

Body Butters Recipe

YOU WILL NEED

- 1) An Estheticals Kit containing
 - 250g Shea Butter
 - 250g Cocoa Butter
 - 50g Beeswax
 - 50mls Apricot Kernel Oil
 - 50mls Coconut Oil
 - 50mls Vegetable Glycerine
 - 5mls Vitamin E Oil
 - 2 x 5ml Fragrance Oils
- 2) A pan

HOW TO MAKE THEM

- Break the Butters into fairly small pieces and place them in the pan. Add the Beeswax and turn on the heat to a medium temperature.
- Heat and stir until the solids have melted and then remove from the heat.
- Leave to cool for about 10 minutes – then add the Oils, Glycerine and the Vitamin E Oil.

ADDING THE FRAGRANCE

- If you want to make 2 separate fragranced Body Butters you should divide the mixture now.
- You have enough fragrance oil to fragrance all of your butter but if you add it while the butter is still hot, some the scent will evaporate so it is best to leave it until the butter is semi-solid.
- Add the fragrance and mix the butter.
- **IF USING ESSENTIAL OIL YOU WILL NEED LESS THAN YOU HAVE – ADD APPROXIMATELY 20 DROPS OF TOTAL OIL TO THE MIXTURE. PLEASE BE CAREFUL WHEN USING ESSENTIAL OILS.**

- Leave your butter to cool for another Half an hour and it is now ready to decant into the Spa Tubs. Simply spoon the mixture into the tubs, put the top loosely onto the tub and place it in the fridge.

WHIPPED BODY BUTTER

- This is a very popular product at the moment and really easy to make. Leave out the last step and before decanting into the spa tubs, put the semi melted butter into a pyrex bowl. You can then EITHER place the bowl in the freezer for a few minutes OR place the bowl in a larger bowl filled with ice.
- You can use a hand blender, electric whisk or a strong arm for this bit – but you need to whisk the butter while it is cooling OR (if using the 'Freezer method) you will need to whisk it for a minute or two, put it in the freezer for 3 minutes, whisk it for 2 minutes, then put it in the freezer for 3 minutes.
- This is time consuming, but well worth it – your body butter will cool with a whipped cream consistency.

IDEAS & HINTS

- **BODY CREAMS** - You can make your Body butter go further by adding some Basic Moisturiser – you could purchase a Skin Creams Kit from www.Bath-Bomb.Com. All you need do is:
- When the butter is semi solid add as much or as little moisturising cream as you prefer and mix in. If the butter is still hot the cream will curdle so make sure the butter is at room temperature before adding the cream.

DIRECTIONS FOR USE

- Rub the butter into areas of your skin that need deep moisturising e.g. Elbows, Knees, tops of arms. Your butter is suitable for your face although some people don't like the oily texture.
- **DON'T FORGET** – you should put the date on your labels – your butter will last up to 18 months if stored in the fridge.

NEW KITS COMING SOON

Moisturisers

A wonderful kit that contains all you need to make your own skin creams. You'll be able to make a litre of cream and use it as the base to make Face Creams, skin scrubs, Body Butters and creams or for your own Essential Oil healing creams.



Face Masks & Skin Scrubs

A simple kit that contains all you need to make your own face masks. You'll be able to make 5 different types of face masks as well as skin scrubs. The basis of the kit is Pink or Green Clay which is full of anti-oxidants and natural minerals.



Lip Gloss

A gorgeous kit full of exciting colours to make your own lip gloss. You can mix the colours to achieve your own shade and you'll get everything you need in the kit - including labels for your lip gloss.



How to Make Your Body Butters



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SAFETY INFORMATION

FRAGRANCES- No more than 5% of the liquid product. Use as directed. Keep out of reach of children. **ONLY USE FRAGRANCE OILS DESIGNED FOR COSMETICS OR SOAPS -NOT CANDLE FRAGRANCES**
ESSENTIAL OILS - Are not recommended for Children & pregnant women. Use only as directed.
ALL INGREDIENTS: Use only as directed. If irritation occurs seek medical advice immediately.