



## *Shea Butter Cream*

*This whipped cream has amazing healing properties and is great for both the skin and hair.*

*2 cups Raw Unfiltered Shea Butter*

*¾ cup Organic Virgin Coconut Oil (Cold Pressed & Unrefined)*

*½ cup Organic Extra Virgin Olive Oil*

*20- 30 drops Essential Oils (I use Lavender and Rosemary)*

*Mix the Shea Butter, Coconut Oil, and Olive Oil with a hand mixer into a soft, light cream. Then add the essential oils and mix light to incorporate the essential oils. Enjoy.*

*[www.seedsthatlast.com](http://www.seedsthatlast.com)*