DIY BODY BUTTER RECIPE

For Dry Skin

A DIY BODY BUTTER RECIPE FOR DRY SKIN

Here the exact recipe to use when you need a healthy skin moisturizer with extra power!

½ C Shea Butter
¼ C Coconut oil
2 Tbs of sweet almond oil or your oil of preference

DIRECTIONS TO FOLLOW:

Add water to the bottom of your double boiler, filling it 3/4 full. Set it on the stove and turn your burner to medium-high. While the water is warming up, measure out ½ C shea butter and ¼ coconut oil.
Place these two ingredients in the top portion of your double boiler and set in on the water-filled base.

Adjust heat to medium-low so it doesn't boil, so your shea butter and coconut oil will slowly melt into a golden puddle. After it has melted, pour the colorful liquid into a mixing bowl. Set it in a cool place and wait for things to firm up. Note: this process can take several hours at room temperature!

Once the Shea butter and coconut oil have returned to a solid state, it's time to fluff the ingredients. I have a small, handheld KitchenAid electric mixer that I like to use for small batches of body butter. However, if you're making a double batch (like I was in this tutorial), you can use a larger, stationary mixer. Just be sure to use the wire whisks!

Whip the solids for 15 seconds or so, until they resemble the consistency of sour cream. Measure out and slowly add 2 tablespoons of liquid oil to the creamy butter. Whip for another 15 seconds.

And you're done! You just completed this DIY body butter recipe and now have an extra-nourishing skin moisturizer for everyday use.

CARING FOR YOUR BODY BUTTER

Before I let you go, I also want you to know that body butter does melt when exposed to high heat!
For example, if you leave it in your car on a hot summer day or forget it in a south-facing window, it will melt into a pool of liquid.

Don't throw it out! Put it in a cool place and once it has returned to a solid state, simply send it through your kitchen mixer once again, until it's light and fluffy!