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BETTER SHEA BUTTER.

& SKIN FOODS

Handmade
CHRISTMAS GIFTS

10 FABULOUS
DIY SKINCARE RECIPES

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MILK + VANILLA BATH SALTS

When you've come back from a holiday shopping marathon, give those aching legs a break with this soothing bath time treat. Your skin will love the way sea salt moisturizes, while the Epsom salt will help unhappy muscles relax. Add in a little milk powder and vanilla oil to soften your skin and indulge your senses.

A nice glass jar filled with this salt and garnished with a vanilla bean makes a great gift.

Ingredients

1 cup epsom salt
1 cup fine sea salt
1 tablespoon vanilla extract
2 cups powdered milk
Optional: 1 vanilla bean for decoration

How to

Pour the epsom salt at the bottom of the glass jar.
Put the sea salt in a zip lock bag, pour the vanilla extract in, close the bag and "massage" the salt to ensure it is coated with the extract and gets a brownish tint.
Pour the sea salt on top of the epsom salt.
Now pour the milk powder on top of the sea salt.
If there is more room left at the top of the jar, add more epsom salt until the jar is full to the top.
Close up your lid, put a nice ribbon and tie a vanilla bean on it for decoration.



SWEET ORANGE BATH BOMBS

Ok, really, who doesn't love bath bombs? This one is of course super fizzy and sweet smelling, and it's guaranteed to lift your spirits after even the most stressful day. Start with baking soda and Epsom salt for detoxification, then add in essential oils of orange and a grated orange rind to infuse the water with natural fragrance.

Use a cool shape mold instead of the usual ball shape bath bombs - we love stars! Wrap it up pretty, and you'll have a lovely gift.

Ingredients

1 cup baking soda

3/4 cup arrowroot powder

1/2 cup citric acid

1/2 cup epsom salt

The grated rind of an orange dried out in the oven for 10 minutes

1/4 teaspoon orange edible powder or mica

1/4 teaspoon jojoba oil

50 drops sweet orange essential oil

Witch Hazel in a spray bottle

How to

Sift the powders into the bowl and use a whisk to mix them up.

Add the grated orange rind.

In a separate small bowl, mix the jojoba and essential oils.

Add them in the powders a drop at a time; you may have to massage them in with your hands to make sure they are distributed evenly in the powders.

Put some witch hazel in the spray bottle and spritz one at a time to help hold your ingredients together. Do not over spray.

Compact your preparation into silicon molds of your choice and set aside overnight.

Carefully pop each fizzy out of the mold and they're ready to use in a relaxing bath!



SPARKLING LIP BALM

Give your favorite people the gift of soft, supple lips this holiday season. Add a little - or a lot - of glitter and you'll have a beautiful sparkling smile. This is a soft, creamy lip balm that is best packaged in small tins or containers.

Ingredients

- 1 tablespoon shea butter
- 1 tablespoon coconut oil
- 1 tablespoon beeswax pastilles
- 1 tablespoon jojoba oil
- 1 tablespoon castor oil
- 25-30 drops of spearmint or peppermint essential oil
- 1 teaspoon of pink or red edible glitter (find it in the bakery section of your grocery store)

How to

Using a double boiler, melt the beeswax, shea butter and coconut oil. Take them off the heat, then slowly pour in the jojoba and castor oils, stirring well. Add the essential oils and glitter, and while stirring, pour your preparation into small lip balm containers. Pour them soon after melting the ingredients since beeswax will start to solidify fairly quickly. Leave the containers uncovered for about 2 hours, then place a lid on them, they are ready to use!



MINT + ORANGE SOAP

Soap making doesn't have to be intimidating: with a shea butter or goat milk melt & pour soap base, our Mint + Orange soap is easy to pull together. Break out colorings, scents and fun molds to make your DIY soap a real crowd pleaser.

Ingredients

8 oz shea butter soap base (also called melt & pour soap base)
The grated rind of one orange
20 drops of orange essential oil
20 drops of peppermint or spearmint essential oil
Orange soap colorant (available at craft stores)

How to

Melt the soap base in a microwave at 10 second intervals
When all the soap is melted, pour in the orange zest and your scent of choice and stir.
Without delay, pour the soap into your molds.
Add one drop of colorant in each soap mold, then swirl it around with a toothpick to give the soap a cool "marbled" look
Set aside for a few hours until the soaps are solid
Pop your soaps out of the molds, and they are ready to package and give out as gifts!



CANDY CANE BODY BUTTER

Ever wondered what a candy cane would be like in lotion form? Now you'll know. This luxurious body butter smells just like the holidays, plus its soft, creamy consistency and nutrient-rich ingredients make it a joy to use. Important: In order to achieve a wonderfully whipped body butter, all the "waiting" steps below need to be followed. Prep and whipping time for a well-whipped body butter is several hours.

Ingredients

5 oz shea butter
2 oz coconut oil
1.4 oz jojoba oil
1.4 oz almond oil
40 drops peppermint essential oil
40 drops vanilla oil in jojoba

How to

Place the shea butter and coconut oil in a double boiler and melt everything slowly.

Take off the heat and stir in the jojoba oil and almond oils

Let the mixture cool at room temperature for about 2 hours, or until you get a trace in it when you stir it.

Add the peppermint and vanilla oils.

Whip with an electric mixer for 2 minutes while still liquid, then place in the fridge for several hours, until the mixture becomes solid.

Take out of the fridge and let it sit on the counter for 2 hours, or until the body butter is not cold anymore.

Whip it for 30 to 60 seconds, until it becomes soft and whipped.

Scoop your whipped body butter in a zip lock bag, cut a small corner off the bag, and squeeze into your final containers.



CALMING CALENDULA BALM

Calendula flowers have been used for decades to produce skin calming oil infusions and tinctures. By soaking dry calendula flowers in oil for a few hours, you will extract most of the flowers nutrients into the oil, and this will make a soothing, delicate and very moisturizing balm that can be used on face and body.

Ingredients

2 cups of dry calendula flowers
6 oz of jojoba oil
1 oz beeswax
1 oz shea butter

How to

Put the calendula flower in a tall glass jar and pour the Jojoba Oil over them, then place the jar in a double boiler at low heat for 4 hours. Stir occasionally. Using a strainer or coffee filter, filter the oil (you can throw away the flowers) In a separate double boiler, gently melt the beeswax and shea butter, slowly add the infused jojoba oil and make sure everything is melted and mixed. Quickly pour into your final container, let it harden for a few hours before use.



HOLIDAY ROOM MIST

Instead of lighting up a synthetically scented candle, how about spritzing a homemade, personalized Room Mist around the house? Add water, a little glycerin, and whatever essential oils you fancy, put a bow on your bottle, and voila', holiday is in the air!

Ingredients

3.5 oz Purified water
0.5 oz glycerin
30 drops rosemary essential oil
20 drops peppermint essential oil
4 oz bottle with sprayer

How to

Put water, glycerin and the essential oils in a bottle, shake and spray around the room.

Told you it was easy!



CHOCOLATE LIP SCRUB

Did you know that lipstick lasts up to ten times longer on top of clean, well-scrubbed lips? Whether you use a bright lipstick or a nude lip gloss, your canvas (aka lips) needs to be clean and smooth to absorb the color properly.

Here's a delish chocolate lip scrub that everyone will love ❤️

Ingredients

4 oz white sugar

1 oz coconut oil

1 oz jojoba oil

1 oz castor oil

2 teaspoons cocoa powder (add more as you wish!)

Note: you can add more jojoba oil if you want a different consistency

How to

Melt the coconut oil, then mix it with the jojoba and castor oil

In a separate container, mix sugar and cocoa powder

Pour the oils over the sugar-cocoa mix and stir until all sugar is coated with oil

Add any more oil or sugar to adjust the consistency to what you like

Use on your lips for a gentle scrub and to make beautifully silky lips!



GLITTER LOTION BARS

Lotion bars are the new trend for minimalistic body moisturizers. They are packaging-free, which helps the environment, and are easier to use than lotions: just glide the bar on your clean skin and voila', you are moisturized. These bars have glitter added in for extra sparkles and glow, perfect for a night out.

Ingredients

3.5 oz cocoa butter or kokum butter

1 oz jojoba oil

1 tablespoon of gold mica

Optional: 40 drops total of your essential oils of choice

How to

Over a double boiler, melt the cocoa butter or kokum butter, then stir in the jojoba oil

Remove from heat and stir in the mica powder, stir well

Let the mix cool for about 15 minutes, then add the essential oils

Pour the liquid in your molds of choice and set them aside for several hours until solid

Pop them out of the molds and glide them on your body just like you use a lip balm, they will leave your skin soft, moisturized and not greasy.



LAVENDER BODY MOUSSE

Give something a little indulgent this season: a luxuriously whipped body butter - so fluffy that it's like a mousse. Crafted with unrefined, pure and cold pressed butters and oils, and made to sparkle with some pink edible glitter, here is a classic Better Shea Butter recipe.

Important: In order to achieve a wonderfully whipped body butter, all the "waiting" steps below need to be followed. Prep and whipping time for a well-whipped body butter is several hours.

Ingredients

2.5 oz shea butter

1 oz coconut oil

.7 oz almond oil

.7 oz apricot oil

30 drops lavender essential oil

10 drops neroli essential oil

1 teaspoon pink edible glitter (normally used for cake decorating)

How to

Using a double boiler, gently melt the unrefined shea butter and coconut oil, stirring frequently.

When almost completely melted, add the almond and apricot oils, stir well and take off the heat.

Set it aside for about 2 hours or until your mixture is 90F or lower.

Now, add the lavender and neroli oils. Adding essential oils to a hot mixture will "kill" the essence and you will wonder why you have to add so much to your recipes.

Let the mixture sit in room temperature for another 2 hours, or until you can see a trace in the butters when you stir.

It's now time to whip it with an electric mixer, do it for 2-3 minutes.

Put it in the fridge overnight. Take it out of the fridge and let it sit there for about 2 hours or until it reaches room temperature.

Now, whip one more time for about 1 minute, then scoop the whipped butter in a zip lock bag, cut a small corner off the bottom, then squeeze the butter in your final container.



ABOUT BETTER SHEA BUTTER

Better Shea Butter & Skin Foods products are all-natural, organic, raw ingredients that allow you to DIY and solve your skin care issues – no chemicals, only purity the way nature intended.

You can find our wonderful skin care ingredients here:
BetterSheaButter.com/Shop

You can find more DIY skin care recipes here:
BetterSheaButter.com/Blog

You can write to us any time with any questions you have at:
info@bettersheabutter.com

Happy Holidays!
xo,

Isabella