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Better Shea Butter is a woman-owned, family-run company that wants to do its part in the world to help implement simple and healthy skin care basics.

The 1LB Raw Shea Butter brick is our flagship product, our first “baby”, the one that inspired our company name.

We have gradually been adding more high-quality products based on customer demand, and will continue to search the world to source nothing but the best and purest ingredients for your skin.

Our purpose is also to educate the organic-conscious public on how to prepare amazing and healthy skin care products that you and your family will love, and this eBook was created to help you get started.

Just like you can prepare a delicious and healthy meal, you can just as easily whip up your own face moisturizer, deodorant, diaper rash cream, shaving cream, sunscreen lotions, lotions bars, lip balms, healing salves, eczema creams, and many more.

Thank you for choosing us.

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The skin is the largest organ of your body and it serves several important functions, including protection, regulating body temperature, and storing water, fat and vitamins. Your Skin has its own metabolism, so just like your digestive system will not metabolize certain foods - mostly those loaded with chemicals - your skin won’t process strange cosmetic ingredients.

When this happens, your skin gets clogged, dull and vitamin-starved. On the other hand, many skin problems may disappear when you stop covering your face and body with irritating cosmetics. For countless years, skin problems have affected millions of people, here are the most common ones:

- Acne
- Acne Scars
- Eczema
- Psoriasis
- Skin Rashes
- Dry and Cracked Skin
- Hives
- Stretch Marks
- Sun Damage
- Skin Dulness and Lack of Elasticity

All these problems are successfully handled daily by using only what Mother Nature has to offer. The following is detailed information about some of our best sellers and how to use them in a variety of recipes to help you nourish your skin. Besides the tips and recipes in this manual, we are always available via email to offer guidance in using our products, just send an email with all your questions to info@BetterSheaButter.com
CLARIFYING FACE MASK

Note: do not use any metal containers or utensils when mixing or using Bentonite Clay.

Ingredients
1/2 Tablespoon Calcium Bentonite Clay
1/2 Tablespoon water
1/4 Teaspoon Rosehip Seed Oil

How to
Using a plastic or glass container, mix the Bentonite Clay and water until you have a smooth paste.

Add 1/4 teaspoon Rosehip Seed Oil and mix well.

Apply on clean, dry face for 5 minutes. Rinse off with cool water.

For best results, follow with the Two-Ingredient face Serum.
** Tea Tree Essential Oil important properties:
- antibacterial
- antimicrobial
- regulates oil production.

** Ingredients**
- 2 oz Unrefined Shea Butter
- 12 Drops Tea Tree Essential Oil

** How To**

Slowly melt the Shea Butter

Remove from the heat and add in the Tea Tree Essential Oil, mixing well. Set aside and let it cool off for 10 minutes.

Cover loosely with paper or a lid and place in the refrigerator for 45 minutes.

Take out of the fridge and whip the mixture for a few minutes. You can hand whip it with a small whip or fork, or with a small electric mixer.

Apply on clean face once a day, discontinue if irritation occurs.
** Carrot Seed Essential Oil Important Properties:
Helps smooth skin, smooth out acne scars, improves cell regeneration and overall tone of aging skin.

**Ingredients**
2 oz Unrefined Shea Butter
1 Teaspoon Rosehip Seed Oil
1 Teaspoon Argan Oil
12-25 Drops Carrot Seed Essential Oil

**How to**
Slowly melt the Shea Butter.

Remove from the heat and add the Rosehip, Argan and Carrot Seed Oils. Mix well, set aside and let cool for 10 minutes

Cover loosely with paper or a lid and place in the refrigerator for 45 minutes.

Take out of the fridge and whip the mixture for a few minutes. You can hand whip it with a small whip or fork, or with a small electric mixer.

Apply on clean face twice a day. If after 10 minutes the cream is not completely absorbed, gently pat off excess with a paper towel.
Does not clog pores, is fast absorbing and is just an awesome face moisturizer!

**Ingredients**

- 1 TBS Shea Butter
- 1 TSP Argan Oil
- 1 TSP Rosehip Seed Oil
- 1/2 TSP Aloe Vera
- The oil of 1 Vitamin E Capsule
- 20 drops of Lavender Essential Oil (the most gentle of all Essential Oils, reduces excess sebum)

**How to**

Slowly melt the shea butter.

Remove from the heat and add all the other ingredients, stirring well.

Let it cool off completely, stir it again one more time.

Use twice a day on clean skin, once before bed AND once in the morning as your base moisturizer. Pat with a paper towel if needed to absorb any excess.
TWO-INGREDIENT FACIAL SERUM

Ingredients
5-6 drops Rosehip Seed Oil
1-2 drops Lavender Oil Essential Oil

How to
Place 5-6 drops of Rosehip Seed Oil and 1-2 drops of Lavender Essential Oil in the palm of your hand.

Put your hands together to gently and quickly warm up the two oils.

Pat evenly on your face.

Can be used twice a day. Healthier and more radiant skin will start being noticeable after 3 weeks of daily use.

Choose wisely and feed your skin ingredients you can trust. Compare the ingredients of this DIY, 100% natural and effective face serum, to a typical Vitamin C Serum being sold for a fortune:

Purified Water (Aqua), Ascorbyl Glucoside (Vitamin C), Sodium Ascorbyl Phosphate (Vitamin C), Magnesium Ascorbyl Phosphate (Vitamin C), Hyaluronic Acid, Xanthan Gum, Phenoxyethanol, Ethylhexylglycerin.
A very simple and versatile recipe for Normal and Dry Skin. Personalize it by choosing your favorite Essential Oil or Oils.

GIFT IDEA ** Create a few different versions of this Body Butter by changing the scents and give them out as gifts :)

**Ingredients**
4 oz Unrefined Shea Butter  
1 oz Coconut Oil  
1 oz Almond Oil (or Jojoba Oil)  
40 drops of your favorite Essential Oil (or mix of oils)

**How to**
Slowly melt the Shea Butter and Coconut Oil.

Remove from the heat and mix in the Almond Oil and your Essential Oil or Oils of choice. Mix well.

Let it cool off for 10 minutes.

Cover loosely with paper or a lid and place in the refrigerator for 45 minutes.

Take out of the fridge and whip the mixture with an electric mixer for about 5 minutes.
WHIPPED LAVENDER SHEA BODY BUTTER

Our most popular recipe. You will love the Lavender + Lemongrass mix!

**Ingredients**
8 oz Unrefined Shea Butter
3 oz Jojoba Oil (or Sweet Almond Oil)
1 TSP Vitamin E Oil
30 Drops Lemongrass Essential Oil
30 Drops Lavender Essential Oil

**How to**
Slowly melt the Shea Butter.

Remove from the heat and add in the Jojoba (or Almond) Oil, Vitamin E, and your Lavender and Lemongrass Essential Oils.

Let it cool off for 10 minutes, then put the oils in the fridge for about 45 minutes.

Take the mix out of the fridge and using an electric mixer, whip the body butter for about 5 minutes.

The consistency will be soft and creamy, but will solidify to the consistency of Raw Shea Butter after all ingredients have completely cooled off.
Apricot Kernel Oil important properties: suitable for sensitive and prematurely aged skin, high in oleic and linoleic fatty acids, and rich in Vitamins A and E.

**Ingredients**
- 8 oz Unrefined Shea Butter
- 3 oz Apricot Kernel Oil
- 40 Drops Grapefruit Essential Oil

**How to**

Slowly melt the Shea Butter.

Remove from the heat and add in the Apricot Oil and Grapefruit Essential Oil, mixing well.

Let it cool off for 10 minutes, then place in the fridge for 45 minutes.

With an electric mixer set on high, whip it for about 5 minutes.
Non-greasy (thank you Beeswax!) - Ideal for for all skin types

Ingredients
1 oz Cocoa Butter
1 oz Beeswax
1 oz Sweet Almond Oil (or Jojoba Oil)
Optional: 1/2 TSP of an Essential Oil of your choice (we like Lemon, Sweet Orange or Peppermint, all seem to smell delicious in combination with the Cocoa aroma)

How To
Slowly melt the Cocoa Butter and Beeswax. Be patient as both take time to melt completely.

Remove from the heat and add the Almond (or Jojoba) oil and the essential oils if desired. Mix well.

Pour into small shaped silicon molds - it should give you 3 small bars - and let them cool off for 1 hour or until completely solid.

Glide on clean skin until you have the desired amount of moisture.
SPF, or Sun Protection Factor, is achieved by adding an inert mineral, Zinc Oxide. Choose a non-nano version to ensure that the particles of Zinc will stay on your skin and create a barrier instead of being absorbed. Ensure you fully research the subject and consult other sources for accuracy. We are simply providing a common way to make a simple, DIY sunscreen lotion.

If you wish to make products for resale and want to include the SPF factor on your label, you need to research and follow recent FDA regulations on the subject. Please use caution and common sense in staying in the sun for prolonged periods of time.

**Ingredients**
(Important Note: To achieve about 20 SPF, you need to mix 4 parts lotion + 1 part zinc oxide powder in weight.)
2 oz Unrefined Shea Butter
1 oz Jojoba Oil
1 oz Coconut Oil
1 oz Zinc Oxide Powder

**How to**
Zinc Oxide Powder is very fine and will stick to your fingers. It is best to use gloves when working with it. Wearing a mask or something to cover your nose and mouth is also advised to avoid inhaling the powder.

Slowly melt the Shea Butter and Coconut Oil.

Remove from the heat and add in the jojoba oil, mixing well.

Stir in the Zinc Oxide Powder a little at a time until all is in the lotion. Using an electric blender, mix everything for a few minutes to ensure even distribution of the ingredients.

Set aside and let the lotion cool off for a few hours.
Sugar or Salt?
Here’s a guide on choosing the right exfoliant for your scrub:

Salt: More abrasive than sugar, but rich in minerals, use a salt scrub for areas like elbows and heels, or for a once in a while overall body scrub experience.

Sugar: gentler than salt, the granules are round and less abrasive, making it the ideal ingredient for weekly body scrubs.

Unrefined cane sugar also contains calcium, iron, magnesium and potassium, which feeds and replenishes your skin, but it’s a bit more coarse than white sugar, so choose according to your skin tolerance.

**Ingredients**
1 and 1/2 Cup of Salt or Sugar  
1/2 cup of Unrefined Shea Butter  
1/4 cup of Coconut Oil  
1/4 cup of Raw Honey  
1 Vanilla Bean  
1 TSP Vanilla Extract

**How to**
Slowly melt the Shea Butter and Coconut Oil

Remove from the heat and mix in the Raw Honey, the pulp of your Vanilla Bean and the Vanilla Extract. Mix well.

Pour the oil mixture over the Salt or Sugar and mix for a few minutes. Enjoy!
Note: Soap making is quite a craft and we are no experts. This recipe is an elementary-level, simple one that will get your acquainted with the process.

**Ingredients**

- 2 oz of Melt & Pour Shea Butter Soap Base (you can find this at local craft stores on on-line)
- 1 TBS Unrefined Shea Butter
- 1 TBS Dr. Bronner liquid soap (scent of your choice)
- 30 drops Essential Oil of your choice
- Optional: Finely Ground up Oatmeal

**How to**

Using a double boiler, melt the Soap Base and the Shea Butter.

Remove from heat and pour in Dr. Bronner soap and your essential oil of choice, mixing well.

Optional: Add in the ground up oatmeal and stir.

Pour into the soap shape of your choosing, let it cool for about 2 hours.
Wheat Germ Oil important properties: has anti-inflammatory properties to help prevent eczema. Is rich in vitamins A, B, D and E, antioxidants and fatty acids.

IMPORTANT: Wheat Germ Oil contains Gluten. For a Gluten-free version of this cream, use Jojoba Oil instead.

**Ingredients**
- 4 oz Unrefined Shea Butter
- 2 TBS Wheat Germ Oil (or Jojoba Oil for gluten-free)
- 40 Drops Lavender Essential Oil

**How to**
Slowly melt the Shea Butter.

Remove from the heat and add the Wheat Germ Oil (or Jojoba Oil), Lavender Oil and mix well.

Let it cool off for 10 minutes.

Cover loosely with paper or a lid and place in the refrigerator for 45 minutes.

Take out of the fridge and whip the mixture with an electric mixer for about 5 minutes.
STRETCH MARK CREAM

This is a combination of the absolute best ingredient believed to help prevent and diminish stretch marks. If you want 100% natural, it doesn’t get any better than this!

Note on Neroli Essential Oil: This oil contains a natural chemical called Citral which helps regenerate cells and is a key ingredient of this recipe.

Ingredients
2 oz Unrefined Shea Butter
2 oz Cocoa Butter
2 TBS Castor Oil (or Extra Virgin Olive Oil)
1 TBS Vitamin E Oil
30 Drops of Neroli Essential Oil

How to
Slowly melt the Shea and Cocoa Butters.

Remove from the heat and add the Castor (or Extra Virgin Olive) Oil, the Vitamin E and Neroli Oils. Mix well.

Let it cool off for 10 minutes.

Cover loosely with paper or a lid and place in the refrigerator for 45 minutes.

Take out of the fridge and whip the mixture with an electric mixer for about 5 minutes.
Zinc Oxide Powder important properties: zinc is an anti-oxidant and is able to soothe, protect and help heal skin.

**Ingredients**

- 2 oz Shea Butter
- 1 TBS Argan Oil
- 1 oz Aloe Vera Gel
- 2 TBS Zinc Oxide Powder
- 10 drops Lavender Essential Oil

**How to**

Place the Shea Butter, Argan Oil and Aloe Vera Gel in a glass container and mix vigorously. If needed, place your container in a shallow dish containing 1” of hot water to help with the melting and mixing of the ingredients.

Add the Zinc Oxide Powder and stir for several minutes until it is well-incorporated.

Fold in the Lavender Essential Oil, mix well again and you are all done.
Extremely rich and moisturizing, start with a small quantity and only once a week.

**Ingredients**
1 oz Unrefined Shea Butter
1 TBS Argan Oil
2 TBS of a Conditioner of your choice (look for SLS, Paraben and Fragrance free)
1/2 TSP Peppermint Essential Oil

**How to**
Slowly melt the Shea Butter.

Remove from the heat and add Argan Oil and Peppermint Essential Oil.

Add your conditioner to the oils, mixing well.

Set your container aside for a few hours until it is completely cooled off and everything is settled.

Use after shampooing, starting with a small amount to see how much your hair needs. Comb through then rinse off.
PEPPERMINT MASSAGE SALVE

Use to relive sore muscles or small aches, or to soften cuticles on dry hands.

Ingredients
3 oz Unrefined Shea Butter
2 oz Jojoba Oil
1 oz Beeswax
1 TSP Peppermint Essential Oil

How to
Slowly melt the Shea Butter and Beeswax.

Remove from the heat and add the Jojoba Oil and Peppermint Essential Oil, mixing well.

Pour into your final containers quickly before it solidifies (beeswax will harden quickly).

Let it cool off and harden completely before use, about 3 hours.
This is courtesy of RealFoodRN.com, we love her recipes and could not come up with a better one for Shaving Cream. Great for normal and delicate skin types.

**Ingredients**

- 2/3 cup Unrefined Shea Butter
- 2/3 cup Coconut Oil
- 1/4 cup Sweet Almond Oil
- 2 drops of Vitamin E Oil (or the content of 2 Vitamin E capsules)
- 20 drops of Lavender Essential Oil
- 1/4 cup Baby-Mild Castile Soap (add in last)

**How to**

Slowly melt the Shea Butter and Coconut Oil

Remove from the heat and add in the Almond Oil, Vitamin E Oil and Essential Oils, mixing well.

Let it cool for 10 minutes, then put it in the fridge for about 45 minutes.

Remove from the fridge and whip it with an electric mixer set on high for 5 minutes.

Add the Castile Soap and mix well.
Important properties of Ylang Ylang Essential Oil:
Stimulates circulation, relieves muscle spasms,
lowers blood pressure, relaxes nerves

**Ingredients**

1 TBS Yellow Shea Butter  
1 TSP Yellow Beeswax Pastilles  
1 TSP Argan Oil  
1 TSP Almond Oil  
1 TSP Aloe Vera Gel  
1 TSP RH Oil  
20 drops of Ylang Ylang Essential Oil

**How to**

Slowly melt the Shea Butter and Beeswax, when completely melted add in the Argan Oil, Almond Oil, Aloe vera and Rosehip Oil and Ylang Ylang Essential Oil. Mix well and remove from heat.

Pour it in your final container and let it completely cool off.
** GIFT IDEA ** This recipe will fill about 13 lip balm containers (either tubes or small metal tins).

**Ingredients**
2 TBS Cocoa Butter  
2 TBS Coconut Oil  
1 TBS Beeswax  
20 Drops Peppermint Essential Oil (or more depending on your preference)

**How to**
Slowly melt the Beeswax, Cocoa Butter and Coconut Oil.

Remove from the heat and add the Peppermint Essential Oil, mixing well.

Carefully pour the melted oils in lip balm containers. The easiest ones to fill are either round or rectangular metal tins. If you want to use small tubes you have to be more careful not to spill the oil.

Use when fully solidified, about 1 hour.