

simply earth<sup>®</sup>

# Mica Powder

## Cheat Sheet

*Everything You Need To Know About Mica Powder*



# Table of Contents

**What Is Mica Powder?**

**Benefits of Mica Powder**

**How to Use Mica Powder**

**Tips for Using Mica Powder**

**Recipe Example**

**Mica Powder Quick Facts**

## What is Mica Powder?

At Simply Earth, we use mica powder to add color to our DIY creations. We can use mica powder to create colorful bath bombs, soap, sugar scrubs, and even our own makeup.

Mica is a naturally occurring stone mineral that is off-white in color and shimmers. Mica can also be made in a lab. Lab made mica powder is called “fluorophlogopite”.

Oxides, natural pigments, or synthetic dyes are added to the powder to create vibrant colors.

Simply Earth mica powder is all natural and contains no dyes. Each component of Simply Earth mica powders can be found in nature.

# Benefits of Simply Earth Mica Powder

## Natural and Safe

Mica powder is natural, non-irritating, skin safe, and non-toxic. Simply Earth's mica powder is ethically sourced. It contains no dyes only natural pigments and oxides.



## Mixes Well With Oil

When I first started exploring natural colorants, I stayed away from mica powders because many use synthetic dyes or may not be ethically sourced.

This led me to try natural colorants like beet root powder. I've used this with some success in lip gloss recipes and other makeup recipes. However, over time the beet root powder sinks out of the product. This is because beet root powder doesn't want to hang out with oil; it wants to hang out with water.

Mica powders mix well with oil. They won't sink out over time. Since I mostly make products out of essential oils and carrier oils, mica powder is the easiest way to add natural color. It helps me make more consistent, evenly colored products that keep their color.

## Yay Color!

Before using mica powder, nearly all of my DIY recipes were off-white in color. There's nothing wrong with that, but color (like smell) can impact how you feel about a product. Using bright pink lip balm is just more fun than regular, off-white lip balm.

I also love using mica powder to make amazing soaps and bath bombs. Yes, an off-white soap is super functional, but soap that looks like the ocean is where I want to be. Using mica powder allows me to get super creative with design once I've nailed down the function of my product.

## Approved Color Additive

As a lover of natural products, it's fun to use natural foods, like beets, as dyes. However, many natural food and plant dyes, like beet root powder, are not approved by the FDA to be used as a colorant in cosmetic products. Micas are approved by the FDA to be used in cosmetic products as a colorant.

## Natural Shimmer

Mica powder adds a natural shimmer to DIY projects. Who doesn't want to glow?

# How To Use Mica Powder

Mica powder can be added to oil in any DIY recipe. Lip balm, sugar scrubs, lotions, bath bombs, soap, and makeup are all common DIY recipes that use mica powder to create fun designs.

The more mica powder you add, the more vibrant your product will be. Here are some tips for using mica powder in different recipes.

## Bath Bombs

Mica powders are a fun way to add design to your soap. You can add mica powder at any time while mixing ingredients together. If possible, I like to add mica powder to my baking soda first. Baking soda is absorbent, and I find that it helps make the mica powder color blend evenly and more vibrantly. The more mica powder you add, the brighter your bath bombs will be.

Remember that mica powders are oil solubol. When you add mica powders to bath recipes, they won't evenly disperse throughout the water. Mica, along with the oil in your bath bomb, will float on top. The mica powder will then stick to any soap scum it finds on the edge of the tub.

To prevent rings of mica powder from forming around the tub, rinse down your bathtub before and after using bath bombs. You can also add Simply Earth's emulsifying wax to the recipe. This will help the mica powder mix with the water and go down the drain more smoothly. Simply Earth's emulsifying wax is also my secret ingredient for making a bath bomb bubble using only natural ingredients.



## Body Butters, Sugar Scrubs, Lotions

Mica powders easily mix into oils to create beautiful colors. For recipes like body butters, sugar scrubs, and lotions, stir the mica powder into a liquid oil (like almond oil or melted coconut oil) and then add it to your recipe. Add more mica powder and stir if needed for a more vibrant color



## Lip Balms, Lipsticks, and Makeup

Mica powder is a great way to make your own, custom makeup. It's natural and you can create the exact shades you want.



One important thing to note here is that some mica powders are not approved by the FDA to be used around the mouth. This includes mica powders that contain chromium hydroxide green, chromium oxide greens, and ultramarines. Mica powders containing these natural components should not be used in lip balms, lip sticks, or other lip recipes.

Simply Earth's Lime Green, Forest Green, and Ocean Blue should not be used in lip products. We list whether or not our mica powders are lip safe on our mica powder labels. Each of our Simply Earth mica powders are approved by the FDA to be used elsewhere on the face and are commonly used by natural makeup brands.



## Melt & Pour Soap

If you're making a product where you don't directly add a carrier oil, like melt and pour soap, you might find that the mica powder clumps together and is hard to mix evenly. For melt and pour soaps, it can be helpful to use a dispersal agent.

99% isopropyl alcohol is an easy-to-use dispersal agent. I just add a small amount of mica powder to a bowl and add in a small amount of 99% isopropyl alcohol, until I'm able to evenly blend the mica powder (~1 tsp 99% rubbing alcohol, ¼ tsp mica powder).

At first, you may worry that the isopropyl alcohol will ruin the smell of your DIY creation. The isopropyl alcohol will quickly evaporate and will not remain in the soap, after an hour or so, you won't be able to smell the alcohol.

## Kids Recipes

You can also use mica powders to color kid's sensory recipes, like DIY Play Dough, DIY moon sand, and DIY Cloud Dough. My girls love adding Fuchsia to anything we make :). But, you can also make your sensory bin water-themed and use Ocean Blue mica powder, or Mocha Mica Powder to create a dirt-theme.



## Measuring Mica Powder

Depending on your recipe, a very small amount of mica powder can pack a colorful punch. Such a small amount of mica can be difficult to measure. There are three ways you can measure your mica powder.

The first way is to eyeball it. This is the most common method I see of using mica powder. Just sprinkle a little mica powder into your recipe, if you want a darker color add more mica powder. Eyeballing it works well, but to get consistent color with each batch of a recipe you make, you'll want a way to precisely measure it.

You can measure mica powder using a cosmetic scale or by using mini measuring spoons. Mini measuring spoons measure as small as 1/64 tsp. These measurements have the common names of tad, dash, nip, smidgen, and drop.

Mica powder is very fine; it can easily go airborne. When you're measuring mica powder into a recipe, it's recommended to wear a dust mask so that you don't inhale the fine particles.

INGREDIENT

# Quick Facts

## Mica Powder

INCI: Mica, Titanium Oxide, + oxides or pigment depending on color

### Benefits:

Mixes well with oils, adds color to any DIY recipe using essential oils or other body care oils.

### Recipes:

body butters, sugar scrubs, lip balms, lotions, DIY makeup, bath bombs, melt and pour soap, cold process soap, kids recipes

### How to Use:

Add mica powder to carrier oil in recipe and stir. Add more mica powder for a more vibrant color. For melt and pour soap, first disperse the color in 99% isopropyl alcohol.

### Recommended Use:

Start with a  $\frac{1}{8}$  tsp and add more as needed.

### Appearance:

shimmery powder

### Odor:

none

### Shelf Life & Storage:

Store in a cool, dark, and dry space.  
Expected shelf life is 2 years.

### Safety:

Mica is a fine powder. Avoid inhalation. Some mica colors are not approved for use around the lips or eyes. Safety info is available on our website and labels.



## Essential Oils Made Simple

The secret to mastering essential oils is knowing what information to trust.

**You shouldn't have to waste your time searching the internet for what to do with essential oils and still feel confused.**

Using essential oils should be fun and exciting. You should know that you are using them safely for yourself, your friends, and family.

**That's why I created the Simply Earth Essential Oil Recipe Box.**



## Master Essential Oils in 3 Easy Steps!

The Essential Oil Recipe Box will give you all the ingredients you need, and we'll teach you step by step how to make your own products!



### STEP 1

**Get the Only Box With 4 Oils and 6 Recipes**



### STEP 2

**Learn How to Use Your Essential Oils**



### STEP 3

**Ditch the Toxins and Use the Products You Made**



**Over \$139+ value for only \$44.99!**

★★★★★ (5.0)

**BONUS: You get 16 FREE items when you **subscribe today!****