

Craft Idea for Mother's Day

Foot Cream - a Mother's Day Massage Treat

Suitable for use on feet, hands, shoulders or even the face.

Formula:

(order from your local chemist)

- ♦ Liquid paraffin 20%
- ♦ Cetomacrogol emulsifying wax 15%
- ♦ Distilled water to 100%
- ♦ Add small amount of Lavender Oil to liquid paraffin for perfume

Notes:

- ♦ For 500 grams of cream, quantities would be:
 - 100 ml liquid paraffin
 - 75 gr wax
 - 5ml lavender oil
 - 320 ml water
- ♦ Cetomacrogol emulsifying wax costs around \$7 for 500 gr
- ♦ If Cetomacrogol emulsifying wax is unavailable you can substitute wax with glycerine (1Kg costs \$4.95 approx)

Other materials:

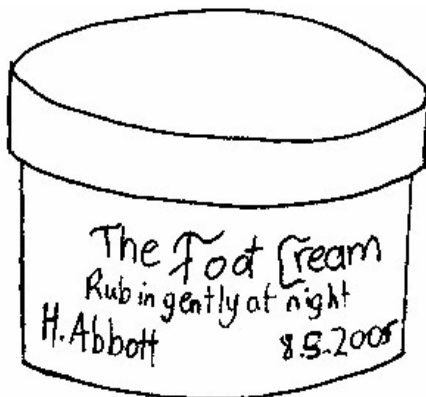
- ♦ 30gr pots (order in advance from your local Chemist) or use empty film canisters or baby food jars
- ♦ labels to fit pots or canisters
- ♦ spatula or teaspoons
- ♦ stainless steel or enamel cooking pot
- ♦ stainless steel or wooden spoon to stir
- ♦ source of heat (eg. stove)
- ♦ safety glasses

Optional Alternative:

Use a big pot of stock cream from the Chemist and simply add perfume:

- **Sorboline Cream** provides a cheap and mess-free alternative
- Add lavender oil for perfume, mix and put into pots.

You can also have a spare pot of this on hand in case you don't make enough of the 'real thing' on the day!



Procedure

- ♦ Slowly heat liquid paraffin, lavender oil and wax to approx 70° or 80° C. **Do not overheat.** If starting with a cold element, it may take up to 10 minutes of gentle heating to melt the wax. Once the wax has melted, add the water straight away.
- ♦ Heat water to approx 80° C – do not boil.
- ♦ Add water to oil and stir consistently until creamy & thick.
- ♦ Remove from heat and keep stirring till lukewarm.
- ♦ Use spatula or teaspoons to place in jars or canisters.

Labels:

- ♦ Students can prepare labels on the computer.
- ♦ Design label to fit container being used.
- ♦ Label should read:

THE FOOT CREAM

Rub in gently at night

Name of person it is being
given to

Date:

Maker's Initials

Safety:

While the oil and water aren't boiling, they can still give a nasty scald or burn while hot.

- ♦ Use eye goggles near hot oil.
- ♦ Work out your procedures carefully and instruct the children in safety rules:
 - Who is to do the mixing, stirring, adding ingredients etc
 - How will the children be able to observe the process
 - No pushing or shoving near stove or hot ingredients

Teaching points:

There are parallels to be drawn between the science and life:

- ♦ Oil and water don't mix – demonstrate before you start

Life parallels:

- ♦ There are sometimes situations where things or people are incompatible (people who don't get on, people who want opposing outcomes...)
- ♦ An emulsifying agent brings oil and water together (wax plus heat)
 - Jesus is the emulsifying agent in our lives when things don't seem to 'mix' – He helps us break down barriers, to find a compromise, to seek a loving solution, achieve good outcomes in impossible situations.
 - The 'heat' might represent our willingness to allow Jesus into our decision-making, or love, which enables Jesus to work in our lives.

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