



Laura's Natural Whipped Body Butter Recipe

Ingredients:

1/4 cup Shea Butter
1/4 cup Coconut Oil
1/4 cup Sweet Almond Oil
10-20 drops of pure essential oil

Instructions:

Combine all ingredients, except the essential oils, in a small pot or double boiler.

Gently melt and stir over medium-low heat until the mixture is liquid.

Remove from the heat and allow the mixture to partially set up. I put mine in the freezer to speed up the process and check it every 20-30 minutes.

Once the mixture is partially set and opaque, add the pure essential oils of your choice, and whip with a hand mixer or stand mixer until the body butter is fluffy and stiff peaks have formed. (2-3 minutes)

Package in your favorite container or jar.

Enjoy!

Laura

Note: I buy most of my ingredients from Amazon or Whole Foods.