

Herbal Body Butter: Sun Butter Recipe

This herbal body butter recipe is nourishing and will keep your skin hydrated all summer long.



Supplies Needed

- Double boiler
- Beaker or cup
- Potholder
- Whisk or Immersion Blender
- Spatula
- Paper towels
- Rubbing alcohol
- Jars

Ingredients

- Shea Butter – 6 tablespoons
- Mango Butter – 4 tablespoons
- Kokum Butter – 1 teaspoon
- Jojoba Oil infused with Rose, Chamomile, and Calendula flowers** – ¼ cup
- Rosehip Seed Oil – 1 tablespoon

** For this recipe, I love to infuse my oil to enhance the benefits of this Sun Butter. You can infuse your jojoba oil with the herbs I've listed above. Once you've made your infused oil, you can follow the directions below.

- 1 Measure out all your butters into the same pot.
- 2 Measure your oils into a beaker or cup.
- 3 On a medium-low heat melt your butters until they are fully liquid.
- 4 Once your butters have melted, turn off the heat and remove your pot from the stove and place on a potholder.
- 5 Slowly add you oils while whisking the ingredients together.
- 6 Add in about 20 drops of essential oils (optional). For sun care I love lavender, blue chamomile, rose and carrot seed.
- 7 As your butter starts to cool it will begin to thicken. One trick is to pop it in the freezer to help it cool faster, but don't let it get too hard (about 5-10 minutes).
- 8 To give it a whipped texture, once it is solid at room temperature, use a whisk or immersion blender (the ideal choice) to whip it.
- 9 Clean your jar and lid with rubbing alcohol to ensure they are sterilized, once they are dry use a spoon or spatula to scoop into jars.

Yield: 9 oz

Note: because there is no water in this formula, I am not as concerned about preservation — however, I always sterilize my tools with 70% rubbing alcohol before I begin making any skincare recipe.