



Center
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Health

Homemade Body Butter for Dry Skin

By Linda Lazar Allen

This all natural cream is excellent for all skin types and gentle enough for young children. We often forget that our skin is the largest organ on our body and absorbs what we put on it. If you are using lotions and body butters with chemicals in them (fragrances, preservatives, color additives, etc.) be aware that your skin absorbs the chemicals, too. Please use unrefined, organic oils to make this cream. See below for some suggested resources to purchase oils.

The basic ratio for this recipe is 75% solid oil to 25% liquid oil if you want to make larger quantities. We recommend a combination of raw Shea Butter and coconut oil for the solid oils, and Jojoba or almond oil for the liquid.

1 cup organic raw shea butter (solid)

1/2 cup coconut oil (solid)

1/2 cup Jojoba oil (liquid)

10-20 drops essential oils if desired (Note: not all essential oils are skin friendly or child friendly.

Please do your research before adding)

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 jojoba and essential oils if desired*

3, Place oil mixture in freezer or outside to chill for 20 minutes. (you want the oils to partially solidify – REALLY IMPORTANT STEP! If you don't chill it the cream won't whip or stay whipped)

4. Wait until oils start to partially solidify, then use kitchen aid mixer or electric hand mixer to whip until a butter-like consistency is achieved.

4. Place in clean, glass jar. This cream will emulsify and turn oily when you rub it in, so you just need a little. It absorbs very quickly into the skin and does not leave a greasy feel.

Will store several months.

Resources for Oils:

Organic raw shea butter and Jojoba oil: [StarWest Botanicals](#), Rocklin, CA, [Mountain Rose Herbs](#)

Coconut Oil: Not all coconut oils are alike. It should really smell like coconut. We like Nutiva Organic Coconut Oil. Costco now carries Nutiva Coconut Oil at a great price. You may also order it directly from [Nutiva](#)

Essential Oils: It is best to use organic, therapeutic grade oils. Many oils sold at stores are not therapeutic grade. A good source for organic oils is [Rocky Mountain Essential Oils](#).