Keep Your Skin Flawless for Cheap – Homemade Body Butter Recipe

Categories: General, Health/Fitness, Recipes

There's nothing quite as lovely as curling up with a friend or partner and feeling their soft skin. Unfortunately, unless you're one of the rare individuals who were blessed with naturally supple skin, environmental and lifestyle toxins have scratched away your tenderness and replaced it with rough, dry skin. While there are hundreds – if not thousands – of skin care products designed to eliminate roughness, the majority of these solutions are nothing more than marketing hype. Moreover, the ones that actually do work hold a serious price tag few can easily afford. So what are you to do when you want softer skin without the skyrocketing price tag? The solution is easy – homemade body butter.

Homemade Body Butter Recipe – Professional Quality Results at a Fraction of the Price

The reality is most commercially bought body butter products and other skin softening solutions are
nothing more than common ingredients packaged inside fancy bottles or cases. However, as with many mass-produced products, manufacturers tend to stray from all-natural compounds for harmful synthetic ingredients. If you have sensitive skin or wish to avoid adding potentially toxic substances on your skin, you’ve likely found many skin care products are simply unacceptable.

The following homemade body butter recipe calls upon the natural healing and restorative qualities found in nature. Each ingredient was carefully selected due to its potency, cost-effectiveness and quality. Whether you have sensitive skin or are on a tight budget, this recipe is ideal for you. Feel free to adjust its concentrations or add your own favorite skin-protective ingredients.

**The Ingredients**

- ¼ cup of coconut oil
- ¼ cup of cocoa butter
- ¼ cup of Shea butter
- ¼ cup of sweet almond oil
- Essential oils (optional)

**Directions**

**Step One** – Combine the coconut oil, cocoa butter, Shea butter and sweet almond oil into a small cooking pot. If you’re using essential oils, do not add these into the mixture quite yet.

**Step Two** – Simmer the ingredients over low heat while constantly stirring with a wooden spoon. Be very careful to not over-heat these compounds as they can burn, which ruins the entire batch. Continue to stir until the ingredients transform into a silky liquid.

**Step Three** – Once the ingredients have liquified, remove from the heat and pour into a metal or ceramic bowl. Allow the butter to partially solidify, which typically takes anywhere from 15 to 30 minutes.

**Step Four** – After the butter has partially solidified – or set – add up to 15 drops of an essential oil and vigorously whip the butter with a hand mixer until the butter is fluffy. It will closely resemble nice, creamy the cake icing/frosting.

**Step Five** – Pour the completed body butter into resealable jars, such as a glass container, and apply as often as needed to support soft, healthy skin.

*(Image from: [Nina Nelson]*)