

Shea Butter Recipes

You can simply use your Shea Butter as a moisturiser for your face or body - Keep it in the fridge and, when ready to use scoop a small amount into the palm of your hand, it will melt on contact with your skin, then rub into the desired area.

Alternatively here are some idea for using Shea Butter:

Body Cream

100g Shea Butter
10 mls Jojoba Oil
10 drops Essential Oil
10mls Fractionated coconut oil

Weigh butter and oil in metal bowl. DO NOT HEAT OR MELT. Begin blending with a hand mixer until light and fluffy; add Essential Oil and continue to whip until well incorporated. Decant into a Jar and store in the fridge.

Shea Body Butter

200g Shea Butter
30mls of Oil
5mls of Fragrance

Weigh your butter and oils into a plastic bowl. Place in the microwave and heat in 30 second intervals. You do not want it melted, only softened. When your butter is soft incorporate your oils. When butter is fully mixed, add your fragrance of choice. Decant into a jar and leave in the fridge to harden. You can make a whipped body butter by using an electric mixer on a low speed - do not add the fragrance in the mixer if you intend to use your mixer for food afterwards.

Exfoliator

You can add the following to the above to make a mild exfoliator for face or body: Ground Aduki Beans, Sesame Seeds, Oatmeal, Poppy or Cranberry Seeds, Ground Walnut. Experiment with Quantities.

Shea Butter Body Bars

Ingredients:

60 grams shea butter
18 grams virgin coconut oil
26 grams beeswax
15 drops of Essential Oils of your choice

Blending Procedure:

1. Measure the shea butter, coconut oil and beeswax into a Pyrex measuring cup and place the cup into a bath of boiling water. When the wax is nearly completely melted, remove the cup from the water and stir the ingredients to thoroughly combine.
2. Allow the mixture to cool for about 1 minute before adding the essential oils and stirring to ensure the mix.
3. Pour into moulds of your choice.
4. Allow the bars to cool completely before using. To use, warm a bar between your palms to transfer some of the oils and butter to your palms. Massage dry skin with your oil infused palms to soothe and moisturize. Repeat often!

Bath Melts

50g Shea Butter
100g Cocoa Butter
10mls Jojoba Oil

Gently heat the ingredients together in a pan or a bowl in the microwave (in 30 second bursts) and then mix in fragrances of your choice and pour into the mould - rubber ice cube trays are good for this. Put the tray in the fridge or freezer to harden. Simply drop the melt in the warm water of your bath.

Face or Body Cream with Moisturiser

Simply melt the Shea Butter (about 100g) and then leave it to cool for a little while. Then whisk about 100g of the Moisturising cream into the melted butter. Put it in a Jar and then pop the jar in the fridge. You can add Essential Oils or Fragrances to the melted Shea Butter, before you mix it with the cream. You can also add Cocoa Butter or a mixture of Cocoa Butter, Shea Butter and a Base/carrier oil. Experiment with a little at a time and see what you prefer. It's very hard to make a mistake.



How to use your Shea Butter

Please note the following:
Essential Oils - care should be taken when using them as some people are sensitive to them - especially Children & pregnant women.

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