



Kimberly's Love Your Body Lotion

INGREDIENTS

3/4 ounce beeswax 1/3 cup
coconut oil

1/4 cup Balm of gilead almond oil
(cottonwood bud-infused oil)

1/4 cup rose-infused almond oil

1/4 cup calendula-infused
grapeseed oil

1/3 cup chamomile hydrosol

1/3 cup rose hydrosol

1/3 cup aloe gel

PREPARATION

- 1** Melt the beeswax in the top of a double boiler. Remove from heat immediately.
- 2** Add the infused oils and stir until all are just liquified. Add the coconut oil and stir until melted.
- 3** Pour the mixture into a blender and allow it to cool while you combine the remaining ingredients in a heat-resistant glass measuring cup with a pour spout.
- 4** This is the tricky part of lotion making—combining the oil and water:
 - a.** Allow the oils to cool to just a bit above room temperature.
 - b.** Turn the blender on, and bring it up to high speed.
 - c.** Pour in the liquids while the blender is spinning.
 - d.** As soon as the blender “chokes,” turn it off.
 - e.** Use a spatula to gently stir any remaining water into the oils.
 - f.** Blend again on low for about a minute to smooth out the mixture.
- 5** Pour the mixture into lotion-storage jars.

HERBAL TIPS FOR YOUR MASSAGE OIL

- ◆ You can buy infused herbal oils for this recipe (Etsy can be a good source) or make them yourself. If you make them yourself, remember that it is important to follow the tips about preventing oils from going rancid in the Love's Touch Massage Oil recipe (see your bonus *Food & Other Foreplay* ebook, which you received for pre-ordering your copy of *Aphrodisiac*).
- ◆ For me, making this lotion is a year-long project that begins with harvesting the cottonwood buds in January or February. I fill a mason jar halfway with cottonwood buds, then pour oil over the buds to fill the jar. Then I stir and cover the jar with paper towel, using a rubber band to secure it (this allows any water to evaporate out). I stir daily for at least one week, and then allow the buds to stay in the oil until early December, when I make this lotion as a holiday present. Then, I strain out the buds, use the oil in my lotion recipe, and put the now resin-coated jars into the cabinet for next year's batch. (Cleaning them is almost impossible.) If you don't want to wait a whole year for your lotion, you can strain the oil after it sits at least six weeks or use one of the heated methods for quick results.
- ◆ Cottonwood oil is an exception to not letting oils infuse for a long period of time. Cottonwood is a natural preservative, and I have had success letting it infuse for months.
- ◆ I gather rose petals in the spring and calendula in the summer. I infuse these oils outside in the summer sun for three days or use the technique described in the Love's Touch Massage Oil recipe..

