



# Shea Butter Recipes eBook

Handle the 10 most common  
Skin Problems with Shea Butter!

Shea Butter Lady  
[www.BetterSheaButter.com](http://www.BetterSheaButter.com)

# Shea Butter Recipes E-book

**\*\* Thank you so much for purchasing our Shea Butter! \*\***

Shea Butter, also known as “women’s gold”, is a valuable source of income that helps women in poor communities earn a decent living, so every pound we sell, directly assists those families in Ghana that processed this miraculous product.

## **First, a few words about Shea Butter**

Unrefined, Raw Shea Butter traditionally comes in two colors: Yellow and Ivory.

Yellow Shea Butter is boiled for a shorter period of time in the formulation process, it is harder when at room temperature - so it takes a bit longer than the Ivory Butter to absorb into the skin, but it is perfect for extremely dry skin and skin conditions. Its color produces a more even, bronze tan look and it has a distinct burnt nutty smell.



Ivory Shea Butter is boiled for a longer period of time, it is lighter and faster to get absorbed into the skin, it does not change the skin color and it has a less distinct smell.



You can use either Yellow or Ivory Shea Butter for any of the following recipes since the amazing healing properties of this butter do not change – what color one chooses is a matter of personal preference.

We do **not** recommend using Refined White Shea Butter since this is made using high heat and chemicals – in some cases Hexane, which is a neuropathic toxin – and although odorless and beautifully white, it has lost the majority of its healing properties.

Following is a compilation of best recipes that use Shea Butter as a main ingredient. We hope you will find them helpful in caring for your skin and hair.

## Useful Tips

- ❖ Shea Butter is heat sensitive. If when you received your product it is very soft, put it in the fridge for 30 minutes or in a cool room for a couple of hours.
- ❖ Store it at room temperature.
- ❖ In melting Shea Butter, use the double-boiler method, as this lets the butter melt more gently than by using a microwave. You also do not need to melt the Shea Butter all the way to liquid form, but only until it is soft enough to mix with other ingredients.
- ❖ Whipping Secret: After you have melted and mixed the Shea Butter with other oils/butters (but not the essential oils as these get folded in at the very end of each recipe), place the container in the fridge for about 30-40 minutes, or until there the top and sides of the mix start to solidify. Now whip it with an electric mixer set on high for at least 5 minutes.



*Melting*



*Cooling*



*Whipping*

- ❖ Shea Butter or products that contain Shea Butter may become grainy over time. Graininess does not affect the effectiveness of the butter, however the best way we have found to avoid grainy products is to
  - Melt it slowly and only until it reaches liquid form – not for hours
  - Freeze it for 30-40 minutes, then whip it or mix it with other ingredients. (some people repeat the heating and freezing steps a few times and this seems to help with fluffiness and smoothness)

- The addition of other oils/butters also helps prevent graininess
- ❖ Shea Butter shelf life is about 1.5-2 years, but when mixed with other oils and essences, the shelf life may drop to 6-12 months.

**\*\*\*\*\* The Recipes \*\*\*\*\***

**[Shea Butter Acne Cream](#)**

**[Shea Butter Anti-Wrinkles Cream](#)**

**[Shea Body Butter](#)**

**[Shea Butter Chapstick](#)**

**[Shea Butter Cream](#)**

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**[Whipped Shea Butter for Hair & Skin](#)**

# Shea Butter Acne Cream

(Note: Use only Shea Butter as the base (carrier) oil in acne recipes. More than one base oil may cause pores to clog)

## Ingredients

- 2 oz. Unrefined Shea Butter
- 10 drops Lavender essential oil
- 10 drops Lemongrass essential oil

## Method

1. Melt the Shea Butter
2. Let it cool, then whip it (see whipping secret above)
3. Add the Lavender and Lemongrass essential oils and mix evenly
4. Let the mixture cool before using.

### **\*\*\*Tip\*\*\***

The following Essential Oils are believed to be good for acne, or at least non-clogging: Basil, Bergamot, Birch, Cajuput, Camphor, Caraway, Cedar Wood, Chamomile, Garlic, Grapefruit, Immortelle, Juniper, Lavender, Lemongrass, Myrtle, Sandalwood, Tea Tree.



# Shea Butter Anti-Wrinkles Cream

## Ingredients

- 2 oz. Unrefined Shea Butter
- 1 tablespoon extra virgin olive oil
- 20 drops of Carrot seed essential oil
- 10 drops of Fennel essential oil

## Method

1. Melt the Shea Butter
2. Remove it from the heat add extra virgin olive oil while mixing it.
3. After it is cooled a bit, add Carrot seed and Fennel essential oils and mix
4. Let it cool before using

## Shea Body Butter



### Ingredients

- 1 cup Unrefined Shea Butter
- 1/2 cup coconut oil
- 1/2 cup almond oil
- 10-15 drops of Essence Oil of your choice

### Method

1. Melt Shea Butter and coconut oil in the top of a double boiler. Remove from heat and let cool for 30 minutes.
2. Stir in almond oil and essential oils of your choosing.
3. Place oil mixture in freezer or outside to chill until it starts to partially solidify.
4. Whip until a butter-like consistency is achieved.
5. Place in clean, glass jar and enjoy! A little goes a long way.

# Shea Butter Chapstick

## Ingredients

- 1oz Unrefined Shea Butter
- 2oz beeswax
- 4oz sweet almond oil
- 1oz jojoba oil
- 1oz avocado oil
- 10-30 drops of your favorite essence

## Method

1. Melt 2oz of beeswax in a small saucepan until melted.
2. In a separate saucepan, melt 1oz Shea Butter. When it turns liquid, add in 4oz sweet almond oil, 1oz Jojoba oil and 1oz avocado oil and stir until blended.
3. At this point, add in the melted beeswax from your other saucepan as well as any essential oils or other scents, stirring all ingredients until fully blended.

Remove from heat and wait several minutes until the mixture cools a little, at which point you can transfer the liquid to your chapstick pots or sticks.

# Shea Butter Cream

## Ingredients

- 6oz Unrefined Shea Butter
- 1oz beeswax
- 1oz cocoa butter
- 10-30 drops of your favorite essential oil

## Method

1. Melt 1oz of beeswax
2. Add in 6oz of Shea Butter and 1oz of cocoa butter, stirring well.
3. Remove from heat and allow to cool for 10 minutes
4. Add in your favorite essential oil. Continue to stir until fully blended.
5. Allow the mixture to cool a little longer and then transfer to any container of your choice.

Allow to cool fully before securing leads.

# Shea Butter Eczema Cream

## Ingredients

- 2 oz. Unrefined Shea Butter
- 1 tablespoon Wheat Germ oil
- 15 drops Sandalwood essential oil
- 15 drops Lavender essential oil

## Method

1. Melt the Shea Butter
2. Set it aside and let it cool down a bit.
3. Add Wheat Germ oil and mix it well.
4. Add Lavender and Sandalwood essential oils and mix it.
5. Let the mixture cool before using.

**\*\*\* Tip \*\*\***

Below listed ingredients are believed to help in relieving eczema.

**Butters:** Shea butter, Cocoa butter, Coconut butter

**Base oils:** Wheat germ oil, Almond oil

**Essential Oils:** Bergamot, Birch, Carrot Seed, Geranium, Hyssop, Juniper, Lavender, Melissa, Myrrh, Patchouli, Pine, Sandalwood

# Shea Butter Hair Conditioner #1

## Ingredients

- ½ cup Unrefined Shea Butter
- 1 cup natural coconut oil (use fractionated coconut oil for lighter product)
- ½ cup Sweet Almond or Grape Seed Oil
- 3-7 drops of your favorite essential oil
- 2 Vitamin E capsules

## Method

1. Melt butter and fixed oils using the double boiler method.
2. Put container in the refrigerator for 30-40 minutes.
3. After you get the right consistency, stir in your essential oils and Vitamin E.
4. Transfer the hair conditioner in a container of choice.

## Shea Butter Hair Conditioner #2

### Ingredients

- 2 TBSP Unrefined Shea Butter
- 3 TBSP Olive Oil
- 2 TBSP of your favorite conditioner

### Method

1. Melt your Shea Butter in a bowl
2. Remove from heat and stir in Olive Oil
3. Add Conditioner and mix well
4. Massage on clean, wet hair, and leave overnight.
5. Rinse off in the morning.

# Shea Butter Soap

## Ingredients

- 4oz Unrefined Shea Butter
- 4oz Beeswax
- 5oz Jojoba Oil
- 10-30 drops of your favorite essential oil

## Method

1. Heat 4oz beeswax until melted
2. Heat 4oz Shea Butter and 5oz Jojoba oil in another container
3. When both are melted, stir together in a large mixing pot and add in 2-3oz of your favorite scent or oil essence.

Once the mixture cools slightly (but still isn't hard), pour into bar soap containers and let cool and harden.



# Shea Butter Stretch Marks Cream

## Ingredients

- 1 oz. Unrefined Shea Butter
- 1 oz. Unrefined Cocoa Butter
- 1 tablespoon Extra Virgin Olive Oil
- 1 capsule of Vitamin E
- 20 drops Neroli essential oil

## Method

1. Melt the Shea Butter and Cocoa Butter. Stir and blend them together.
2. Remove the pot from the heat and add Extra Virgin Oil and the Vitamin E Oils, mixing well
3. Add Neroli Oil and stir
4. Let the mixture cool before using.

## Shea Butter Sun Screen Lotion (20spf)

**Important:** Only use non-nano Zinc Oxide (nano-grade will absorb into your skin) and use protective mask and gloves while handling this powder as inhaling it can cause health problems.

### Ingredients & Method

1. 8oz of SHEA BODY BUTTER ([see recipe above](#))
2. For an SPF of about 15, add 1.5oz of Zinc Oxide to the lotion and mix well
3. For an SPF of about 20, add 2oz of Zinc Oxide to the lotion and mix well
4. Apply to dry skin and re-apply as needed. This sunscreen lotion is not waterproof.

# Shea Butter Sunburn Cream

## Ingredients

- 2 oz. Unrefined Shea Butter
- 2 tablespoons Aloe Vera gel
- 10-30 drops Lavender essential oil

## Method

1. Melt Shea Butter
2. Take it off the stove and let it cool a bit
3. Add Aloe Vera. It will take work to mix these two ingredients together as the Aloe Vera doesn't amalgamate as easily as oils and butters. Use an electric mixer as needed.
4. Add Lavender Oil, mix well, and let it cool before using

## Whipped Shea Butter For Hair And Skin



### Ingredients

- 8oz Unrefined Shea Butter
- 3oz Jojoba Oil or another non-comedogenic nut oil
- 1 teaspoon of Vitamin E oil
- 20 drops of your favorite Essence Oil/Oils (20 drops lemongrass oil + 20 drops lavender oil is a great combination!)

### Method

1. Melt the Shea Butter
2. When the shea butter is soft enough to stir, add the Jojoba and E oils.
3. Put the mixture in the fridge for 30-40 minutes, or until there the top and sides of the mix start to solidify. Now whip it with an electric mixer set on high for at least 5 minutes.
4. Fold in a few drops of essential oil and you are done!

###

**The End**