ingredients do not show any allergenicity.

The US Pharmacopeial Convention requires Colloidal Oatmeal to contain a minimum of 12.6% protein. Oat Cosmetics Oatmeal contains approximately 13.89% protein.

There are no gluten compounds similar to those found in wheat, rye, barley or triticale, however oats do contain between 4 and 14% avenins. These do not appear to generate any adverse reaction on the skin. This is supported in the following study:

To confirm the safe use of colloidal oatmeal a study was conducted to determine the incidence of allergy to the product. (43) Sixty-five children (6 months to 2 years), atopic or non-atopic, with and without previous exposure to colloidal grain suspensions were tested openly for 15 minutes and under patch for 24 hours and 48 hours. The results showed neither immediate urticarial nor allergic reactions in any of the subjects tested. This latest study, together with the long history of use in all age groups and in various dermatoses, corroborates the safety of colloidal oatmeal for topical treatments.'



NEW DIRECTIONS
A R O M A T I C S

Disclaimer:

All New Directions Aromatics (NDA) products are for external use only. Please read and understand the appropriate technical information, material safety data sheets, and disclaimers before using any NDA product.

The statements and products shown on this website are strictly for information purposes only. The information in this document is obtained from current and reliable sources but makes no representation as to its comprehensiveness or accuracy. Nothing contained herein should be considered as a recommendation by New Directions Aromatics Inc. as to the fitness for any use.

New Directions Aromatics Inc. shall not be responsible for any damages resulting from use of or reliance upon this information. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or who has a serious medical condition. The user of the product is solely responsible for compliance with all laws and regulations applying to the use of the products, including the intellectual property rights of third parties.