

Philippi's Historical Cosmetology Handout

Research and sharing of my studies into Roman and surrounding cultural beauty practices; from a perspective of recipe and chemistry applied to modern day cosmetic application for SCA usage.

Roman Cold Cream

Research on this recipe was provided by Morgan the Unknown

Ingredients:

4 Tblsp. beeswax, grated

1/2 cup olive oil

1/2 cup olive oil, infused with red clover

1/2 cup distilled water, infused with orange peels overnight

Method:

Melt the beeswax and oil together in a double boiler (we used a metal bowl over a large pot of water). Heat the strained distilled water and add to the oil mixture. Stir constantly over a moderate to low heat until mixture begins to "cream". Remove from heat and continue to stir until mixture has completely emulsified (integrated) the water, and continue stirring until cool. You can, if the orange aroma is not as pronounced as you would like, add a drop or two of orange essential oil. Or you can omit the orange peels and clover, and add other essential oils as per your own desires.

To infuse the olive oil with red clover, take some dried clover plants and pour some heated olive oil over them. Cover and allow to sit for several days.

Bibliography by Morgan the Unknown found on Stefan's Florilegium:

McLaughlin, Terence "The Guilded Lily" London, Cassell, 1972

Balsam, M.S. and Sagarin, Edward, eds. "Cosmetics: Science and Technology"
John Wiley and Sons, Inc. New York, 1972

Corson, Richard "Fashions in Makeup, from Ancient to Modern Times"
Peter Owen Limited, London, 1972

Taken from article by:

[A brief History of Cosmetics by Baroness Anastasia Alexandrovna Andreeva \(OL\)](#)

The Baroness cites the recipes as taken from Ruscelli

Recipe for Ceruse (white foundation): "take talcum and burned tin, heat them together in a glassmaker's furnace for three or four days, and mix the resulting ashes with green figs or distilled vinegar."

Recipe for fucus (red face paint): "Mix Cochineal with the white of hard-boiled eggs, the milk of green figs, plume alum, and gum arabic."

[From Making Medieval Style Scented Oils & Waters by Metressa Jadwiga Zajaczkowa](#)

"**To 1 qt. rose water**, add the following: 1/2 oz. lavender, 2 oz. orris, 1/2 oz. jasmine flowers, 1 t. musk, a pinch of ambergris and civet, 5 drops of clove oil. Put it all into a glass jar, fasten down the lid, and place it in a sunny window for 10 days. Then strain and set aside the liquid for use."

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Le Menagier de Paris (translated by Tania Bayard and published as *A Medieval Home Companion*), says:

To make water for washing hands at table: Boil sage, then strain the water and cool it until it is a little more than lukewarm. Or use chamomile, marjoram, or rosemary boiled with orange peel. Bay leaves are also good.

SCA'er Merchant that stocks Rose Water with references to recipe: [Apothecary 16th Century Cosmetic Rose Water for purchase](#)

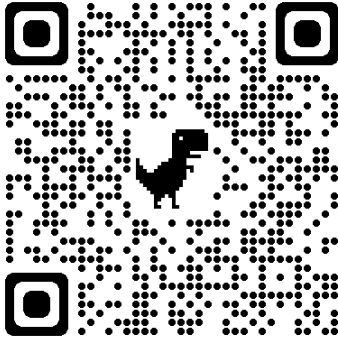
Rose water recipes: [Make Rosewater or Acqua Rosa at Home - La Bella Donna](#)

Rosalie's Medieval Bath & Hygiene Display

She listed out her bathing supplies in impressive detail!

<https://rosaliegilbert.com/bathhouse.html>

The Laver Bathing Stand is found via this link*



“They did MORE than “just” take a bath - Medieval bathing, cleanliness and cosmetics” ~ Youtube interview hosted by Shadiversity interviewing Rosalie Gilbert aka the Lady Rosamund Gylberte (but not SCA)

<https://www.youtube.com/watch?v=eTca6PPul5k>

How To Apply Kohl Eyeliner



01 You do not need to pull your eyelid tight to apply eyeliner (who wants crepey lids?). This is a one-handed job. With your eye open, look straight at the mirror. Starting in the center of your eyelid, draw a line outward as close to your lash roots as possible. You can also use shorter, connected strokes. No need to harshly color back and forth!



02 With your eye open, look straight at the mirror. Starting in the center of your eyelid (where you left off from step 1), draw a line inward to the inner corner of your eye, as close to your lash roots as possible.

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03 Use a q-tip to remove any errant marks and to help shape the line. You can apply makeup remover to the q-tip if there are stubborn marks.



04 For the lower lid, start at the outer corner and draw a line as close to your lash roots as possible. I draw the line on the top part of the roots (close to but not on the waterline) and correct with a q-tip. This line is drawn very thin, so make sure your eyeliner is sharp.

