TOP 10 DIY SKINCARE RECIPES
HOLIDAYS THEMED
When you’ve just 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 extract to soften your skin and make your bath even more luxurious. A cute little 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 (Quick Method):
Pour the sea salt, epsom salt and vanilla extract in a zip lock bag,
Lock it and shake it up until the salts are evenly mixed.
Pour the powdered milk in the bag and “massage” the salts to make sure the vanilla coats everything nicely.
Place in a glass jar.

How to (Layered Method):
This method looks more luxurious.
Pour the epsom salt at the bottom of a jar.
Coat the sea salt in vanilla extract and pour it on top of the epsom salt.
Pour the powdered milk at the top.
Seeing the three layers through the glass gives this an extra cool look, perfect for a gift.
ORANGE CINNAMON BATH BOMBS

Who doesn’t love a bath bomb? This one is fizzy, fun, and will help lift your spirits after even the most stressful day. Start with baking soda and Epsom salt for detoxification, then add in fragrant essential oils and orange rind for an indulgent treat for the senses. Wrap it up all pretty and you’ve got an unforgettable gift.

Ingredients:
- 1 cup of baking soda
- 3/4 cup of arrowroot powder
- 1/2 cup citric acid
- 1/2 cup epsom salt
- 35 drops of sweet orange EO
- 5 drops of cinnamon EO
- the grated rind of an orange
- a small spray bottle with water

Optional:
- If you want to see a hint of color, add a few drops of red food coloring to your spray bottle.

How to:
Sift all the dry ingredients (baking soda, arrowroot powder, citric acid and epsom salt) into a large bowl.

Add the essential oils a few drops at a time and stir well.

When you add the essential oils and later the water to this mix, you will see a little fizz. That's the citric acid reacting with the liquid and it's what will make your bath bombs fizz.

Spritz the dry ingredients with water (5 sprays) then mix. Repeat this two more times to ensure you have some water to tie the ingredients together.

Compact your preparation into molds of your choice, set it aside overnight.

When all your bath bombs are dry, carefully pop them out of your mold.

Use 1-2 fizzy bombs for a relaxing bath.
These little cubes of sugary goodness look tasty enough to eat, but they’re much better when you use them on your skin. With exfoliating sugar, moisturizing cocoa butter and jojoba oil, and yummy vanilla extract and cocoa powder, your skin will be soft, smooth, and ready for the holiday season.

**Vanilla Sugar Cubes:**
- 4 oz white sugar
- 0.60 oz shea butter soap base (also called melt & pour soap base)
- 1 oz of Unrefined Cocoa Butter
- 1/2 tablespoon jojoba oil
- 1/2 teaspoon vanilla extract

**Cocoa Sugar Cubes:**
- 4 oz brown sugar
- 0.60 oz shea butter soap base (also called melt & pour soap base)
- 1 oz of Unrefined Cocoa Butter
- 1/2 tablespoon jojoba oil
- 1/2 teaspoon cocoa powder

**How to (Vanilla Sugar Cubes):**
Put the white sugar in a cup, stir in your vanilla extract, set aside. Using a double boiler (a microwave is ok too, but be careful not to burn the Cocoa Butter), melt the cocoa butter and the soap base together. Keep stirring until the butter and soap are evenly mixed. Remove the Cocoa Butter + soap from the heat and stir in the jojoba oil. Slowly pour the sugar & vanilla mix into your cocoa-soap-jojoba mixture while stirring to ensure all the sugar is coated. Compact your sugar scrub in silicon molds of your choice (we used a small squares mold) and set it aside for a couple of hours until the cubes are hardened and are ready to be popped out of the molds.

**How To (Cocoa Sugar Cubes):**
Put the brown sugar and your cocoa powder in a cup, mix them well, set aside. Using a double boiler (a microwave is ok too, but be careful not to burn the Cocoa Butter), melt the cocoa butter and the soap base together. Keep stirring until the butter and soap are evenly mixed. Remove the Cocoa Butter + soap from the heat and stir in the jojoba oil. Slowly pour the sugar & cocoa mix into your cocoa butter-soap-jojoba mixture while stirring to ensure all the sugar is coated. Compact your sugar scrub in silicon molds of your choice (we used a small squares mold) and set it aside for a couple of hours until the cubes are hardened and are ready to be popped out of the molds. Use them in the shower or bath on wet skin, scrub in circular motions until the cube is dissolved.
CRANBERRY LIP BALM

Give your favorite people the gift of soft, supple lips this holiday season. A rich mixture of Shea and Cocoa butter moisturizes and heals dry, chapped, or damaged lips.

Note: We recommend keeping this soft lip balm in small jars instead of lip balm tubes. If you want to use tubes, just double the amount of beeswax you include.

Ingredients:
1 tablespoon Shea Butter
1 tablespoon coconut oil
1 tablespoon Organic Beeswax Pastilles
1 tablespoon jojoba oil
1 tablespoon castor oil
5 drops of cranberry fragrance
(or 25 drops of spearmint or peppermint essential oil)
1 teaspoon of pink eatable glitter (used to decorate cakes) or mica powder

How to:
Using a double boiler, melt the beeswax, she butter, coconut, jojoba and castor oil.

Continue to stir until everything is melted, then take off the heat.

Wait about 15 minutes for the mixture to cool off, but not too long to let the beeswax harden, then add the fragrance or essential oil and your coloring agent (eatable glitter or mica powder). Stir well.

Pour the mixture into your lip balm containers, let it completely cool off and harder for 3 hours, and voila! Your lip balm is ready.
Soap making doesn’t have to be intimidating: with a shea butter soap base our orange-cranberry soap is easy to pull together. If you’d prefer, try a goat milk soap base for a slightly different texture. Break out colorings, scents, and fun molds to make your soap a real crowd pleaser.

Ingredients:
16 oz shea butter soap base (also called melt & pour soap base)
the zest of 1 orange
a few drops of cranberry fragrance
a few drops of orange fragrance
silicon molds of your choice

How To:
Melt the soap base either in a microwave at 10 seconds intervals, or in a double boiler.
When all the soap is melted, pour in the orange zest and your scent of choice and stir.
Add soap coloring if desired.
Without delay, pour the soap into your molds and let it solidify for a few hours.
Pop your soaps out of the molds and you’re all set!
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.

Ingredients:
2.5 oz [Shea Butter](http://example.com/sheabutter)
1 oz coconut oil
.70 oz jojoba oil
.70 oz argan oil
20 drops peppermint essential oil
20 drops vanilla essential oil
(you will only find “Vanilla in Jojoba”, 100% pure vanilla essential oil isn’t available)

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

When almost completely melted, add the jojoba and organ oil, stir well and take off the heat.

Set it aside for about 2 hours or until your oils are at 90F or lower.

Now add the peppermint and vanilla 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 oils sit outside of the fridge 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 for 12-24 hours.

Take it out of the fridge and let it sit there for about 2 hours.

Now whip one more time - this is the moment of truth, it’s when your body butter is amazingly whipped and will STAY whipped and will not turn hard again.
Give your favorite fella a special cold-weather treat. This homemade beard balm conditions facial hair with jojoba and castor oils and relieves itchiness through Shea butter and beeswax. Play around a bit with essential oils to create your own winter fragrance. We recommend using Sandalwood, Cedarwood, Pine, Fir Needle, Eucalyptus, Tea Tree, or Cypress.

Ingredients:
- 1 teaspoon Shea Butter
- 2 teaspoons of Beeswax Pastilles
- 1 teaspoon jojoba oil
- 1 teaspoon castor oil
- 5 drops of essential oils of your choice

How To:
Using a double boiler, melt the beeswax and shea butter.

When almost completely melted, add the jojoba and castor oil and stir.

When all oils are melted and evenly mixed together, take off the heat and let it cool down to about 90F, then add the essential oils.

Pour into metal tins or other suitable container and let it harden at room temperature - preferably 12-24 hours.
HOLIDAY ROOM SPRAY

Keep your home smelling like the holidays all year round with a bottle of simple room spray. All a room spray includes is distilled water, glycerin, and essential oils, so it’s tough to mess up. If you’re new to essential oils, this recipe is a great way to experiment with fragrance combinations (though we recommend limiting yourself to two at first). If you’re comfortable with mixing essential oils, you can add any combination you like. We decided to mix mint and rosemary essential oils for a holiday-scented room spray: enjoy!

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

How to:
Put water, glycerin and the essential oils in a bottle, shake and spray. Told you it was easy!
Give something a little indulgent this season: Lavender Body Mousse. This easy to make mousse combines Shea Butter, coconut oil, almond oil, and grapeseed oil for massive amounts of nourishment and moisturization. Of course, there’s a little bit of fun in there too: pink edible glitter and sumptuous essential oils makes this gift look and smell downright pretty.

**Ingredients:**
- 2.5 oz [Shea Butter](#)
- 1 oz coconut oil
- .70 oz almond oil
- .70 oz grapeseed 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 grapeseed oils, stir well and take off the heat.

Set it aside for about 2 hours or until your oils are at 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 oils sit outside of the fridge 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 for 12-24 hours. Take it out of the fridge and let it sit there for about 2 hours.

Now whip one more time - this is the moment of truth, it’s when your body butter is amazingly whipped and will STAY whipped and will not turn hard again.
ORGANIC BEESWAX CANDLES

Candles are a classic holiday gift, but think twice before you reach for what's on store shelves. Store-bought paraffin candles are usually made from petroleum-based wax, and the fragrances they use can release toxins into the air, which can be irritating to some people. Choose a natural alternative to chemical-filled candles by making your own! Homemade beeswax candles are a natural air-purifier that will help keep bacteria, viruses, and allergens like dust and pollen at bay. We created this candle with one part beeswax and one part coconut oil. The end result is long-lasting with a beautiful flame and glow. This is one of the only recipes where we advise you to stay away from essential oils for adding fragrance. Essential oils are sensitive to heat, impacting their aroma and keeping them from being effective in candles. If you’d like your candle to have a scent, look for “candle fragrance” at a craft store for the best results.

Ingredients:
8 oz Organic Texas Beeswax
8 oz Coconut Oil
candle fragrance of your choice (it will have directions on how much to use)

How to:
Place the beeswax and coconut oil in a double boiler and let them melt, stirring frequently.
When the beeswax is completely melted, take it off the heat, then add the essential oils. Stir well.
Prepare your candle jars with a wick, ensure you use two chopsticks or two pencils on each side of the wick to hold it in place.
Let the candles completely harden overnight.
Ingredients & equipment:
Most of the butters and oils in these recipes can be found at our online store at BetterSheaButter.com/Store. Specialty ingredients like edible glitter, food coloring, fragrances, etc. can be found at grocery stores, or craft stores like Michaels, Hobby Lobby, or on Amazon.

A note on Essential Oils:
If you are new to the Essential Oil world, you will hear about many brands, and may get impressed by those that market the “therapeutical grade” of their oils. We believe that the term “therapeutic” is a misleading marketing term in that it makes people believe in ingesting essential oils. Please do your research about what essential oils really are, what they were intended for. We use them primarily as an aromatherapy oil and some of them, when added to a skin preparation in 1-2% ratios, can help improve specific skin issues. But that is all.

Glass jars:
Some of the best glass jars to look for are: Mason, Bormioli Rocco, Farberware, Weck. You can find them on Amazon or at these stores: Container Store, Crate and Barrel, Target

Lip Balm and other small containers:
For white lip balm containers, contact us (we may have a surplus) otherwise shop on Amazon, Etsy or SKS.com

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Contact Us:
For any questions, comments or suggestions write to us at info@bettersheabutter.com
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